

5+2 METHOD

NUTRITION PLAN

WE TRACK CALORIES AND PROTEIN ONLY

WHY THIS WORKS

High protein keeps you full — you'll eat less without feeling hungry. It also preserves muscle while you lose fat, so you look lean, not skinny-fat.

These calorie ranges create a deficit — enough to lose 0.5-1kg per week without tanking your energy or metabolism.

Tracking only calories + protein is simple — no complex macro splits. Hit these two numbers and you're 90% there.

HOW TO USE THIS PLAN

- **Download MyFitnessPal** (free app) — this is your tracking tool
- **Buy a food scale** (€10 on Amazon) — eyeballing doesn't work
- **Pick your calorie tier** — start with 1600 if unsure, adjust after 2 weeks
- **Track Mon-Fri strictly** — weigh everything, log everything
- **Weekends are flexible** — as long as your weekly total hits the target
- **Weigh yourself Friday mornings** — track your weekly average, ignore daily fluctuations

OPTION 1

1400

130g protein

9,800 cal/week

OPTION 2

1600

140g protein

11,200 cal/week

OPTION 3

1800

160g protein

12,600 cal/week

WEEKEND FLEXIBILITY (THE MATH)

Example: 1600 calorie plan

Mon-Thu you eat 1500 cal/day = 6,000 total

Friday you eat 1400 = 7,400 total so far

You have 3,800 calories left for Sat-Sun (1,900 per day average)

This means you can go out Saturday night, have a few drinks, eat a burger — and still hit your weekly target.

The weekly total is what matters.



BREAKFAST

MEAL OPTIONS	1400 CAL	1600 CAL	1800 CAL
1 Scrambled Eggs & Oats <ul style="list-style-type: none">• 2 whole eggs (120g)• 40g oats• 5g butter	348 20g protein	420 26g protein +1 egg	494 32g protein +2 eggs
2 Greek Yogurt Bowl <ul style="list-style-type: none">• 200g Greek yogurt 0%• 30g granola• 100g berries	348 26g protein	433 36g protein +100g yogurt	518 46g protein +200g yogurt
3 Protein Pancakes <ul style="list-style-type: none">• 2 eggs (120g)• 30g protein powder• 30g oats• 1 banana (100g)	420 42g protein	494 48g protein +1 egg	568 54g protein +2 eggs



LUNCH

MEAL OPTIONS	1400 CAL	1600 CAL	1800 CAL
1 Chicken & Rice Bowl <ul style="list-style-type: none">• 120g chicken breast (raw)• 60g white rice (dry)• 150g mixed veg• 5g olive oil	437 35g protein	581 51g protein +60g chicken + 20g rice	725 67g protein +120g chicken + 20g rice
2 Tuna Pasta <ul style="list-style-type: none">• 1 tin tuna in water (120g drained)• 60g pasta (dry)• 100g tomato sauce	395 35g protein	557 51g protein +1 tin tuna + 20g pasta	647 59g protein +1.5 tin tuna + 20g pasta
3 Turkey Wrap <ul style="list-style-type: none">• 100g turkey breast slices• 1 tortilla wrap (60g)• 50g lettuce & tomato• 20g hummus	375 32g protein	496 48g protein +60g turkey	617 64g protein +120g turkey



DINNER

MEAL OPTIONS	1400 CAL	1600 CAL	1800 CAL
1 Salmon & Potatoes <ul style="list-style-type: none"> • 120g salmon fillet (raw) • 180g potatoes • 150g broccoli • 5g olive oil 	452 30g protein	596 42g protein +60g salmon + 50g potatoes	740 54g protein +120g salmon + 50g potatoes
2 Beef Stir Fry <ul style="list-style-type: none"> • 120g lean beef strips (raw) • 60g rice noodles (dry) • 150g stir fry veg • 15ml soy sauce 	458 32g protein	602 48g protein +60g beef + 20g noodles	746 64g protein +120g beef + 20g noodles
3 Chicken Curry <ul style="list-style-type: none"> • 120g chicken thigh (raw) • 60g basmati rice (dry) • 100g curry sauce (low fat) • 80g spinach 	465 31g protein	609 47g protein +60g chicken + 20g rice	753 63g protein +120g chicken + 20g rice

WHAT IF...

Eating out? Order protein + veg, estimate in MyFitnessPal. A chicken breast is ~150-200g, rice portion ~80-100g.

Traveling? Protein bars (Quest, Grenade), protein shakes, convenience store chicken breast packs, Greek yogurt.

Hate these foods? Swap freely — chicken for turkey, salmon for white fish, oats for bread. Just match the calories/protein.

Vegetarian? Swap meat for tofu (120g = 100 cal, 12g protein), tempeh, lentils, or extra Greek yogurt.

TRACK WEEKLY TOTALS

1400 CALORIES

$1400 \times 7 = 9,800$
cal/week

$130g \times 7 = 910g$ protein

9,800

1600 CALORIES

$1600 \times 7 = 11,200$
cal/week

$140g \times 7 = 980g$ protein

11,200

1800 CALORIES

$1800 \times 7 = 12,600$
cal/week

$160g \times 7 = 1,120g$ protein

12,600

WHAT TO EXPECT

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Follow this for 4 weeks and expect 2-4kg fat loss (depending on your starting weight and consistency).

This plan is designed for **busy professionals aged 30-45** who don't have time for meal prep, calorie cycling, or complicated diets.

You'll lose fat, keep your muscle, have energy for work and the gym, and still enjoy weekends. **No suffering required.**

"I've tried every diet. Keto, paleo, intermittent fasting — all of them worked for 2 weeks then I'd crack. The 5+2 Method is the first thing that actually stuck. Down 6kg in 8 weeks and I still go out on weekends."

— Sarah M., 38, Marketing Manager

"I thought tracking food would be a nightmare but it takes 2 minutes per meal. The weekend flexibility is what makes this sustainable. I'm not giving up my life to get in shape."

— James K., 42, Software Engineer

READY TO MAKE THIS WORK FOR YOU?

This plan is a starting point. But if you want it **customized to YOUR exact schedule, food preferences, and goals** — I can do that.

I'm taking on **10 new clients this month** for 1-on-1 coaching.

DM me "READY" on Instagram @pawelciesielski_

⚠️ **3 spots left for March**

THE 5+2 METHOD

Structure Mon-Fri. Freedom Sat-Sun. Hit your weekly targets.

No daily perfection needed. Just consistency over the week.

