



# 14 DAY BLUEPRINT

LEARN THE PRINCIPLES TO  
*GAIN MUSCLE & LOSE FAT*

Dom  
Wells





# Intro

## Hey There,

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Welcome to my Blueprint to success for getting in shape. If you're reading this, then you probably have similar problems to most of the people who come to me for help:

- ✓ You're low on time and struggle to get to the gym or prepare healthy food.
- ✓ You've tried other fitness plans before but never got to where you wanted to be.
- ✓ You don't know if the exercises you're doing or the food you're eating is optimal for losing fat/gaining muscle.
- ✓ You struggle for motivation, even though you know that getting into shape is the thing you should be doing!

Don't worry, this is very common and something I've trained people for years to overcome so that they can become the best versions of themselves.

We all have our individual circumstances, but with the right guidance every single person I've trained has come out of this a better version of themselves and armed with more knowledge to tackle these problems.

# How This Works

This guide is split into two parts:

1. Training For Optimal Muscle Tone
2. Nutrition For Fat Loss

The key is to take action and implement what you learn in this guide.

If at any point you feel like you need further help, or want to invest into yourself to become your top self physically and mentally, I offer one to one online coaching on The Body Masterclass.

Please email me at [info@wellsfitness.co.uk](mailto:info@wellsfitness.co.uk) or DM me on Instagram @domwellspt for enquiries.

# TRAINING FOR MUSCLE TONE

As a busy professional, training for muscle growth is different than it is for an 18 year old. As an 18 year old, you can go balls to the wall, killing yourself with every workout and your body will still recover due to the natural elasticity in the joints. An 18 year old also doesn't have stressful lifestyle factors, low time, and kids to factor in. Training for optimal muscle growth at this point is about SMART training, as well as hard training.

To give you a basic summary of how I train my clients and myself to be in peak muscle condition - I like to split muscle group workouts up into parts depending on how frequently you can visit the gym.

The more times you can get to the gym the better, but I have clients who have gained exceptional muscle mass only training 3x per week. It's all about creating an optimal plan for the amount of time you have available

# OPTIMISING TRAINING FOR TIME

So how do you create a plan that's optimal for the time you have available? I'll give you the blueprint that'll get you **better results** than anything else you've ever tried below.

Firstly, I would recommend a minimum of 3x weight loaded sessions per week. Whether that's at home with some equipment, or in a gym, it doesn't matter. The idea is to stimulate the muscle groups you're targeting during that workout to near failure.

Now optimising for the amount of times per week you can workout is simple. 3x per week and I'd recommend 3 full body workouts with a day gap between each workout.

4x per week and I'd recommend Push, Pull, Legs, Antagonist for men and Upper, Glutes, Upper + Core, Legs for ladies

5x per week push, pull, legs, push, pull for men. Upper, Glutes, Upper + Core, Legs, Circuit for women.

6x per week push, pull, legs, push, pulls, legs. Glutes, push, pull, legs, upper, accessories for women.

I'll give you examples workouts on the next page to show what these workouts look like.

# 3X PER WEEK - MENS

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<b>Monday - Full Body</b>	<b>Weds - Full Body</b>	<b>Fri - Full Body</b>
Barbell Bench Press - 4 sets of 8 reps	Deadlifts - 4 sets of 6 reps	Dumbbell Incline Bench Press - 4 sets of 8 reps
Barbell Overhead Press - 4 sets of 10 reps	Dumbbell Bench Press - 4 sets of 8 reps	Seated Row Machine - 4 sets of 8 reps
Barbell Bent Over Row - 4 sets of 8 reps	Dumbbell Shoulder Press - 4 sets of 8 reps	Dumbbell Lateral Flys - 4 sets of 12 reps
Lat Pulldown - 3 sets of 10 reps	Single Arm Dumbbell Row - 4 sets of 10 reps each arm	Leg Extension Machine - 4 sets of 12 reps
Barbell Back Squat - 4 sets of 8 reps	Walking Lunges - 4 sets of 10 reps each leg	Face Pulls - 4 sets of 10 reps

All exercises are hyperlinked to view a tutorial video

# 3X PER WEEK - WOMENS

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<b>Monday - Full Body</b>	<b>Weds - Full Body</b>	<b>Fri - Full Body</b>
Dumbbell Bench Press - 4 sets of 12 reps	Deadlifts - 4 sets of 6 reps	Dumbbell Incline Bench Press - 4 sets of 12 reps
Hip Thrusts - 4 sets of 10 reps	Hamstring Curl Machine - 4 sets of 10 reps	Seated Row Machine - 4 sets of 10 reps
Barbell Bent Over Row - 4 sets of 8 reps	Dumbbell Shoulder Press - 4 sets of 8 reps	Seated Hip Abduction - 4 sets of 15 reps
Lat Pulldown - 3 sets of 10 reps	Single Arm Dumbbell Row - 4 sets of 10 reps each arm	Leg Extension Machine - 4 sets of 12 reps
Barbell Back Squat - 4 sets of 8 reps	Walking Lunges - 4 sets of 10 reps each leg	Face Pulls - 4 sets of 10 reps

All exercises are hyperlinked to view a tutorial video

# 4X PER WEEK - MENS

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<b>Monday - Push</b>	<b>Tues - Pull</b>	<b>Weds - Legs</b>	<b>Thurs - Antagonist</b>
Barbell Bench Press - 4 sets of 8 reps	Deadlifts - 4 sets of 6 reps	Barbell Back Squat - 4 sets of 8 reps	Dumbbell Bench Press - 4 sets of 8 reps
Barbell Incline Bench Press - 3 sets of 10 reps	Barbell Bent Over Row - 4 sets of 8 reps	Leg Press - 3 sets of 10 reps	Chest Supported Dumbbell Row - 4 sets of 8 reps
Barbell Overhead Press - 4 sets of 10 reps	Lat Pulldown - 3 sets of 10 reps	Walking Lunges - 4 sets of 10 reps each leg	Dumbbell Lateral Flys - 4 sets of 12 reps
Dumbbell Lateral Flys - 4 sets of 12 reps	Single Arm Dumbbell Row - 4 sets of 10 reps each arm	Leg Extension Machine - 4 sets of 12 reps	Lat Pulldown - 4 sets of 12 reps
Rope Tricep Extension - 4 sets of 12 reps	Dumbbell Bicep Curl = 4 sets of 10 reps	Hamstring Curl - 4 sets of 10 reps	Seated Overhead Dumbbell Tricep extension - 4 sets of 10 reps
-	-	-	Hammer Curls - 4 sets of 10 reps

# 4X PER WEEK - WOMENS

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<b>Monday - Upper</b>	<b>Tues - Glutes</b>	<b>Weds - Upper + Core</b>	<b>Thurs - Legs</b>
Barbell Bench Press - 4 sets of 10 reps	Romanian Deadlift - 3 sets of 8 reps	Lat Pulldown - 4 sets of 12 reps	Barbell Back Squat - 4 sets of 8 reps
Barbell Bent Over Row - 4 sets of 8 reps	Hip Thrusts - 4 sets of 10 reps	Chest Supported Dumbbell Row - 4 sets of 8 reps	Leg Press - 3 sets of 10 reps
Single Arm Dumbbell Row - 4 sets of 10 reps each arm	Cable Kickbacks - 3 sets of 10 reps	Dumbbell Shoulder Press - 4 sets of 8 reps	Walking Lunges - 4 sets of 10 reps each leg
Dumbbell Lateral Flys - 4 sets of 12 reps	Hamstring Curl - 4 sets of 10 reps	Rope Tricep Extension - 4 sets of 12 reps	Leg Extension Machine - 4 sets of 12 reps
Chest Supported Dumbbell Row - 4 sets of 10 reps	Seated Hip Abduction - 4 sets of 15 reps	Russian Twists - 3 sets of 30 reps	Hamstring Curl - 4 sets of 10 reps
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# 5X PER WEEK - MENS

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<b>Monday - Push</b>	<b>Tues - Pull</b>	<b>Weds - Legs</b>	<b>Thurs - Push</b>	<b>Fri - Pull</b>
Barbell Bench Press - 4 sets of 8 reps	Deadlifts - 4 sets of 6 reps	Barbell Back Squat - 4 sets of 8 reps	Dumbbell Bench Press - 4 sets of 8 reps	Chest Supported Dumbbell Row - 4 sets of 8 reps
Barbell Incline Bench Press - 3 sets of 10 reps	Barbell Bent Over Row - 4 sets of 8 reps	Leg Press - 3 sets of 10 reps	Dumbbell Incline Bench Press - 4 sets of 8 reps	Lat Pulldown - 4 sets of 10 reps
Barbell Overhead Press - 4 sets of 10 reps	Lat Pulldown - 3 sets of 10 reps	Walking Lunges - 4 sets of 10 reps each leg	Dumbbell Shoulder Press - 4 sets of 8 reps	Seated Row Machine - 4 sets of 8 reps
Dumbbell Lateral Flys - 4 sets of 12 reps	Single Arm Dumbbell Row - 4 sets of 10 reps each arm	Leg Extension Machine - 4 sets of 12 reps	Dumbbell Lateral Flys - 4 sets of 12 reps	Single Arm Dumbbell Row - 4 sets of 10 reps each arm
Rope Tricep Extension - 4 sets of 12 reps	Dumbbell Bicep Curl = 4 sets of 10 reps	Hamstring Curl - 4 sets of 10 reps	Overhead Dumbbell Tricep extension - 4 sets of 10 reps	Hammer Curls - 4 sets of 10 reps

# 5X PER WEEK - WOMENS

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<b>Monday - Upper</b>	<b>Tues - Glutes</b>	<b>Weds - Upper + Core</b>	<b>Thurs - Legs</b>	<b>Fri - Circuit (4 rounds)</b>
Barbell Bench Press - 4 sets of 10 reps	Romanian Deadlift - 3 sets of 8 reps	Lat Pulldown - 4 sets of 12 reps	Barbell Back Squat - 4 sets of 8 reps	Renegade Row - 10 reps
Barbell Bent Over Row - 4 sets of 8 reps	Hip Thrusts - 4 sets of 10 reps	Chest Supported Dumbbell Row - 4 sets of 8 reps	Leg Press - 3 sets of 10 reps	DB Thrusters - 10 reps
Single Arm Dumbbell Row - 4 sets of 10 reps each arm	Cable Kickbacks - 3 sets of 10 reps	Dumbbell Shoulder Press - 4 sets of 8 reps	Walking Lunges - 4 sets of 10 reps each leg	Dumbbell Lateral Flys - 12 reps
Dumbbell Lateral Flys - 4 sets of 12 reps	Hamstring Curl - 4 sets of 10 reps	Rope Tricep Extension - 4 sets of 12 reps	Leg Extension Machine - 4 sets of 12 reps	Single Arm Dumbbell Row - 10 reps each arm
Chest Supported Dumbbell Row - 4 sets of 10 reps	Seated Hip Abduction - 4 sets of 15 reps	Russian Twists - 3 sets of 30 reps	Hamstring Curl - 4 sets of 10 reps	Hammer Curls - 4 sets of 10 reps

# 6X PER WEEK - MENS

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<b>Monday - Push</b>	<b>Tues - Pull</b>	<b>Weds - Legs</b>	<b>Thurs - Push</b>	<b>Fri - Pull</b>	<b>Sat - Legs</b>
Barbell Bench Press - 4 sets of 8 reps	Deadlifts - 4 sets of 6 reps	Barbell Back Squat - 4 sets of 8 reps	Dumbbell Bench Press - 4 sets of 8 reps	Chest Supported Dumbbell Row - 4 sets of 8 reps	Barbell Back Squat - 4 sets of 10 reps
Barbell Incline Bench Press - 3 sets of 10 reps	Barbell Bent Over Row - 4 sets of 8 reps	Leg Press - 3 sets of 10 reps	Dumbbell Incline Bench Press - 4 sets of 8 reps	Lat Pulldown - 4 sets of 10 reps	Romanian Deadlift - 3 sets of 8 reps
Barbell Overhead Press - 4 sets of 10 reps	Lat Pulldown - 3 sets of 10 reps	Walking Lunges - 4 sets of 10 reps each leg	Dumbbell Shoulder Press - 4 sets of 8 reps	Seated Row Machine - 4 sets of 8 reps	Walking Lunges - 4 sets of 10 reps each leg
Dumbbell Lateral Flys - 4 sets of 12 reps	Single Arm Dumbbell Row - 4 sets of 10 reps each arm	Leg Extension Machine - 4 sets of 12 reps	Dumbbell Lateral Flys - 4 sets of 12 reps	Single Arm Dumbbell Row - 4 sets of 10 reps each arm	Leg Extension Machine - 4 sets of 12 reps
Rope Tricep Extension - 4 sets of 12 reps	Dumbbell Bicep Curl = 4 sets of 10 reps	Hamstring Curl - 4 sets of 10 reps	Overhead Dumbbell Tricep extension - 4 sets of 10 reps	Hammer Curls - 4 sets of 10 reps	Calf Raises on Leg Press - 4 sets of 20 reps

# 6X PER WEEK - WOMENS

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<b>Monday - Glutes</b>	<b>Tues - Push</b>	<b>Weds - Pull</b>	<b>Thurs - Legs</b>	<b>Fri - Upper</b>	<b>Sat - Circuit (4 rounds)</b>
Romanian Deadlift - 3 sets of 8 reps	Barbell Bench Press - 4 sets of 8 reps	Deadlifts - 4 sets of 6 reps	Barbell Back Squat - 4 sets of 8 reps	Barbell Bench Press - 4 sets of 10 reps	Renegade Row - 10 reps
Hip Thrusts - 4 sets of 10 reps	Barbell Incline Bench Press - 3 sets of 10 reps	Barbell Bent Over Row - 4 sets of 8 reps	Leg Press - 3 sets of 10 reps	Barbell Bent Over Row - 4 sets of 8 reps	DB Thrusters - 10 reps
Cable Kickbacks - 3 sets of 10 reps	Barbell Overhead Press - 4 sets of 10 reps	Lat Pulldown - 3 sets of 10 reps	Walking Lunges - 4 sets of 10 reps each leg	Single Arm Dumbbell Row - 4 sets of 10 reps each arm	Dumbbell Lateral Flys - 12 reps
Hamstring Curl - 4 sets of 10 reps	Dumbbell Lateral Flys - 4 sets of 12 reps	Single Arm Dumbbell Row - 4 sets of 10 reps each arm	Leg Extension Machine - 4 sets of 12 reps	Dumbbell Lateral Flys - 4 sets of 12 reps	Single Arm Dumbbell Row - 10 reps each arm
Seated Hip Abduction - 4 sets of 15 reps	Rope Tricep Extension - 4 sets of 12 reps	Dumbbell Bicep Curl = 4 sets of 10 reps	Hamstring Curl - 4 sets of 10 reps	Chest Supported Dumbbell Row - 4 sets of 10 reps	Hammer Curls - 4 sets of 10 reps



# WHY IS NUTRITION IMPORTANT?

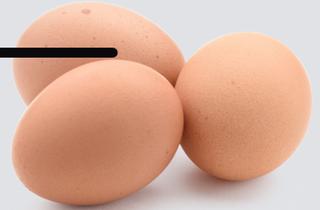
**When it comes to fat loss, diet is more important than training. When it comes to muscle growth diet is just as important as training hard. This means you have to take care with what you're eating if you want to transform your body.**

The key to losing fat is to eat less calories than you consume. Creating a calorie deficit causes your body to burn stored fat for energy. In the case of putting on muscle at the same time, we need to be precise with our calories to ensure our body has enough nutrients to repair our muscles, but not so much excess as to cause fat storage.

Don't worry if this sounds confusing, everything in this guide is designed to get you towards your goal. As you follow this nutrition guide, everything will start to make more sense. My goal is to get you to the point where diet will become more of a lifestyle rather than a chore.

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# WHAT YOU'RE PROBABLY DOING WRONG



## ① EATING 'HEALTHILY'

Eating healthily doesn't magically make you lose fat. There's a lot of crap out there on social media that might make you believe this. Most people lose weight eating healthily because it's harder to eat lots of healthy foods than it is to eat pizza. But 1000 calories of salad is still 1000 calories. Too much of anything will make you fat, simple.

## FAD DIETS ②

Companies make millions off of the newest trends on dieting. Every single one of them works in the same way, creating a calorie deficit. The problem is that most of these fad diets are hard or impossible to sustain, which leads to rebound.

## ③ NOT EATING CARBS

Carbs have a bad reputation in the weight loss sector. Carbs are a great source of energy, and very important for being able to train with intensity. Cutting out carbs usually leads to people feeling tired during workouts due to depleted muscle glycogen. Carbs do not make you put on fat - provided you don't eat more calories in carbs than you expend.

## EATING TOO LITTLE ④

A calorie deficit is needed to lose fat. Too much of a calorie deficit however and you will feel tired, and more importantly you will start to lose muscle. I'm trying to transform your body, not turn you into a stick.

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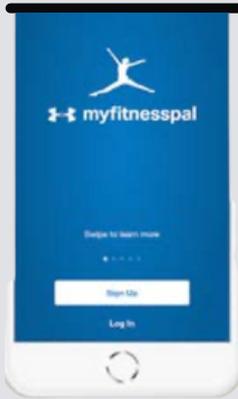
# THE IMPORTANCE OF CALORIES

**Eat more calories than you burn, you gain weight. Eat less calories than you burn, you lose weight. It's as simple as that**

## TRACK YOUR CALORIES AND TAKE CONTROL OF YOUR BODY TRANSFORMATION

It might sound difficult at first, but with access to smartphones it becomes much simpler to track calories. You'll work towards an individual calorie goal that I've set. Every person is unique, and using my years of experience I can gauge how many calories will get you towards your goal. I don't believe in a set list of foods, I give people autonomy to make their own food choices.

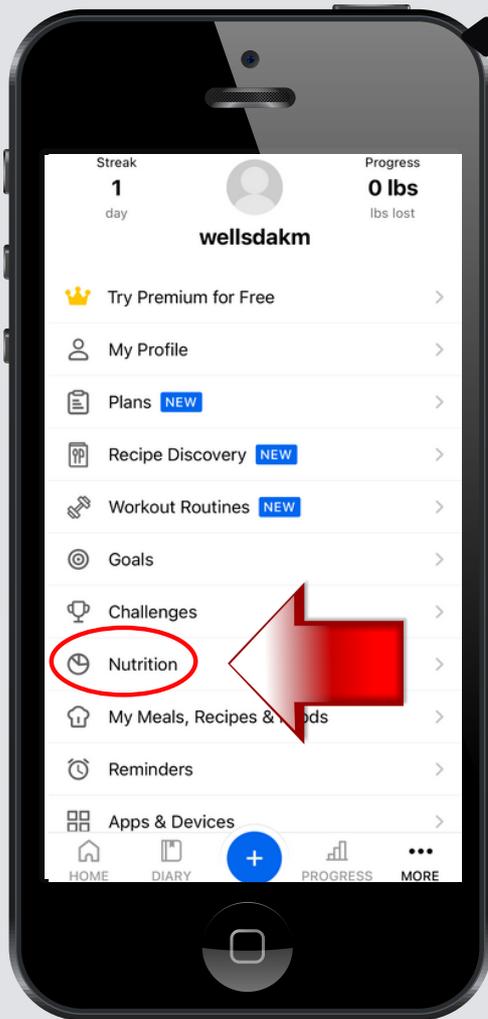
My favourite app for tracking calories is MyFitnessPal, which the next few pages will teach you how to use.



# USING MYFITNESSPAL

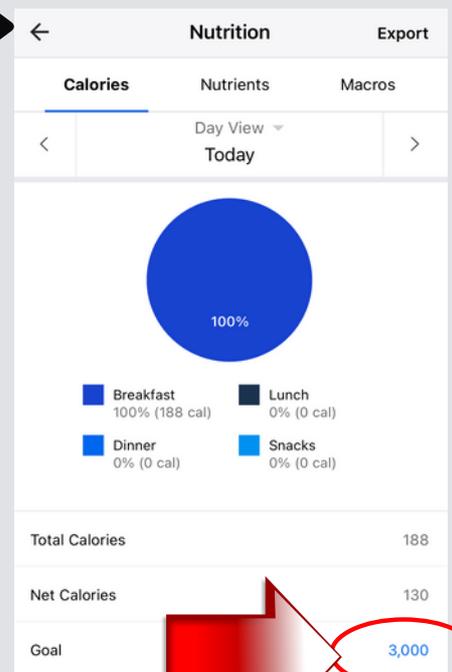
1

Create an account. Answer the questions and put your goal as to 'maintain weight'. This is just to get you into the app, we will adjust when we get into it. Go to this page and select 'Nutrition' to get onto the next page.



2

On this page select calories on the tab at the top. Then select 'goal'

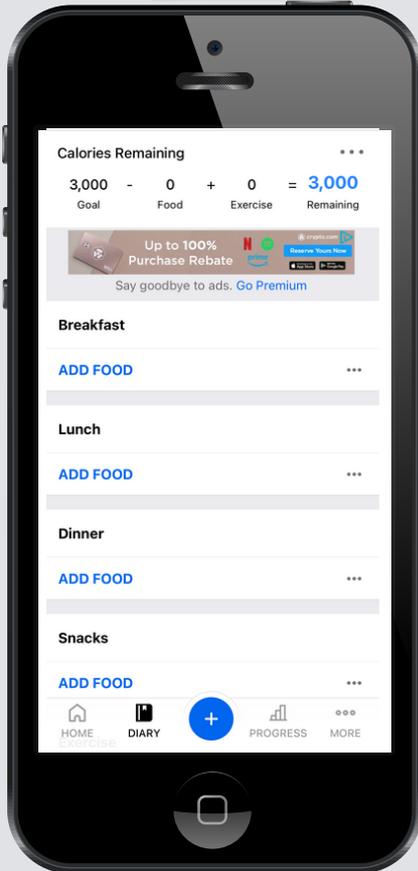
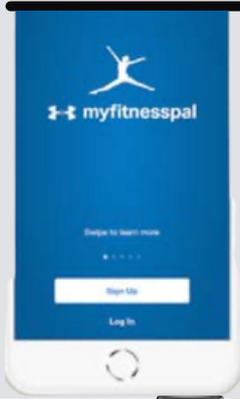


3

Ignore the MyFitnessPal suggested calories. You will receive your calorie goal from me which you change here. For now don't worry about carbohydrate, protein, and fat intake unless you are experienced tracking these

Category	Value
Default Goal	
Calories	3,000
Carbohydrates 375 g	50%
Protein 150 g	20%
Fat 100 g	30%

# ENTERING YOUR MEALS

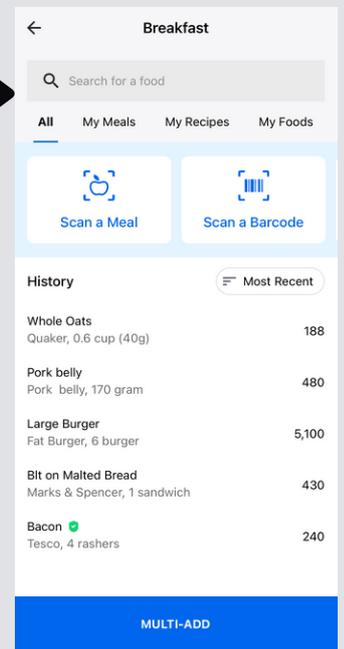


1

Go to the diary page. You'll see the 'Add Food' button, click this to get to the next page

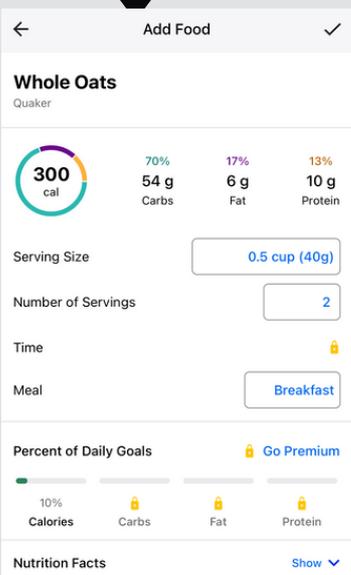
2

Here you can either search for your food, or scan the barcode. If home cooking a meal I would recommend you scan the barcode of all the major ingredients and weigh them out.



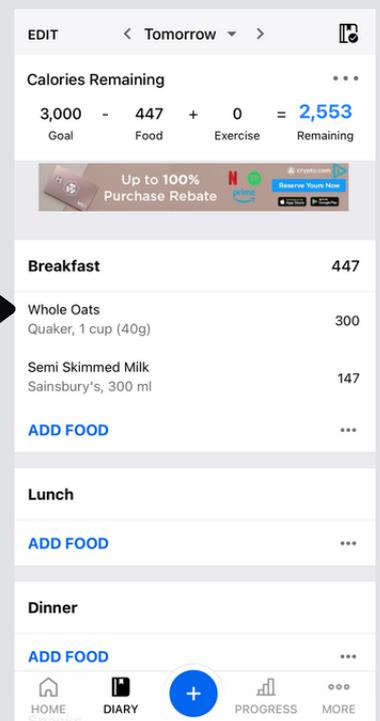
3

Here I have selected Quaker oats. 2 servings of 40g meaning I have weighed out 80g of oats. When done click the tick in the top right corner.



4

The diary will now be updated with the food you've input and the remaining calories for the day. Of course you wouldn't just eat 80g of raw oats, so I've also added 300ml of semi skimmed milk.



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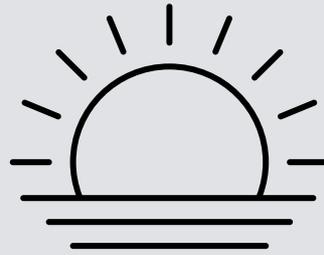
# STRUCTURING YOUR MEALS

## What to eat and when

I would suggest splitting your daily calories over either 4 meals or 3 meals and 2 snacks. This is what works for me but everyone has a personal preference. Have a think about what your ideal eating pattern is and use it to structure your meals.

These are a guideline to help you stay on track. If you go over or under your calories on a meal/snack adjust your others meals/snacks to fit your daily calorie goal

To help you structure your meals you can choose recipes from page 14 onwards.



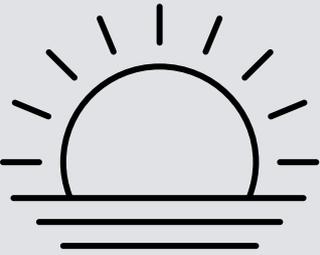
**Meal 1**  
1/4 of daily calories

**Snack 1**  
1/8 of daily calories

**Meal 2**  
1/4 of daily calories

**Snack 2**  
1/8 of daily calories

**Meal 3**  
1/4 of daily calories



**Meal 1**  
1/4 of daily calories

**Meal 2**  
1/4 of daily calories

**Meal 3**  
1/4 of daily calories

**Meal 4**  
1/4 of daily calories



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# THE GOLDEN RULES OF NUTRITION FOR BODY TRANSFORMATION

①

## USE MYFITNESSPAL TO TRACK MEALS, SNACKS, AND HIGH CALORIE DRINKS

Don't get lazy with MyFitnessPal, you'll only be cheating yourself. The main calorific ingredients of a recipe should be tracked i.e. in chicken tomato pasta you would input the chicken (raw), pasta (raw), and sauce, plus any oil used in cooking. Don't worry about herbs and spices. You don't need to track low calorie drinks such as tea, diet drinks, squash etc. But do input juices, full sugar drinks, smoothies, and milk based coffees.

②

## TRY TO EAT PROTEIN WITH EVERY MEAL

Protein makes you feel fuller and is also essential for muscle growth. If you are advanced with nutrition I will set you a daily protein goal, but for the majority of you simply trying to eat a bit of protein with every meal will get you hitting that goal regardless.

③

## HAVE A HIGH CARB MEAL/SNACK AFTER A WORKOUT

Aim to have a high carb meal or snack after a workout with a bit of protein. A protein shake with a banana is an example of a great post-workout snack. Carbs promote muscle recovery after a workout and ensure that your muscle glycogen stores are replenished.

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# FOOD SWAPS

## For weight loss

There are a lot of foods nowadays with reduced calories or low fat. The problem is it can be hard to trust which foods are actually healthier. Often reduced fat means higher sugar, something that is counterintuitive to weight loss. These easy swaps are designed for helping reduce your calorie intake for the day without having to eat tiny portions.



- PORK BACON
- TURKEY BACON

- PORK SAUSAGES
- CHICKEN SAUSAGES



- RICE
- CAULI-RICE



- FULL FAT MILK
- SKIMMED MILK



- NOODLES
- ZERO CARB NOODLES



- SPAGHETTI
- COURGETTE SPAGHETTI



- BEEF MINCE
- TURKEY MINCE

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# HIGH PROTEIN SNACKS



**Protein Yoghurts**  
With 20g protein per pot, these are delicious and convenient

## For muscle growth

The building blocks of muscles is protein. Regardless of whether you want to gain muscle or not you should be eating adequate protein. It keeps you fuller and ensures you lose fat without losing muscle. If you're goal is to gain muscle, you'll want to eat a lot of protein for muscle growth, but also to ensure you don't gain excess fat in the process.

### Protein Bars

These are delicious, great after a workout or on the go.



[Myprotein bars](#)

[Grenade bars](#)

### Biltong

A form of dried meat, very easy to snack on. High in salt so I'd recommend not eating more than 1 packet a day. Found in supermarkets in packets



### Canned Tuna

This can taste pretty good with some mayo and seasoning (of course factor the mayo into your calories)



### Protein Shakes

The classic high protein snack, drink with milk or water. There are also pre-made protein shakes available if you're particularly lazy.



### Protein Ice Creams

My favourite brands for this are Halo Top or Oppo. Some flavours have more protein than others, but these are great if you have a sweet tooth.

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# HOW TO MEAL PREP

## Plan your week

Weekly meal prepping is by far the best way to ensure you stay on track with your nutrition to guarantee fat loss and muscle growth. It helps stop compulsive eating and means that healthy eating can be an afterthought, rather than an annoying thing to consider after a long days work.



## These are my tried and tested tips for meal prepping:

- Plan and cook all your meals on a Sunday for the coming week. Use the food planner to write down your meals and weigh out your ingredients.
- Do a weekly shop using my healthy shopping list. Have an idea of some recipes you want to try before going to the supermarket (see later pages for recipes).
- Write down the calories of the meal on the container to save you trying to find it out later.
- Freeze food that you plan on eating later than 4 days after prepping it.
- If you don't fancy cooking a huge amount of food for the week on a Sunday night, try prepping every 4 days instead of weekly.
- If you really don't like cooking and want a more convenient option - [Gold Standard Nutrition](#) have some fantastic ready meals with the calories ready to scan

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# RECIPES AND MYFITNESSPAL

**On the next few pages are recipes with the calories and macronutrients next to the recipe.**

This is extremely useful and one of the main reasons I've given you these recipes. It can be very annoying with home cooking to try and put every ingredient into MyFitnessPal. With the recipes on the next few pages you can simply manually add in the calories and macronutrients without having to put every single ingredient into MyFitnessPal. This is a big time saver and makes you much more likely to track your calories.

On the MyFitnessPal diary, click on a section e.g. 'breakfast'. Go to 'My Foods' and then 'Quick Add'. Manually enter your calories here, don't worry about the macronutrients unless you have premium.

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# RECIPES

## Protein Smoothies

These are easy, convenient and packed full of vitamins. Ideal for when you're low on time and want a quick meal



### Salted Caramel Banana

#### *Ingredients*

- 40g chocolate whey
- 1 medium banana
- 1 Tsp cacao powder
- Dash of cinnamon
- 200ml almond milk
- 1 scoop of salted caramel Halo Top ice cream

#### **Per Smoothie**

Protein 32g  
Carbs 29g  
Fats 8g  
Kcal 316

### Choc Berry

#### *Ingredients*

- 40g chocolate whey
- 2 handfuls of blueberries
- 1 handful of raspberries
- 1 handful of spinach
- 250ml almond milk
- 1 tsp of peanut butter

#### **Per Smoothie**

Protein 34g  
Carbs 20g  
Fats 16g  
Kcal 360



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# RECIPES

## Protein Smoothies Page 2

These are easy, convenient and packed full of vitamins. Ideal for when you're low on time and want a quick meal



### Vanilla Nut

#### *Ingredients*

- 30g vanilla whey
- 100g low fat yoghurt
- 1 Tsp cacao powder
- 1 Tsp nut butter
- 250ml hazelnut milk

### Per Smoothie

Protein 38g  
Carbs 15g  
Fats 14g  
Kcal 338

### Vanilla Berry Oats

#### *Ingredients*

- 30g vanilla whey
- 25g oats
- 1 medium apple
- 1 handful of blueberries
- 1 handful of spinach
- 1 handful of kale

### Per Smoothie

Protein 35g  
Carbs 45g  
Fats 10g  
Kcal 410



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# RECIPES

## Overnight Oats

Overnight oats are one of my favourites. They are easy to make as you just mix all the dry ingredients into a bowl or jar, before adding the liquid. Simply stir or shake and you have an easy, healthy breakfast ready made the next day



### Chocolate Peanut Butter

#### *Ingredients*

- 40g oats
- 20g chocolate whey
- 1 Tsp of chopped dark chocolate
- 1 Tsp peanut butter
- 80ml almond milk

#### **Per Bowl**

Protein 26g  
Carbs 30g  
Fats 17g  
Kcal 380

### Vanilla and Berries

#### *Ingredients*

- 40g oats
- 20g vanilla whey
- 1 handful of raspberries
- 1 Tsp cinnamon
- 1 handful of blueberries
- 100ml semi or skimmed milk

#### **Per Bowl**

Protein 24g  
Carbs 42g  
Fats 6g  
Kcal 310

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# RECIPES

## Morning Oats

If you don't fancy overnight oats then hot morning oats are hard to beat. When making hot oats with whey protein, I would recommend cooking the oats first in the liquid, then once cooked adding the whey and gently stirring in, before adding the rest of the ingredients.



### Fruit Compote

#### *Ingredients*

- 50g oats
- 20g vanilla whey
- 1/2 Tsp of cinnamon
- 50g blueberries
- 50g raspberries
- 1 Tsp of honey
- 170ml almond milk
- 170ml water

#### **Per Bowl**

Protein 23g  
Carbs 57g  
Fats 6g  
Kcal 370

### Peanut Butter Banana

#### *Ingredients*

- 40g oats
- 10g vanilla whey
- 1 small banana sliced
- 1 Tsp of chopped dark chocolate
- 20g peanut butter
- 100ml semi or skimmed milk
- 250ml water

#### **Per Bowl**

Protein 23g  
Carbs 46g  
Fats 17g  
Kcal 407

# LOW FAT CARBONARA

I love this recipe, it takes a maximum of 15 minutes to make and is much healthier than a normal carbonara. If you fancy a bit of extra protein then add some chicken to it.

## Ingredients

- 200g spaghetti
- 8 bacon medallions
- 5 chopped spring onions
- 150g low fat cream cheese
- 2 crushed cloves of garlic
- 2 tsp chopped parsley
- 1 large egg
- 150ml semi skimmed milk
- 40g reduced fat parmesan

**Recipe makes 2 portions.**

**Per portion**  
Protein 20g  
Carbs 27g  
Fats 30g  
Kcal 400

## Directions

1. Cook the spaghetti as instructed on the packet
2. While the spaghetti cooks, chop the bacon medallions into strips.
3. Heat a frying pan to medium high heat, add a dash of oil or cooking spray. Add the bacon, spring onions, and garlic and cook for 5 minutes
4. In a separate bowl whisk the egg, milk, cream, cheese, parsley, and half of the parmesan together. This is the carbonara sauce
5. Drain the pasta and add to the frying pan. Reduce to low heat and add the carbonara sauce.
6. Cook for another 2-3 minutes until the sauce thickens, top with the rest of the parmesan to serve.



# SLOW COOK CHICKEN TACOS

You need a slow cooker for this, but again this is so easy to make as you simply leave the ingredients to cook for a few hours and then come back later to assemble a tasty meal.

## *Ingredients*

- 700g Chicken breast or 3 large breasts
- 1 large onion diced
- 3 tsp garlic puree
- 2 tbsp chipotle paste
- 1 tsp cumin
- 1 tsp oregano
- 1/2 tsp cinnamon
- 2 bay leaves
- 800g tinned tomatoes
- 8 tortilla wraps
- Dried chillies to your taste

**Recipe makes 4 portions.**

**Per portion**  
Protein 49g  
Carbs 70g  
Fats 8g  
Kcal 540

## *Directions*

1. Place all the ingredients except the tortilla wraps into a slow cooker on medium/high. Cook for 4-5 hours
2. Use two forks to shred the chicken in the pot.
3. Once you've shredded the chicken mix it throughout the sauce, put the lid back on and cook for another 15 mins. If you prefer a thicker sauce remove the lid and allow the water to boil off until you reach desired consistency.
4. Serve in a bowl with warm tortilla wraps. Optional add sour cream, salad, or guacomole



# SEAFOOD RISOTTO

A bit more prep and cooking time goes into this, but it's 100% worth it for a delicious seafood risotto at the end. Also this recipe comes with 6 portions, so it's ideal for a big meal prep to eat later on in the week.

## *Ingredients*

- 400g risotto rice
- 900ml fish stock
- 800g mixed frozen seafood
- 50g butter
- 2 tbsp olive oil
- 3 tsp garlic puree
- 1 onion diced
- 100ml white wine
- 1 pinch of saffron
- 75g of peas
- 1 tbsp chopped coriander
- 1 tbsp of chopped dill
- 1 sprig of thyme
- 1 bay leaf
- Grated low fat parmesan

**Recipe makes 6 portions.**

## **Per portion**

Protein 23g

Carbs 57g

Fats 14g

Kcal 446

## *Directions*

1. Heat the stock and keep it warm
2. Add the olive oil, onion, garlic, thyme and bay leaf to a large saucepan. Cook over a medium low heat until the onions become translucent
3. Add the rice, stirring continuously. Once it begins to pop, add the wine, saffron and about 1/8th of the stock. Repeat this process until the stock is absorbed
4. Add the frozen seafood, butter, peas, coriander, and dill to the rice mix and cook over a low heat for 10-15 minutes.
5. Serve hot with parmesan, salt and pepper

# HIGH PROTEIN BEEF STEW

Another very tasty and simple recipe. With 10 minutes of prep time and then a few hours in a slow cooker, this is very easy to just leave and then eat. This is also very high in protein!

## Ingredients

- 1kg lean diced beef
- 2 tbsp olive oil
- 6-8 shallots cut in half
- 2 tbsp plain flour
- 1 tsp chopped garlic
- 1 bay leaf
- 1 tsp paprika
- 2 tbsp tomato puree
- 400ml beef stock
- 3 diced potatoes
- 4 chopped carrots
- 1 stick of celery chopped

**Recipe makes 5 portions.**

## Per portion

Protein 58g  
Carbs 24g  
Fats 17g  
Kcal 425

## Directions

1. Heat the olive oil in a pan on high heat, then add the steaks. Cook for 1-2 minutes until browned, then add the flour, with salt and pepper to taste. Stir thoroughly until the steak is completely coated
2. Add the beef stock and stir thoroughly, try to release any of the flour that has caught on the pan using a spatula. Transfer the mixture to a slow cooker and add the remaining ingredients. Stir thoroughly.
3. Cook on high for 3-5 hours, or until the meat is tender. Serve with, veg, mash, or bread. But remember to factor these into MyFitnessPal!

# CHICKEN PEANUT BUTTER STIR FRY

Stir fry's are notoriously easy to make, and absolutely delicious. This recipe is a staple of my diet, being high in protein and packed full of healthy ingredients.

## Ingredients

- 2 large chicken breasts cut into strips
- 50g peanut butter
- 1 tsp mild chilli powder
- 1 tsp cayenne pepper
- Boiler water as required
- 1 large pack of stir fry veg
- 100g rice noodles

## Directions

1. Add some oil to a wok or frying pan on high heat
2. Add the diced chicken breasts and cook until sealed (white). Don't cook for too long, we just want them sealed not cooked. Then turn down to low/medium heat.
3. Add the peanut butter, cayenne pepper, an chilli powder to a mug. Slowly add boiling water whilst stirring until you get a smooth mixture.
4. Turn the hob to a high heat and add the stir fry veg, cooking for 3-5 minutes until softened.
5. Add the rice noodles, stir.
6. Once everything is added and cooked, reduce the heat to low and add the peanut sauce. Cook for 3-5 minutes before serving.

**Recipe makes 5 portions.**

**Per portion**  
Protein 53g  
Carbs 38g  
Fats 15g  
Kcal 501

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# FITNESS AS A LIFESTYLE

**Fitness should integrate into your lifestyle, something that is sustainable and realistic.**

Looking amazing is a great feeling, but despite what fitness instagrammers and models out there say, it should be a part of your lifestyle rather than the number 1 priority. It's easy for a trainer or model to say make fitness your priority when their lifestyle is fitness. But for most of you reading this guide it's entirely unrealistic when you talk about family, kids, a stressful job, and social gatherings.

The whole idea behind this guide is to turn healthy eating into a habit rather than a chore. I can safely say I have never ever been on a diet where I've felt unable to go out to a restaurant, or have a doughnut.

When eating healthily becomes a lifestyle, you are far more likely to make long term change, rather than what people usually do which is lose a ton of weight, and then gain it all back 3 months later.

Set realistic goals, make fitness a habit, and don't judge yourself for not being perfect with training/eating and you'll get the long term results you desire.

# FAQS

## Should I have a protein shake after a workout?

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This is entirely up to your personal preference. You don't NEED to have a protein shake after a workout but I would suggest having a meal with a healthy balance of fast releasing carbs (e.g. fruit), protein, and healthy fats. My ideal post workout meal would be a protein shake with some peanut butter mixed in, and some fruit

## How much sugar should I have per day?

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I would recommend limiting sugar intake to a third of your daily carb intake

## I struggle to make time to eat healthily, what can I do?

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Meal prepping will always be the number 1 way to ensure you eat healthily. Yes there will be a few hours once or twice a week where you have to batch cook, but the time and hassle it saves you over a week is worth it.

If you really don't like cooking and want a more convenient option - [Gold Standard Nutrition](#) have some fantastic ready meals with the calories ready to scan

## I struggle to eat X meals per day, what should I do?

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If you don't like the suggested meal structure on page 7 you can add these calories onto other meals and simply have larger meals less frequently. It's more important to have the calories over the course of the day, rather than worrying about meal timings. Some days I will only eat 2 meals if I'm busy, but they tend to be larger meals.

## What supplements should I take?

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A healthy balance diet will contain all the nutrients required to satisfy the body's micronutrient need.

With that being said there are a few supplements I would recommend for ease and for general health benefits.

See the shopping list for recommended supplements.

## What If I need extra help?

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If all of this is a bit overwhelming and you want a plan built for you, where you can just follow without having to do any additional thinking, as well as get the needed accountability and support to GUARANTEE success with your body...

Please email me at [info@wellsfitness.co.uk](mailto:info@wellsfitness.co.uk) with the subject 'coaching' and a short few sentences describing your goals.

If it's something I can help with, then I'll invite you on a call to discuss my coaching programme 'The Body Masterclass'

# ABOUT THE AUTHOR



## Dom Wells

I am a REPs certified personal trainer with an MSci in Biochemistry. With a passion for fitness and all things gym related since the age of 17, I have spent many years honing, experimenting and testing skills and knowledge I have gathered to share with others. I spent 4 years at Nottingham University to achieve my masters in biochemistry. This has given me the requisite scientific knowledge to complement my practical experience I have acquired through training and coaching.

I have coached many different people over the years as a personal trainer, which gave me the inspiration to write this nutrition guide. Nobody enjoys restrictive diets, and I found many people were using restrictive diets, achieving a result, and then rebounding straight afterwards. My approach is that of sustainability and moderation, an approach that fits into an average modern lifestyle and gets you long term results.

My goal is to share my journey with others to improve the health, fitness and confidence of those who want to achieve a goal at the gym.

# THANK YOU!

Please contact me at  
**info@wellsfitness.co.uk**  
if you have any questions

Alternatively visit  
**wellsfitness.co.uk**