

# A Simple Low Carb Life

*Troubleshooting Stalled Weight Loss*

**MODULE 8-Video 1**

Copyright 2015, A Simple Low Carb Life. All Rights Reserved.

*Ok... I have begun the diet,  
lost a bunch of weight in  
the first month, and now my  
weight loss has stalled.*

***What happened?***

# Hey, this happens to **EVERYONE!**

Before it gets out of hand and your weight starts to go up or worse yet, you get discouraged...

Let's go through a simple check list to see what went wrong.

**Are you counting your  
carbohydrate intake  
ACCURATELY?**

If your answer is: ***I think so,***  
**You are not counting carbs accurately at all.**

A lot of people think “I’ve got this” and stop measuring portions or counting carbs early on in their weight loss.

**It is absolutely vital for your success to:**

- **KNOW YOUR PORTION SIZES.**
- **KNOW HOW MANY NET CARBS ARE IN EACH PORTION.**
- **“*THIS LOOKS LIKE A HALF CUP...*” IS NOT GOOD ENOUGH.**

# THE DEVIL IS IN THE DETAILS...

When you are looking at a nutritional label, a serving size will be shown at the top of the label, along with the nutritional label.

- **Beware of the serving size.** It is common for something that you think is ONE serving, to actually be 2 or more servings. *This is a common “bait and switch” technique to market a product as healthy when it actually is not.*
- **Note the net carbs per serving.** Remember that NET CARBS calculation?
- **Total carbohydrates - dietary fiber - (1/2 of any sugar alcohols if any)= NET CARBS**
- **Make sure that YOUR measurement of the serving size on the label is correct.**

Are you **tracking** your  
carbohydrate intake?

# What do you mean by tracking?

Are you DOCUMENTING your carb intake in some way EVERY DAY?

Ways to track:

[www.myfitnesspal.com](http://www.myfitnesspal.com)

[www.loseit.com](http://www.loseit.com)

[www.atkins.com](http://www.atkins.com)

- Old fashioned pocket notebook
- Excel sheet on your computer
- Any other tracking app you like



**Why do I have to track?**

**Isn't that too time consuming  
and frankly obsessive?**

# Reasons to track:

- **To know that you are in ketosis** you need to know that your carbohydrate level is low enough. *You are either in ketosis or not; like being pregnant or not there is no “maybe” option.*
- **Until you are a seasoned veteran of low carb eating** and are familiar with all of the “sneaky” carbs in foods, you need to **COUNT THE CARBS.**
- If you are losing weight and not tracking, you are likely following the guidelines. **If your weight is stalled, you are likely NOT and eating too many carbs.**
- **If you are eating too many carbs, you will not be in the fat burning state** and the diet becomes a carbohydrate based one which is a calorie counting game. *Which means hunger, cravings, weight gain, and blood sugar instability.*

# Why stay in ketosis anyway?

To review:

- Your body will be an efficient fat-burner and use up your long-stored fat stores.
- Your pancreas will stop overworking and secrete a steady state of insulin.
- Steady state of insulin = fat storage usage
- You will be free of significant hunger or cravings.
- Your brain power will improve.
- You will feel more energetic.
- You will have more stamina than a “carb-burner”.

**Ok...so you have the carb amount  
under control but your weight is  
still stalled...**

**What next?**

Woo Hoo!!!

You have completed

**MODULE 8- Video 1.**

*How are things going so far?*

*Let us know if you get stuck. We are here to help.*

[www.asimplelowcarblife.com](http://www.asimplelowcarblife.com)

[asimplelowcarblife@comcast.net](mailto:asimplelowcarblife@comcast.net)

*Let's move on to **Video 2.***