

# A Simple Low Carb Life

*Troubleshooting Stalled Weight Loss*

**MODULE 8-Video 3**

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## After the first month...

- Continue to track daily for optimal weight loss.
- Be certain of your serving sizes.
- If not tracking daily, track and measure at least one week of every month. *We all forget not only what we ate but our portions nearly always creep up.*
- Eat on a salad plate instead of a dinner plate or from a small salad bowl instead of a large one.
- Take at least 15 minutes to eat and sit down to eat.
- Eat only until satisfied, not until full or eating everything on your plate.

Are you eating within the first hour of arising and at least every 4 hours?

Many people return to prior bad habits of eating very little and many hours apart, only to be “starving” by the evening meal, leading to over-eating and weight gain.

Be SURE to eat within the first hour of arising and do not go longer than 4 hours without eating a protein based meal or snack (small, frequent meals, to fuel as you go).

You don't have to eat a full, 3-5 course meal! If you wait to eat, not only will you be hungry but the body will go into a fasting or conserving mode and lower your metabolism.

***If you are doing this.... STOP! Small frequent “FUEL UPS” is the key to keeping your “engine” running smoothly.***

**Are you sleeping 7-8 uninterrupted  
hours per day?**

**Is your quality of sleep good?**

**Do you snore or do not feel rested when  
you awoken after being in bed all night?**

Poor sleep profoundly effects our overall health and particularly causes weight gain, not only if we are not getting enough sleep but also if the quality of sleep is poor.

- Have a set time to go to sleep and awaken, allowing for **7-8 hours of sleep**.
- **If you snore or have trouble staying asleep, see your doctor.** You may have sleep apnea effecting your quality of sleep and health. *This must be treated to avoid all sorts of serious health problems including chronic weight gain.*
- **Turn off** your TV, computer, email, video games, movies, texting, iPad or other tablet, phone apps, loud music, “emotionally charged” phone calls or conversations within 3 hours of bedtime to improve your chances of a good night’s sleep. Think **SPA ENVIRONMENT** before bed.
- **Keep lights dim** within 3 hours of bedtime. (Our body will produce more melatonin with dim light, which allows us to fall asleep).

**How much are you exercising  
and when?**

**Are you exercising on an  
empty stomach?**

- If you are performing vigorous exercise, although you will be burning fat, some of our needs come from glucose.
- If you exercise on an empty stomach, you do not have protein or any carbohydrates on board.
- The body will create glucose from muscle (gluconeogenesis again). Eating some protein before exercise offsets this.
- Having a few carbs with your protein will also offset the need to create glucose from your muscle. A good quality protein shake is perfect for this. (*Jay Robb brand* for example)



- Save a little protein for after exercise to help with recovery.
- If you are hungry after exercising you did not have sufficient protein before your exercise.
- Plan your exercise between meals optimally so that you have some fuel on board **before** and will be eating shortly **after** the exercise.

**If you have corrected these more common reasons for stalled weight loss, see your healthcare provider.**

*You could have deficient hormones (male or female), low thyroid, may need medication changes, or have other health reasons.*

# REMEMBER:

- First, make sure your net carbs are at least under 50 grams per day (optimally 30 grams) to even be in and remaining in the fat burning state.
- Second, look at your protein amount and make sure that you are in the right range (*not too little or too much*).
- Are your portions accurate? If they aren't your carb and protein amounts are higher than you think.
- Are you tracking? If not, you are guessing and not likely to regularly lose weight.
- Be sure to sleep 7-8 hours per night.
- Never exercise on an empty stomach in spite of what you have heard to the contrary. *Physiologically it will stall your weight loss.*

**Do I have to track, read labels, and measure for the rest of my life?**

**No, but...**

- Until you are **VERY SKILLED** at label reading, portion sizes, hidden carbs, have lost the weight you want to lose, and are reaching your goal, you will need to monitor yourself.
- It gets easier and quicker.
- You may just need a “refresher” of one week per month once you find your rhythm.
- For the first month at least, track/measure/count.

Woo Hoo!!!

You have completed

**MODULE 8- Video 3.**

*How are things going so far?*

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

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*Let's move on to **MODULE 9.***