

A Simple Low Carb Life

Troubleshooting Stalled Weight Loss

MODULE 8-Video 2

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***Let's take a look at
your
protein intake!***

Remember this?

EASY METHOD

Daily Protein Amount:

- Up to 200 lbs (91 kg) of weight = 100 grams
- 200-300 lbs (91-136 kg) of weight = 120 grams
- 300-400 lbs (136-182 kg) of weight = 140 grams
- *Add 20 grams of protein per 100 lbs of weight (45 kg)*
- *If you exercise vigorously >30 minutes per day, add 20 grams of protein daily to repair muscle tissue.*

Are you eating *too little*
or *too much* protein?

Under-eating Protein?

- Muscles will waste and you will burn LESS calories at rest (*meaning you have to eat less*).
- You will feel fatigued.
- You will literally be starving yourself.
- Your weight will stall or you will gain weight.

Eating too much protein?

- Excess protein will turn to glucose (sugar) by a process called *gluconeogenesis*.
- It will then be converted to fatty acids and stored.
- Your blood sugar will go up.
- Your weight will stall and you may even gain weight.

**Are you tracking the amount of protein that
you are eating accurately and are you
SURE of your serving sizes?**

**Are you measuring or weighing
your proteins?**

**If you are not measuring, you are
“guessing” and will likely stall your
weight at some point?**

EVERYONE creeps up on their serving sizes because we visually compare our plates to the ridiculously huge portions of others' plates.

Although innocent, this impacts our weight loss efforts.

Remember:

In general...

1 ounce of animal protein=7 grams of protein

This is not true for every meat but in general is an easy guide to use.

You will still need to know the weight of the protein (how many ounces).

Calculate from the number of ounces you bought in any given package or weigh your portion on a food scale.

Track the protein amount and carbohydrate amount in grams for everything you eat with the tracking method of your choosing, but do it FAITHFULLY for the first month.

Woo Hoo!!!

You have completed
MODULE 8- Video 2.

How are things going so far?

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Let's move on to Video 3.