



# Common Causes for Plateau

Trying to break out of a plateau? Look out for these common traps.



## Fatty Beverages

- Drinking a fatty coffee or tea is no different than eating a full meal - that's the bottom-line.
- Even if you are in 'fat-burning' mode, your body will be fueling off the fat from your coffee or tea rather than your own body fat, which is counterproductive to weight loss.

## Natural & Artificial Sweeteners

- Avoid all sweeteners, including zero-calorie ones. They can induce cravings and make fasting more difficult.
- Patients will often struggle with fasting, losing weight, and lowering their blood sugar levels. Eventually they get frustrated that they aren't getting the same results as others and start to cut the sweetener.
- Within a few days they all start losing weight, seeing their sugars come down, and find the fasting much easier.

## Nuts & Nut Butters

- Nuts and nut butters are a great low-carb, high protein healthy fat option, but they can be problematic, as a handful here and there adds up.
- Some nuts are higher in carbohydrates than others. Higher carb nuts include cashews (22 grams net carbs per 100g) and pistachios (15), whereas pecans (4), brazil nuts (4), and macadamia (5) nuts are lower.
- Don't forget about the protein! Excess protein drives insulin which makes weight loss more difficult.

## Dairy

- Dairy foods are familiar so many people tend to go overboard with when cutting down the carbs.
- Try to stick with less than 4 oz a day of dairy.

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# Common Causes for Plateau Continued

## Eating When You're Thirsty

- Many times we think we're hungry, we're actually thirsty, especially during fasting.
- If you think you're hungry, try drinking a glass of water, green tea, or even bone broth and waiting half an hour. Most of the time, the hunger goes away allowing you to continue fasting or until your next meal.

## Snacking & Grazing

- Remember - stick to your meals/ eating windows and do not 'graze'. Grazing is great if you are a cow. Human, not so much.
- Constantly eating a little food all day long (even heavy cream), keeps insulin levels up, and puts you into 'fat-storing' mode. This does not allow your body a chance to use the food it has eaten, which sabotages weight loss efforts.
- If you are eating, then eat a full meal. If you are not eating (in a car, at the movies, in a meeting etc.), then do not eat. Don't mix the two up.
- Eat one or two or three meals a day sitting at a table. Do not snack constantly all day long while doing other things.
- Give away or hide your snacking foods. If you tend to get hungry before the next meal, try adding something extra-filling like an avocado or some eggs.

## Eating Too Close to Bed

- Avoid eating late in the day. Ideally, eat your last meal of the day at least three hours before sleeping.
- Meals eaten late at night tend to cause more weight gain.

## Fat Bombs

- Tasty fat bombs are easy to make, and easy to eat. As a result, we tend to snack on them several times a day when we are not truly hungry.
- Eating too much fat is counterproductive for weight loss.
- We want you to eat fat until you are full and then STOP. Need to eat more fat to feel full? GO FOR IT! Feeling full? STOP EATING! Don't eat fat for the heck of it.

## Other Tips to Avoid a Plateau

- Avoid consuming refined carbs and starches to comfort and celebrate. This helps avoid emotional eating patterns by breaking the link between food and emotions. Don't cheer yourself up with cookies. Instead, try talking to a friend. Don't celebrate with cake. Instead, treat yourself to a massage/ manicure/ pedicure.
- Stress should normally suppress hunger. If a lion is chasing us, we don't usually get very hungry. But many of us are conditioned to treat stress with food, particularly carb heavy foods.

'Comfort' foods, like mac and cheese, mashed potatoes, or biscuits and gravy are mainly refined carbohydrates. This activates reward centres in our brain, which give us comfort. But since cortisol our primary stress hormone is elevated as well as insulin, this situation is particularly dangerous for weight gain.

- What to eat when you're stressed or celebrating, aside from pizza and donuts? Eat bacon. Go out for a nice fatty steak and cover it with herbs and garlic butter. Have some scrambled eggs. You may even want to fast during periods of extreme stress.