



WEIGHT LOSS RESISTANCE

www.KetoLifestyleForWomen.com

These are some reasons you may not be losing weight while eating keto

1. Not eating enough food
2. Eating too much protein
3. Not eating enough vegetables – body becomes acidic
4. Not eating enough fat
5. Stress
6. Body is healing
7. Gut infections
8. Not getting into deep sleep
9. Body recomposition
10. Weight loss is not always linear
11. Food sensitivities – dairy, nuts, peanuts
12. Hormone imbalance – PCOS, abnormal periods, wonky hormones
13. Estrogen dominance
14. Detox pathways not supported – liver and kidney
15. More calories than when started
16. Toxins – food, beauty, environment
17. May not be fat adapted yet
18. Autoimmune issues

If any of these apply try journaling if you are not able to see where the connection is.