



Top 10 Reasons You are NOT Losing Weight

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Too Many Carbs

Are carbs starting to sneak back into your diet? Be honest and start tracking everything



Too Much Fruit

If you are overweight, fruit is not your friend. Avoid smoothies, juice, dried fruit and especially sweet tropical fruit.



Too Much Dairy

Track how much cheese, cream, milk, yoghurt and other dairy products you are having. Cut back on dairy until weight loss starts again.



Too Many Nuts

It is easy to overindulge on nuts without realising. Measure out a few nuts each day.



Not Enough Fat

Don't fear the fat. Healthy fat will keep your appetite in control and fill you up and stops you snacking.



Too Many Sweeteners

Sweeteners can trigger cravings again and for some people, stop weight loss.



Eating Too Often

Stop the snacking. It is unnecessary and can soon add up to an extra meal each day.



Be Patient

There are so many benefits that LCHF brings. The weight WILL go, you WILL gain control of your appetite, and you WILL succeed.



Lack of Sleep

Not enough sleep and increased stress are critical to weight loss and wellbeing.



Fake Foods

Avoid the low carb products, protein bars, low carb breads and sugar free chocolate. Go back to basic whole food.