

Plate to Plateau

Has your weight loss stalled?



A short term period of slow weight loss or even no weight loss is not uncommon. If your weight loss has stalled and you don't know why you can use this flowchart of questions and answers to help you identify the cause and to start losing weight again.

On the Keto Plan, it all starts with **KETOSIS**. Ketosis occurs when the body metabolises excess fat causing weight loss and can be measured with a simple urine test. We recommend if your weight loss has stalled or slowed perform this test with Ketostix® as the first step towards determining the cause. **Once you know the results, follow these questions starting at Q1.**

<p>Q1. Are you in Ketosis? Yes If you are in ketosis your program is working exactly as it should be and you will be metabolizing your excess fat. If your weight loss results have slowed go to Q11 to improve weight loss. No If you are not in ketosis, your weight loss results will be stalled. To identify why go to Q2</p>	<p>Q2. Are you eating snacks that are not Keto Snacks? No Go to Q3 Yes It is important to select only Keto Snacks to ensure your daily calorie and carbohydrate intake is correct.</p>
<p>Q3. Are you using any sugar as a sweetener? No Go to Q4 Yes It is important to avoid all sugars each day including in tea and coffee. Make sure you use a sugar substitute for all sweetening.</p>	<p>Q4. Are you using any salad dressings or sauces on your foods? No Go to Q5 Yes Make sure any sauces you use each day contain less than 1gram of carbohydrate per serve and that you consume only 1 serve per day.</p>
<p>Q5. Are you consuming tea and coffee with milk? No Go to Q6 Yes Your total daily intake of milk is limited to 1 cup. You can spread this across any amount of tea and coffee each day.</p>	<p>Q6. Are you eating more than the daily recommendation of meat, seafood or chicken? No Go to Q7 Yes Eating more of your daily protein source each day than recommended will increase your intake of kilojoules and this may slow or stall your weight loss results. Choose the appropriate portion size (as outlined in your program) of any of the protein options on the Protein List. We recommend you choose the Leanest protein options for more than half of your weekly protein servings.</p>
<p>Q7. Are you eating any of the "Foods to Avoid"? No Go to Q8 Yes As ketogenic weight loss plan, Keto works by restricting your intake of daily dietary carbohydrates to less than 60-70grams. As a result there are some foods and drinks that you must avoid while on this program. Eating any of these foods – even in small amounts – will cause your body to stop ketosis and as a result these foods will stop the fat metabolism, stop weight loss and as ketone production has stopped you will start to feel hungry.</p>	<p>Q8. Are you consuming alcohol? No Go to Q9 Yes Beverages containing alcohol stop the ketosis process because the body will use the alcohol in preference to body fat and will stop ketosis and stop weight loss.</p>
<p>Q9. Are you using the Dr Tim's Success Recipes for your 3rd main meal? Yes Go to Q10 No To make sure your 3rd meal is not ruining your weight loss attempts, choose a recipe from the Dr MacLeod's Recipe Books. Not only are all the meals easy and delicious, but they comply exactly with the requirements of the Dr MacLeod's VLED Keto Plan to make sure you stay on track.</p>	<p>Q10. Are you consuming excess daily snacks? No go to Q11 Yes All snacks contain calories and carbohydrates—even Keto Snacks. Excess snacking may effect your weight loss results. We recommend to enjoy snacking within the guidelines of your program and if you are not hungry don't snack! You will lose more weight if you snack less.</p>

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Dr. MacLeod's[®]
Est. 1992

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Q11. Are you Skipping meals?

No Go to Q12

Yes Don't skip meals. The Keto Plan is nutritionally balanced to provide your body with all the nutrients required to lose weight safely. Skipping meals will not improve your weight loss results but slow weight loss down. Make sure you eat everything you should.

Q12. Are you consuming all the recommended daily vegetables & salads?

Yes Go to Q13

No The fibre content of vegetables and salads will help to you to maintain a healthy bowel function and regularly empty your bowels. Without it, you may suffer with irregular bowels or even constipation which is not only unhealthy but will affect your weight ins. Supplementing fibre is also an option.

Q13. Are you getting enough daily activity and exercise?

Yes Go to Q14

No Slow weight loss results can be kick started by an increase or change in activity. Get a pedometer and set yourself a goal to walk more each day, swap walking for bike riding, get up from your work desk every 30 minutes and stretch. Any extra activity will help.

Q14. Are you too active?

No Go to Q15

Yes If you have added activity and exercise to your daily routine that is fantastic! But be aware that developing muscle mass will tone you up, but might affect the scales. Building muscle through activity is fantastic and will help you to maintain your weight loss long term so don't give it up, just consider that your weight loss results on the scales might slow down.

Q15. Are you consuming 8 glasses of water per day?

Yes Go to Q16

No It is really important to stay hydrated particularly to aid in digestion. Remember though to empty your bladder before each weigh in. 500ml of water in your bladder will add 500g to the scales!

Q16. Are you consuming excess daily snacks?

No Go to Q17

Yes All snacks contain calories and carbohydrates—even Keto Snacks. Excess snacking may effect your weight loss results. We recommend to enjoy snacking within the guidelines of your program and if you are not hungry don't snack! You will lose more weight if you snack less.

Q17. Has any of your medication been changed?

No Go to Q18

Yes Many medications can interfere with weight loss results. If your medication has changed and your weight loss has slowed check with your doctor or pharmacist as your medication could be the cause.

Q18. Are you a female and pre-menstrual?

No Go to Q19

Yes Ladies consider your hormones. Hormonal fluctuations can cause fluid retention that will affect the scales. If you are premenstrual or menstruating and your weight loss results are slow, be comforted by the fact that once your period has passed, you will likely to experience weight loss catch up with great weight loss results.

Q19. Have you had a change in your health condition?

No Go to Q20

Yes Any illness or change in your health condition can interfere with your weight loss results, particularly if your body is working hard to heal itself. Seek advice from your doctor, and follow the guidelines of the Balance Program until you are in better health.

Q21. Are you near your weight loss goal or close to the healthy BMI range?

No See note

Yes As you get closer to your healthy weight range weight loss results can slow down. This is nothing to be concerned about, but an indication you should start to consider the Dr. MacLeod's Balance Program.

NOTE: If answering these questions has failed to identify why your weight loss results have slowed down, we recommend completing Dr. MacLeod's Weekly Food Diary for analysis. Simply document each meal, snack and drink you consume for 1-week, send to us at Dr. MacLeod's and we will try to identify how to stimulate your weight loss results once again.

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