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## common reasons you might not be losing weight on keto.

1



Are You Really in Ketosis?

2



Eating Processed Keto Foods

3



Eating Too Many / Too Little Calories

4



Tracking Carbs?

5



Too Much Protein

6



Stress

If All Else Fails:

## *Try Intermittent Fasting*



Intermittent Fasting (IF) is a voluntary prolonged abstinence from food, beverage, or both, for a specific amount of time, ranging from hours to days.