

# *Why You May Not Be Losing Weight During the Ketogenic Lifestyle For Women Diet*

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
13. Detox pathways not supported – liver and kidney
14. More calories than when started
15. Toxins – food, beauty, environment
16. May not be fat adapted yet

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