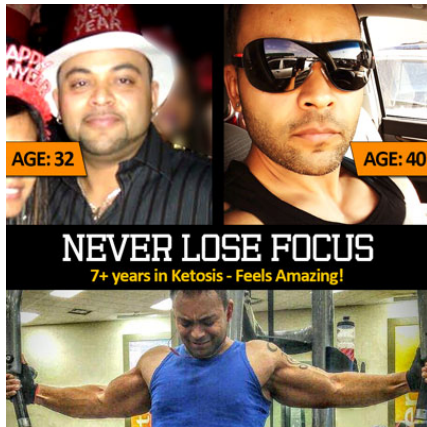


HOW TO BEAT KETO STALL

15 WAYS TO SPEED UP FAT LOSS ON A KETO DIET





About Raj the “Keto Coach”

Hi, my name is Raj “The Keto Coach” and the author of the popular [Personalized 21 Day Keto Diet Plan](#) from MyKetoCoach.com. The ketogenic lifestyle changed my life 7+ years ago, going from 240lbs and a 44” waist to a healthier 175lbs and 31” waist ([read my story here](#)), and since then, I have helped over 4000 people to convert over to a ketogenic lifestyle to defeat their health challenges they were facing. Some of those challenges are:

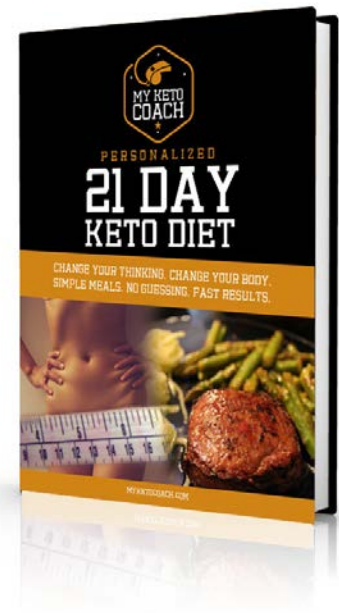
- **Losing bodyfat and becoming healthier**
- **Improving sleep (and the quality of their sleep)**
- **Increasing mental focus and alertness**
- **Better energy and sustained daily energy (no 3pm crash)**
- **Controlling carb & sugar cravings, ultimately creating an appetite control**
- **Using nutrition alone to manage blood glucose levels**

While coaching so many people, I have gained so much insight and knowledge to guide you today – this is what I am about to share with you. Since you downloaded this eBook to help beat your keto stall or to help perfect your current keto diet, I will assume you know the basics of a good solid keto diet which should follow the proven macro ratio of 80% Fat, 15% Protein and 5% carbs (from greens). If you need to learn more about the keto diet, you can visit my webpage here: [What is the Keto Diet & Why it Works?](#)

I don’t want to repeat information you may know already in this eBook. My whole approach to success with the keto diet is based on simplicity – this ensures your best chance of success! *This should be something you enjoy – it’s a lifestyle, not a diet.*

This guide has no fluff, just facts and what to do! Again, keeping it simple and direct and getting you the exact information you need to succeed.

I want to clarify I am not a medical professional – this info is based on my personal experience, and experiences gained with working with my clients.



15 Ways to Beat Keto Stall & Optimize Your Keto Diet

Based off the learnings of helping 4000+ people adapt a ketogenic lifestyle

If you've ever tried to lose a significant amount of body fat with keto, you've likely experienced a stall or a plateau, or even slower weight loss at some point in your keto journey – which is natural. In this eBook, I'm going to use the term “keto stall” not only in reference to what the scale says, *(because scales are for suckers if used alone to monitor success)*. Instead, when I'm talking about a keto stall, I'm talking about a period of time when your clothes are not getting looser AND the scale isn't moving.

Keto stall is frustrating! I know you are thinking to yourself *“I am doing everything right on this keto diet, why did my weight loss stop? It's been weeks now! and I did everything I can think of!”*. Of course, a lot of the frustration has to do with the expectations you place upon yourself and your progress (that's a whole separate eBook), but suffice to say that the frustration is real. Now let's beat it!

These are my top 15 recommendations on breaking a keto stall and optimizing your diet. Based from the knowledge I have gained working with so many people of different diversities and challenges over 7+ years.



1. You're Not Eating Enough Food!

One common “dieting method” is to reduce the amount of food you eat to create a larger caloric deficit. If you've been thinking of the keto diet as a typical diet – this may be your

mistake. Limiting the amount of food you've been eating at each meal, skipping meals, or avoiding hitting your macros is a major reason for stalls.

What makes keto different is that you are burning fat all day long (keto adapted/deep ketosis) which naturally means you will need more calories to avoid a HUGE caloric deficit which in turn means you could go into what they call "starvation mode" where your body will breakdown muscle tissue for fuel, and store fat to ensure you survive long-term. Remember, on a carb based diet, caloric deficit is more important due to the use of 2 fuel sources where you are burning carbs, then fat, then carbs and fat again – this cycle goes on and on, which is why the caloric deficit is needed to ensure some fat loss. So don't feel like you need a huge caloric deficit to lose weight while on a keto diet. Make sure you are getting the correct macros in and fueling yourself to ensure your body will breakdown fat into ketones to use for fuel.



KETO COACH TIP: Ensure you are nailing the proven macros of 80% fat, 15% protein and 5% carbs to create the proper environment to burn fat. **Don't fear the fat! It could hold you back!**

2. Be Patient & Stop Weighing Yourself Everyday!



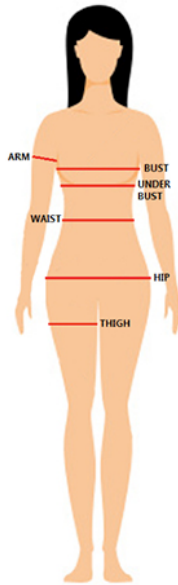
With so many gimmicky diets on the market promising weight loss in 3 days, 7 days, 10 days etc., it's no wonder that we expect to see quick results. But if you're overweight, you likely didn't get that way in a short period of time, and the process of taking it off involves slow and steady progress as well.

Checking the scale too often is your biggest enemy - and almost everyone does this. **Why is this an issue?** With so many metabolic and

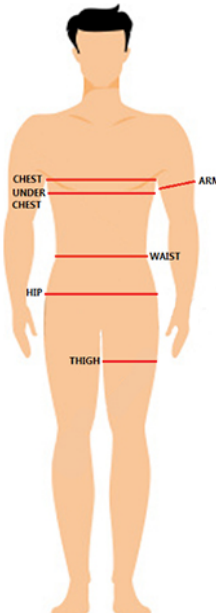
outside factors, your weight will naturally go up and down daily due to simple things like water intake, salt intake, menstrual cycle etc. This is why in my keto diet plan, I recommend clients to weigh-in only 1 day a week, at the same time weekly, upon waking up and after your "bathroom duties". This will ensure the most consistent and true baseline weight. As well don't forget body measurements. This is key as many times the scale may not budge, but you will be



surprised to see a few inches off in places. Here is a chart taken from my diet plan showing how to properly measure your body parts using a flexible tape measure.



UPPER ARM	Measure the circumference around the largest point on your upper arm above the elbows, with your arms relaxed by your side.
CHEST & BUST	Measure the circumference around your chest or bust and your back, at the end of an exhale. Measuring tape should be under the armpits, around your shoulder blades, and close to the nipple line.
UNDER CHEST & UNDER BUST	Measure the circumference around your ribs and your back, directly under your chest or bust, at the end of an exhale.
WAIST	Measure the circumference around the smallest point on your midsection, just above your navel, while relaxing your stomach muscles.
HIP	Measure the circumference at or under your hip bones, at the largest point, with your feet together, while relaxing your stance.
THIGH	Measure the circumference around the largest point on your upper thigh, while relaxing the leg muscle.




KETO COACH TIP: Weigh in weekly, and measure your body weekly as shown above. It will not only motivate you, but will allow you to see how your body is reacting to changes in the diet and activities you are doing. It's all about testing out new things and see what works for you.

3. You Need to Add Exercise to the Formula

Eating the keto way provides you with plenty of real energy thanks to the ketones (being created by fat breakdown). It is important to put that energy to good use by getting more active than you were pre- keto.

If your weight loss hasn't been happening as fast as you thought it would on keto, exercise could be the tipping point for you. Some people say that you can just control your weight with diet alone, however I believe strongly in overall health (not just weight-loss)





which means getting exercise. In fact, I am a firm believer in performing HIIT (high intensity interval training). It is a great way to kick-start ketosis if you've slipped out, or if you've only just committed to the low-carb keto lifestyle. It's one of the quickest ways to deplete the glycogen out of your blood while not spending a long time at the gym.

Not only is exercise a great way to break your keto stall, it's also great for stress relief, and of course improving your overall health. It is important to point out, however, that if you're exercising regularly, the numbers on the scale may not be shifting due to you putting on lean muscle. **This is a good thing!** Try taking progress pictures at weekly/monthly intervals to gauge the changes that are happening.



KETO COACH TIP: [My keto diet plan](#) has a HIIT workout in it, as well Bodybuilding.com has many easy to follow workout plans for home or the gym. You don't need to be at the gym for an insane amount of time, just crush it with all you got in 1 hour or less, 3-5 times a week. **Make it count and mix it up every month.**



4. Make Sure You Get Those Electrolytes?

As I explain in the [the keto coach diet plan](#), electrolytes are so important for overall health and weight loss. Keto is naturally lower in electrolytes, so I find it important to make sure you are taking a separate supplement to cover your bases. I recommend the magical combination of Potassium, Magnesium, Himalayan Salt and a Multi-vitamin. This will also help with digestion, bowel movements, and muscle cramping if it's an issue you are experiencing. So many people skip these simple supplements and it has big negative effect on their overall results.



KETO COACH TIP: Many people ask me "how do I know which one is good?". Just go to your local pharmacy and select any brand of potassium, magnesium and multi-vitamin supplement (*not the gummy bear ones of course*), or ask the pharmacist for their recommendation. Honesty, I have found no real difference in results from a "premium" supplement to an average one. **So save a few dollars and just focus on taking it consistently everyday in the correct amounts – that is the most important!**



This is my personal review of the product below. This content is not the opinion of Pruvit Ventures, Inc.. Pruvit Ventures, Inc. is not responsible for any of the information, views or opinions expressed below. Please visit their official site for details. You can find links below to their site. I am an independent Pruvit Promoter.

5. Break Keto Stall with an Exogenous Ketone Supplement



I am all about nutritional ketosis first. But YES, I have seen in many cases where adding an [exogenous ketone supplement](#) has helped many people.

I personally have tested a few of them out there, and my favorite product based on results and flavor is by Pruvit called [KETO OS](#).

See my personal full review, and real ketone blood work from using Pruvit Keto OS here: <https://myketocoach.com/pruvit-keto-os/>.

The product tastes great, but there are many reasons why it helps with breaking keto stall, or even assisting in supercharging your ketogenic diet. Some of the key benefits I found are:

- **Appetite Control:** With the influx of ketones you get, it helps control cravings and level blood sugar levels, which in return ensures you are sticking with your keto diet with less chances of cheating, ultimately helping in losing weight.
- **Instant Energy:** Beta hydroxybutarate (ketones) gives you clean and consistent energy all day without a crash (like when you drink coffee for example).
- **Less Brain Fog, Improved Mental Clarity & Focus:** Ketones are a preferred fuel for the brain, and is more efficient for the brain to process than glucose. For this reason, people have less brain fog, feel more focused at work, and remain energized.
- **Better Sleep & Mood:** The ketone bodies help with glucose regulation which in turn is helping with better deeper sleep and mood overall.



KETO COACH TIP: Keto OS is leading in the market of pure exogenous ketones, but many people don't know which one is right for them.

I explain the Differences of Pruvit Keto OS Versions here:

<https://myketocoach.com/differences-pruvits-keto-os-products/>

WANT TO BUY KETO OS? If you are interested in buying Keto OS – [CLICK HERE](#).

Buy from the Keto Coach and get **FREE coaching** on using Keto OS properly!

6. Water & Hydration are ESSENTIAL to Fat loss!

As your carb intake is lowered, your kidneys will start removing the excess water the body has been storing due to a high carb or salt intake. Be sure to drink enough water to replenish what gets dispensed. I highly recommend a minimum of 2-3 liters a day or more – if you're thirsty drink! If you find yourself getting headaches and muscle cramps then you may need more water and more minerals such as Himalayan salt, magnesium and potassium because the water your body is flushing out, which also contains these minerals.



KETO COACH TIP: Water can get boring – *so get creative!* By infusing your water with natural items like mint, ginger, and/or lemon, it will have you guzzling water like a champ! It's easy to prepare just drop in those items into your water overnight, and it will taste great the next day. *Note: Don't use fruits to flavor your water*

7. Stop Using Keto Stix! Get a Glucometer to Monitor Ketones!

Don't use Keto Sticks – they are useless.

Why you ask? Here are a few reasons:

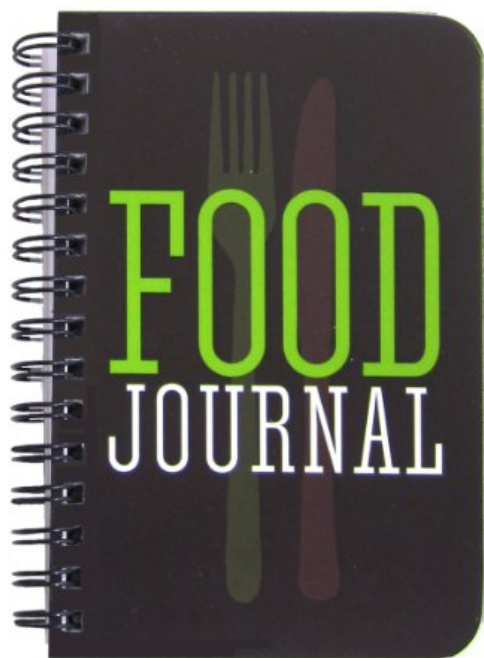
1. The reading you are getting is showing unused ketones, which could be the case of having slightly too much glucose in your system, so since your body is going to burn the glucose first, it doesn't need the ketones you produced prior, so you will just urinate it out.
2. The ketones being measured here are different than the blood ketones you want to monitor in order to know if you are in true ketosis.
3. Another thing many people don't know is that keto sticks are monitoring the CONCENTRATION of ketones, but aren't you supposed to be drinking lots of water (as recommended)? This will impact the concentration reading, again giving you inaccurate results. Test it out for yourself, if you are always reading dark purple – drink MORE water for 2 days as recommended, and watch it go a lighter reading. This inconsistency can drive you nuts. **Get the [glucometer](#) and do it right.**





KETO COACH TIP: Get the right equipment. I recommend a Blood Glucometer (Precision Xtra is an affordable device, and is what I and most of my clients use, but any will do). You can get it from [The Keto Store](#) on my site or most pharmacies. This device measures both Ketones and Glucose (same device many diabetics use). I know this may sound extreme but it's not, and it will help you in knowing what's happening in your body without outside factors. **Typically, you want your readings to be: Glucose around 4.4 mmo/l (72 mg/dl) and Ketones around 1-5 mmo/l (18 mg/dl - 72 mg/dl).** This is the optimal range to be a highly ketogenic state that will have your fat melting off.

8. You Need to Follow the Diet More Closely



I know some of you are on your own keto diet plan, but there some core principles to a proper keto diet which must be followed for success – which I based [my keto diet plan](#) from (*with my own personal twist*). As most people, you will start your journey with 100% focus and dedication to the plan, but as time passes, you may sneak in a few extra carbs here and there, or not be eating enough fat at times etc. This is where stalls can happen! It's very important to keep logging your foods. Have you looked at your log from when you started and now? I bet you will see where you have made consistent mistakes which could be causing your stall. To keep you on track, always log your foods, pre-plan your meals and bulk cook foods to keep it simple. Remember, keto should integrate easily into your lifestyle, don't make it a chore. Keep it simple and effective for long-term consistent results.



KETO COACH TIP: Use free tools and apps like FatSecret.com or MyFitnessPal.com to manage your food log (and weight log). This is a handy and easy way, as these services have all the food with all the nutritional info making it easy to add and calculate. I personally have been using FatSecret.com for many years. But both are great.

9. You're Not Sleeping Like a Caveman (or Cavewoman)



Our modern world makes it pretty tough to mimic how it was in paleolithic times. One of the hardest things to emulate is the way the caveman (*I call him ketoman*) would have slept. Total darkness would have been easy to achieve back then with no light pollution, or cellphones and they would have slept in line with the

circadian rhythm, switching over to resting mode not too long after the sun went down and waking up with the sunrise.

All too often, we burn the candle at both ends, forcing ourselves to stay up late only to be forced awake by an alarm clock long before we've reached the 8 hour mark. Sleep is critical to weight loss as it helps manage our cortisol levels and stress levels as well. Giving your body the chance to rebuild and metabolize while it's at complete rest is important. This is all based on the "circadian rhythm of sleep" – google it to learn more.



KETO COACH TIP: The best scenario, if you can make it work, is to sleep around 9pm-10pm latest, and then wake up when the sun rises (with around 7-8 hours of sleep) Feel rested and empowered to take on the day.

10. You're Not Eating Enough Fat – DUH! This is a HIGH FAT Diet

This may sound counterintuitive (if it does, you need to [understand how keto works](#)), especially if you tuned into all of the low-fat and no-fat diets of old way of thinking. Healthy fats won't make you fat, and instead help the body burn fat. They play an important role in the keto diet, adding plenty of flavor and helping to keep you full longer. Most importantly it gives you a slow release of consistent energy to ensure you can power through your day.



Healthy sources of fat on a keto diet include coconut oil, avocados, olive oil, almonds, fatty cuts of meat (like steak), chicken wings, MCT oil, butter, etc. ([see my tips here](#)). These are very easy to incorporate into your diet because you can use the oils in your cooking, and eat avocados, nuts and seeds as a between meal snack. [See all of my keto tips](#).

KETO COACH TIP: Make sure your protein sources are fatty. No chicken breast, but opt for chicken thighs with the skin on, fatty cut of steak, eggs, salmon, etc. No lean meats! As well, make sure you're using oils when cooking and adding onto your food to ensure your consuming whole, unaltered fats which can get broken down by heat when cooking. Try avocado oil, extra-virgin coconut oil, organic butter, ghee, MCT oil to name a few.



11. Your Carbs are Out Of Control

The low-carb and no-carb diet craze still has a pretty strong following, and some have even tried to categorize the keto diet as one of them. But this misses the point of keto. Keto is the power of low carb with high fat, and moderate protein – not a low carb only diet. All 3 must be present for success!



Nutrition Facts	
Serving Size 2 oz (57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 320mg	13%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	7%
Sugars 0g	
Protein 6g	
Vitamin A 20%	Vitamin C 8%
Calcium 2%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Make sure your carb intake is around 20-40 grams! And remember these grams of carbs are mainly coming from green sources like spinach, avocados, etc. This will ensure you are getting the fiber and the nutrients you need for an overall healthy diet. As well, it's slow digesting keeping you fuller longer. I would also recommend you taper your carb intake, to more in the morning, to less in the evening. Now some people talk about NET CARBS which is the total carbs minus the dietary fiber, totaling a net carb value. **Why does this matters?** It's simple! Carbs from dietary fiber do not impact your blood sugar levels! How do you calculate this? Here is an example. This nutrition label says "TOTAL CARBOHYDRATE = 31 grams" but when you subtract the "DIETARY FIBER = 2 grams", its actual net carbohydrate value is only 29 grams (31 - 2 = 29). Work this into your calculation to allow for some flexibility in your planning.



KETO COACH TIP: I highly recommend keeping an eye on your carbs, as it's a common reason why you have a stall, or are not getting into deep ketosis (3+ mmol/l blood reading) due to the fact of too much glucose still floating around in your blood not causing your body to breakdown more fat into ketones.

12. You've Got the Wrong Mindset

Success with weight loss starts in the mind, and if you're approaching this with the wrong mindset, you are going to have limited results. If you've tried to lose weight on other diets in the past, and went into the keto diet thinking that it MAY work, the "defeat mentality" will only serve to limit your progress. Your own body image is also something you'll want to work on. Start picturing yourself as having the physique of what you want to look like, what clothes you want to wear, what medication you want to be free of, or activity you want to excel in. The mind is a powerful thing which many of us don't utilize to make us go further. Be positive and determined in your goals.





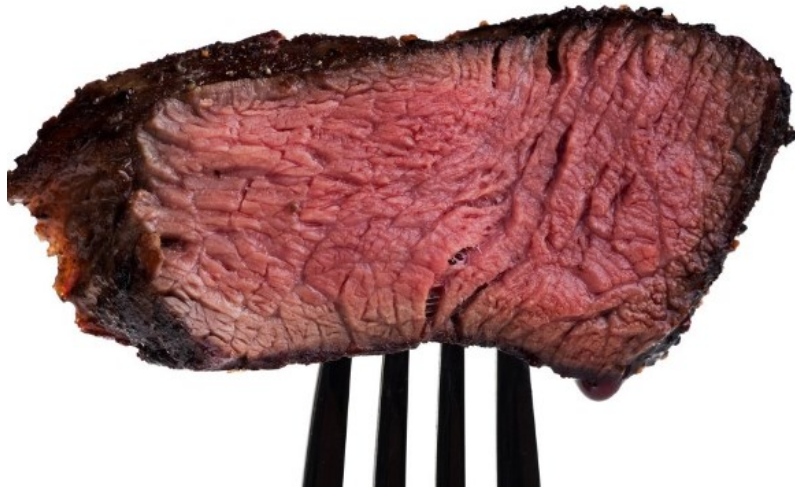
KETO COACH TIP: Try to unlearn everything you think you know about what it takes to lose weight. All of the misinformation you've taken in over the years is working against you, and inhibiting your weight loss progress. Get a healthy case of amnesia and forget about all of the times you've tried to lose weight in the past. Treat this like your first attempt, and try to have a positive mentality about how things are going to go. Keto is different, but it works. Be open minded, go in strong.

13. Incorrect Protein Intake

There's more to a keto diet than simply cutting down on your carbohydrate intake, and eating more fat. Protein plays an important role in the ketogenic diet as an important macro nutrient; it's important for building muscle, but also in keeping you feeling fuller longer.

However, if your protein intake is too high (remember your protein macro should be no more than 15% of your daily intake), if you eat more protein than your body needs, most of the

amino acids in the protein will be turned into glucose from a process called gluconeogenesis.



This is a common problem, as people think they can gorge on protein to fill in their fat requirement – which is the incorrect way of planning your diet. I have seen this prevent many people from going into deep consistent ketosis for maximum fat breakdown.



KETO COACH TIP: Plan out a [proper keto diet](#) and food log to ensure you are on target with 15% protein and the other macros. You will over time learn how to eat within your limits without weighing and measuring everything. This is when it becomes a lifestyle, which is your goal.

14. Reduce the Dairy & Nuts

Are you using dairy based foods, or nuts as snacks? I bet you are over indulging on these items. These items are common for weight loss stall or even weight gain not only because nuts and dairy can kick you out of ketosis because these foods are usually calorie-dense and easy to overeat (100 grams of macadamia nuts has over 700 calories and over 70 grams of fat!)



KETO COACH TIP: Need a snack? Why not make Fat Bombs, there are many good recipes online, here is my “Reeses Peanut butter Cup Fat Bomb” recipe:

<https://myketocoach.com/pravs-keto-style-reeses-peanut-butter-cup-fat-bombs/>.

As well you can have certain nuts (like almonds) just make sure you count them out, and not just snacking out of a open bag, before you know it, they will be all gone.

15. Cheats Days? *Ummm No!*



Many people on any diet, will start swaying from the original plan. I see it happen so often, and when I ask my client “So how often do you cheat? Or have a cheat meal? (*which I am VERY against*) almost everytime I hear 1-2 a week they cheat. What is happening is they are filling up their glycogen stores (carbs and glucose) which kicks you out of ketosis. Now you need to burn all that glucose again before you get back into ketosis – burning your bodyfat. Cheating too often will never allow you to get into fat burning long enough to make an impact because you keep restoring the glycogen and knocking yourself out. Remember your goal is continuous ketosis – so why cheat? *It’s not helping!* **It’s important to follow a proper plan, and stick with it.**

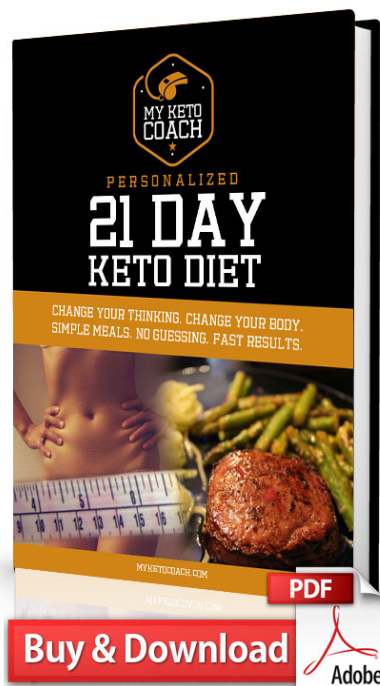


KETO COACH TIP: STOP CHEATING! Write down everything you eat, follow a properly planned keto diet plan to ensure you’re setting yourself up for success. Why work so hard to get into ketosis, only to keep kicking yourself out for short term pleasure? The longer you’re in ketosis the more fat you will burn and YES, it does get easier as you get better control of carb craving and hunger as you stay in ketosis longer - *It’s a fact.*

So there you have it – my top 15 ways to beat a keto stall or improve your keto diet! It’s important to understand that this is a general list, and should not be taken as an absolute answer. Everyone is different, and some people will need combinations of things, or something completely different. Part of the fun of keto is the experimentation in figuring how you tick and what works for you.

“Remember what separates you from others is your connection with your mind, body and hard ass work. Look inside yourself, picture your goal and make it so... make it happen.” – C.T. Fletcher. (motivational speaker & bodybuilder)

The 21 Day Keto Diet. Simple, Effective & Made For You!



Want a keto diet plan that is:

- Easy to Follow
- Includes Simple & Quick Keto Meals
- Made for Your Body Weight
- No Counting Calories or Macro’s (I have done it all for you.)
- **Includes 2 weeks coaching from me personally.**

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If you need help with your keto diet, ketone supplement or anything keto related, reach out to me and let’s chat! Email me at info@myketocoach.com, or visit www.myketocoach.com.

Thank you,
Raj Patel | The Keto Coach of Myketocoach.com

