

Alex Miller's Weight Stall List

1. You might have a food intolerance.
 - Nightshade vegetables (eggplant, peppers, tomatoes)
 - Eggs
 - Shellfish
 - Nuts/seeds.
2. Eating too much dairy (more than 4oz per day)
3. Too many keto sweeteners (treat sugar alcohols as carbs)
4. Hidden carbs found in keto treats (dextrose, maltitol, maltodextrin) or sauces/dressings/seasonings (possibly contain MSG which raises insulin, or things like wheat and starch)
5. Eating too many calories (yes, calories matter). This is often the case for people who try to eat a lot of fat but do not measure or track their food.
6. Too much lean protein (shakes, chicken breast) and not enough fat - protein doesn't turn to sugar in your blood, but it does raise your insulin more than fat does, and fat dampens the insulin response from protein - so eat them together.

Carbs/sugar: highest spike

Protein: moderate

Fat: very low

Fiber: also suppresses blood sugar spikes.

7. You're eating unhealthy fats that trigger inflammation, such as:
 - Sunflower oil
 - Safflower oil
 - Cottonseed oil
 - Canola oil
 - Corn oil
 - Peanut oil

- Sesame oil
 - Grapeseed oil
 - Processed trans fats.
8. Hormonal shifts that cause changes in water + salt retention - drink lots of water with lemon juice to signal your body to release stored water and salt.
 9. Constipation - if you haven't gone #2 in a while you could be storing several pounds of weight. Water, fiber, and walking after meals can all help digestion and gut motility.
 10. Chronic high stress increases cortisol which stimulates insulin and inhibits fat loss.

11. Poor sleep disrupts hormones such as leptin (“fullness” hormone) and ghrelin (“appetite” hormone). This can lead you to eating more without realizing it or having uncontrollable cravings for carbs. It also makes you tired - and when you’re tired, you will instinctively move less, which significantly reduces your energy output. Sleep is the primary metabolic driver of calories in/calories out, and therefore, fixing your sleep will do more for your weight efforts than exercising more or trying to eat less.
12. You need to update your calories/macros - your “weight loss” calorie target is based on your total body weight, and the lighter you are, the fewer calories you require (think of a big gas-guzzling truck requiring more fuel to carry its weight around, versus a small car which doesn’t need much fuel to run.) It may be time to cut back on a snack or look for ways to reduce portions in order to increase your calorie deficit once again.
13. Inconsistency and going off-plan (“just a little bit, and I’ll start again tomorrow”). How often does this happen? Do you track those exceptions or are you completely unsure of how much you actually eat each day? Are you absolutely positive you’re ACTUALLY in a calorie deficit, at the end of each week?
14. Binging / sugar addiction (you can undo weeks of dieting in one day depending how many excess calories you eat during a binge, so if you find yourself overeating like that, then this is the #1 thing you need to fix to lose weight and keep it off.)
15. Sometimes it’s not that you’re doing anything “wrong”, it’s just that your metabolism wants to find balance and equilibrium so it’s adjusting everything so that you reach a “set point” which your body wants to defend, to prevent starvation (remember, the human body believes weight loss is starvation and it tends to rebel and defend itself.)

If you’re stuck, despite all of this, sometimes it may be a deeper metabolic issue such as adrenal fatigue, or some sort of hormonal imbalance such as low estrogen. DUTCH tests can be a great way to figure out what’s really

going on, but ultimately, proper diet, exercise (especially HIIT and strength training, which raise metabolic rate more than cardio) and proper sleep/stress management are probably about 95% of your ability to lose weight and maintain it.