



# KAREN MARTEL NUTRITION

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## WEIGHT LOSS HACK

### #1

Change it up

### OVERVIEW

You must keep the body guessing as it will adjust to what you are doing.

## SIGNS AND SYMPTOMS

- YOU LOST IN THE BEGINNING OF YOUR KETO OR PALEO DIET AND YOU HAVE HIT A WEIGHT LOSS PLATEAU
- YOU HAVE TENDENCY TO DROP YOUR CALORIC INTAKE OR CARB INTAKE WHEN YOU HIT A STALL
- YOU TEND TO EAT THE SAME FOODS EVERYDAY
- YOU TEND TO EAT THE SAME MACROS EVERY DAY
- YOU TEND TO BE IN A CALORIC DEFICIT

## THE HACK

- **IMPLEMENT CARB CYCLING**

This practice is simply alternating periods of lower and higher carbohydrate content in your diet. For example, you can eat low-carb for 3 days, higher-carb for 1 day, low-carb for 3 days, or low-carb for 5 days and higher-carb for 2 days. For example, on the lower carbohydrate days, you would consume 50 or fewer grams of carbohydrates (perhaps less than 20). On the higher-carbohydrate days, you would consume 80-120 grams of carbohydrates.

The theory behind carb cycling is that it optimizes your body's metabolic needs. While eating low carb, your body produces glucagon to help you burn fat, is more sensitive to insulin, and is more metabolically efficient.



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- **CALORIE CYCLING**

Most of us approach weight loss by cutting a certain amount of calories and then eating that amount every single day. When weight loss stalls, you cut them some more. When you calorie cycle you keep your body guessing and avoid falling into a chronic low calorie diet that will eventually slow down your metabolism. An example of calorie cycling would be doing three days of intermittent fasting, one day high amounts of calories and the alternating days a normal caloric intake for your body.

- **CHANGE THE FOODS EAT**

If you are eating the same proteins and same vegetables day in and day out, you are giving your body the same nutrients. You must vary what you eat so your body gets the array of important vitamins and minerals it needs to function properly.

- **CHANGE YOUR MACROS**

Just like your calorie intake your specific macros need to be changed. This can include the carb cycling above and/or changing the amount of protein and fats you take in each day. You can change your macros on a month to month basis to keep things changing inside your body.

## BIGGEST TAKEAWAY

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**CHANGE UP WHAT YOU DO!** This can be from the foods you eat, switching from paleo to keto or vice versa, workouts, macros, calories etc.



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