

DATA HUB REPORT // 004

STALLS & CRAVINGS

HOW TO FIX PROBLEMS

SWIPE TO START →

STALLS

A *stall* is 3+ weeks with no weight move. Don't panic!

THE REASONS

1. **Water Shifts:** Your body is rebalancing fluids.
2. **Healing:** Your skin and gut are fixing themselves.
3. **Fat Creep:** Too much cheese or butter.

THE FAT DIAL

- **TURN IT DOWN:** Not losing? Not hungry? Use less butter.
- **TURN IT UP:** Tired or grumpy? Add more fat.

THE QUICK FIX

I HAVE A CRAVING

Eat a pinch of salt.
Eat 3 bites of steak.

I HAVE NO ENERGY

Add 1 tsp of butter.
Add salt to your water.

THE SCALE STALLED

Stop dairy for 7 days.
Walk 10 mins more.

REAL PROGRESS

The scale is a liar. Look at these instead:

- ✓ **Photos:** See the change.
- ✓ **Clothing:** Are jeans looser?
- ✓ **Energy:** No more naps?
- ✓ **Strength:** Can you walk further?

REAL LIFE

- ▶ **Hotels:** Eggs and bacon.
- ▶ **Parties:** Eat a big steak *before* you go!

TRULY STUCK?

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