

DATA HUB REPORT // 004

# STALLS & CRAVINGS

HOW TO FIX PROBLEMS

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SWIPE TO START →

# STALLS

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

## THE REASONS

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

## THE FAT DIAL

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

# THE QUICK FIX

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## 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

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*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

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

**TRULY STUCK?**

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