

DATA HUB REPORT // NO. 004

# STALLS, CRAVINGS & REAL LIFE

## HOW TO FIX PROBLEMS FAST

**PURPOSE:** Use this map when weight loss stops or you feel stuck.

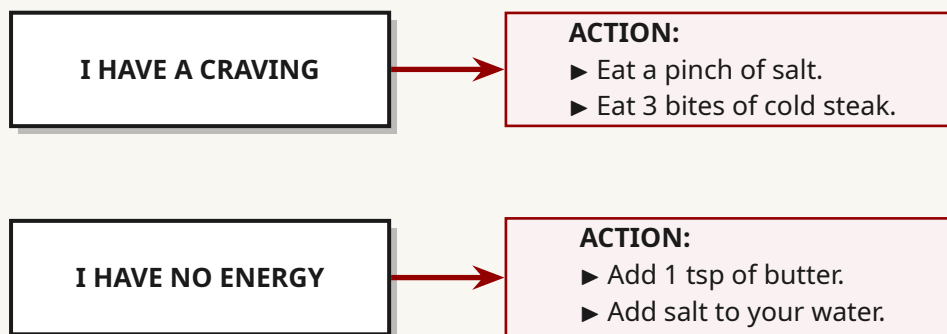
### 01 // WHY STALLS HAPPEN

A "stall" is when your weight doesn't move for 3+ weeks. Your body is just re-building.

- **Water Shifts:** Your body is re-balancing fluid levels.
- **Internal Healing:** Your body is fixing your gut or skin first.
- **Fat Creep:** You might be eating too much dairy or butter.

### 02 // THE LOGIC HUB: IF X, THEN Y

Follow the arrows to fix your symptoms.



### 03 // SCALE VS. REALITY

The scale is a liar. It doesn't know the difference between fat and muscle.

#### REAL PROGRESS IS:

- ✓ **Clothing:** Are your jeans looser?
- ✓ **Energy:** Do you have a "clear head" and no afternoon crash?
- ✓ **Photos:** Take a photo once a week. Your eyes see what the scale misses.

### 04 // REAL-LIFE SCENARIOS

#### PARTIES & HOLIDAYS

Eat a large meal **before** you go. If you are full of steak, you won't care about the snacks. If people ask, say "I already ate" or "I am on a health plan."

#### TRAVEL & HOTELS

Most hotels have eggs and bacon for breakfast. For dinner, find a burger place and order "patties only." Always carry a bag of salt with you.

#### TRULY STUCK?

Get our **Personal Stall-Breaker Report** at [CARNIVOREWEEKLY.COM/CALCULATOR](https://carnivoreweekly.com/calculator)