

Troubleshooting Checklist

A plateau doesn't mean the plan stopped working. It usually means one small thing needs adjusting. Work through this checklist whenever you feel stuck.

When the scale stalls (1–2 weeks)

Before adjusting anything, run through these five checks:

- ☐ Is your waist still shrinking, or are clothes fitting better? If yes, you're likely losing fat and gaining/keeping muscle. Ignore the scale.
- ☐ Are you still keeping a 2–3 hour food-free window before bed? Have late-night snacks crept back in?
- ☐ Has sugar, refined flour, or ultra-processed food crept back in? Are liquid calories (juice, alcohol, specialty coffee) sneaking in?
- ☐ Are you still hitting protein targets and getting vegetables at every meal, or have meals slid back to mostly carbs and fat?
- ☐ Are you still walking 6,000–8,000+ steps and moving most days?

Small, targeted adjustments — not "blow up the whole plan."

When you feel hungry all the time

- ☐ Are you skipping protein or under-eating it? Increase protein.
- ☐ Are you using psyllium or fiber before your largest meals? Add or increase.
- ☐ Are you drinking enough water? Thirst masquerades as hunger.
- ☐ Is stress extremely high? Add a deliberate stress-reduction practice — a walk, some breathwork, or journaling.

When life gets messy (travel, stress, illness)

- ☐ Return to the basics: water, protein, walks. Skip the advanced protocols for a few days.
- ☐ Sleep first, everything else second. Protect your wind-down even when routine is chaos.
- ☐ Aim for "good enough," not "perfect." A B-minus week beats zero.
- ☐ Consider running back through the 7-Day Reset as a system reboot.

When to call a doctor first

Please don't self-manage through these situations. Talk to a qualified healthcare professional before continuing:

- ☐ You have diabetes or take insulin, sulfonylureas, or GLP-1 medications.
- ☐ You have significant cardiovascular disease or kidney disease.
- ☐ You have a digestive disease (IBD, strictures, prior bowel surgeries) that could make high-dose fiber risky.
- ☐ You are pregnant, breastfeeding, or have a history of an eating disorder.
- ☐ You experience persistent dizziness, chest discomfort, or unusual weakness.

Bottom line

Plateaus are information, not failure. Pick one small thing to adjust, give it 1–2 weeks, and see what happens. Consistency in the habits beats dramatic overhauls — every time.

This is educational and not medical advice. See page 1 for the full disclaimer.