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Keto-Green Ways to Break a Plateau

MenuPause

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“It is within the pauses of our lives
where we find the magic”

— DR. ANNA CABECA

Dropping weight can be challenging, but you know what is more challenging?
Feeling like you’re following your diet to a tee but still not seeing those pounds
drop off—especially if you’d been previously losing weight.

That, girlfriends, is called a weight-loss plateau. Yes, it’s frustrating, but you
can smash it in no time.

Here’s how.

1



Follow my 6-Day Plan

Follow my Carbohydrate Pause plan or Keto-Green Cleanse for six days. Among their benefits is that both plans are designed to break plateaus.

2



Do a Three-Day Broth Fast

Do a three-day Bone Broth or Alkaline Broth fast. See my broth recipes on pages 240-246 of MenuPause.

3



Try a One-Day Water Fast

Try a one-day water fast in which you drink only filtered water and herbal tea brewed with filtered water throughout the day. Alternately, try a “tea tox” in which you replace one or two meals on a certain day with your favorite herbal teas. Refer to page 94 in MenuPause for information on tea toxes.

4



Add More Protein

Add a bit more protein to your daily diet (like, an extra half serving of lean meats). Protein is a fat-burning macronutrient with positive effects on your metabolism.

5



Lose the Stress

Stress is counterproductive to weight loss. Try some de-stressing techniques such as yoga to better regulate cortisol. Prolonged exposure to cortisol can actually lead to weight gain, even when you’re trying to shed pounds.

6



Take a Break from Alcohol

Detox from alcohol for a while. (My Keto-Green Cleanse is designed to help with this.) Alcohol causes your blood sugar to drop, which then stimulates your appetite. Plus, it interferes with your body’s ability to burn fat.

7



Cut Out Dairy

Cut out all dairy products for a period of time. Most women who do this see an immediate break in their plateau, with the added benefit of losing additional belly fat.

8



Up Your Fiber

Eat even more green veggies at each meal while you're on my Keto-Green Extreme plan, my Keto-Green Plant-Based Detox, or my other plans. Fiber is a fat burner, as are green vegetables.

9



HIIT It

Do my HIIT workout in my book Keto-Green 16. One study published in the Journal of Obesity found that people who did HIIT lost more body fat than those who just did standard cardio.

Bonus Tip

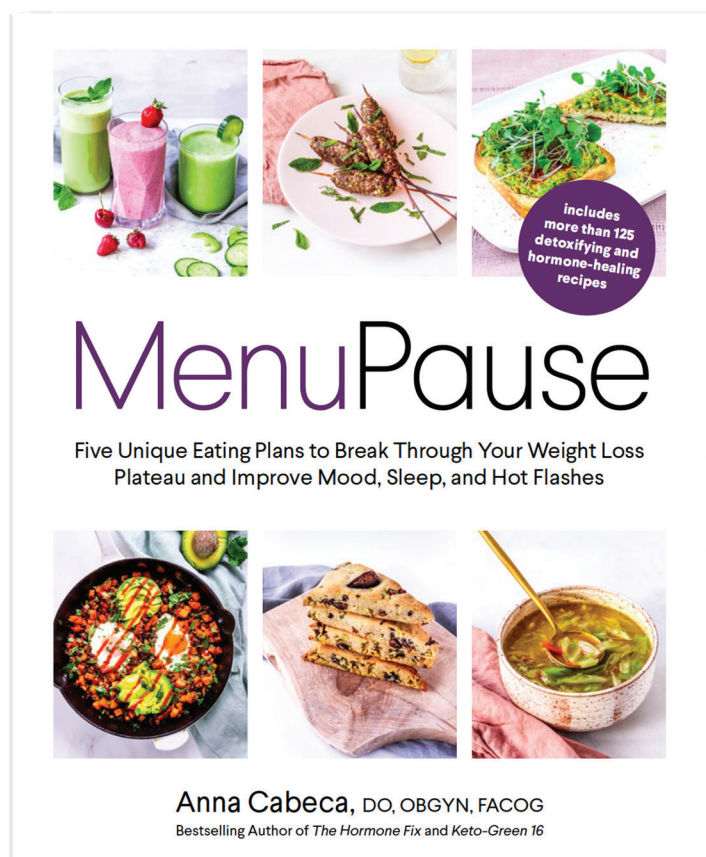


Stay hydrated

Ample water throughout the day keeps your metabolism revved up. Drink approximately half your ideal body weight in ounces of filtered water each day. I recommend you drink water up to 20 minutes before you eat, then have 4 ounces (1/2 cup) of fluid with your meal and wait one to two hours afterward. This allows your digestive juices time to do their work.

Hormones Got You Stuck?

Eat to eliminate hot flashes, night sweats, and weight loss plateaus.



What's in the book!

- ✓ Essentials of the hormone-food connection
- ✓ 3-day gut healing method
- ✓ 5 symptom-based approaches
- ✓ 6-day meal plans
- ✓ 125+ fantastic recipes
- ✓ Shopping lists
- ✓ Success strategies

[GET THE BOOK! >](#)



About Dr. Anna Cabeca

Over the past 20 years, I've served 10,000+ women in my private practice as an OBGYN — and millions more through my books, online videos and articles.

One of the greatest lessons I've learned as a clinician is that food is the foundation of true health. I know, because I too reached a point where menopause was making me miserable, and I had to get my hormones—and life—in order.

I reclaimed my health and my life using delicious, healing foods, and I want to help you do the same.

MenuPause