Essential Tips to Keep You on Your Keto Journey

Starting and maintaining the keto diet are two very different things. As with any diet, it’s much easier to start a keto diet than it is to maintain one. This is because once you’ve reached your weight loss goals, it’s easy to go back to your old eating habits.

If you’re struggling to keep going on the keto diet, below you’ll discover some essential tips you can follow. With these tips, you’ll find it so much easier to stick to your keto journey and reap the benefits it brings.

Slightly increase the amount of fat and protein

Once you’ve reached your weight loss goals, you can start to increase the amount of fat and protein you’re consuming. This will maintain the keto diet, without losing any additional weight.

It’s important not to increase your carb intake. While you may not want to lose any more weight, if you increase your carbs it’s going to make you gain weight on a keto diet plan. So, keep your carbs restricted and increase your fat and protein content slightly.

Focus on gaining muscle

To maintain low body fat without losing weight, you’ll want to focus on gaining muscle. The more muscle you have, the more fat you’ll burn off. However, building up muscle offers many more benefits than simple fat maintenance.

Muscle mass can also strengthen the bones, improve metabolic flexibility and even reduce the risk of Diabetes.

Ensure your carb intake remains low

As mentioned earlier, you’ll want to make sure you’re not drastically increasing the amount of carbs you consume. While you don’t necessarily need to be as strict with your carbs now as you were when you were trying to lose weight, you still need to watch your intake.

When increasing it slightly, it’s best to do it with vegetables. Root vegetables can once again be added once you’ve reached your goal, giving you healthier carbs.

Consider trying out intermittent fasting

If you really feel like you could use a break from the keto diet, why not try out intermittent fasting? You’re given set windows where you can eat with few restrictions, then 1-2 days where you don’t eat anything. However, if you don’t think you can stand going without food for a day or two, you could also do it slightly differently where you can eat for 6-10 hours each day during set times, but you don’t eat at any other time.

So, if you’ve reached your weight loss goals but you’re keen to stick to the keto diet, the above tips are going to prove crucial. Following just a few tips can make it so much easier to maintain your keto diet.