

## DIET AND NOT LOSING WEIGHT

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[Diet Mistakes: 6 Reasons You're Not Losing Weight - WebMD](#)

Are you dieting and not losing weight? More than likely, some common diet mistakes are tripping you up. The truth, experts say, is that even when you're "on a diet"

[20 Common Reasons Why You're Not Losing Weight](#)

This article lists 20 common reasons why you're not losing weight. Many people stop losing before they reach a weight they are happy with.

[Not losing weight on a vegan diet? Here's why - The Globe ...](#)

Why, then, have you managed to gain weight on a vegan diet? Switching to a plant-based diet isn't a magic bullet for losing weight.

[Not Losing Weight on a Low-Carb Ketogenic Diet? Don't Give ...](#)

Top reasons you are not losing weight on a low-carb, ketogenic diet and the most common weight loss mistakes

[Top 10 reasons you're not losing weight on a low carb diet](#)

The top 10 reasons you're not losing weight on a low carb diet. No.1 & 7 are the most common. See what you can do to kick start weight loss again.

[Dieting but not losing weight? You're doing these 10 mistakes](#)

We analyze 10 of the most common diet mistakes people do when trying to lose weight. Find out why you are not losing weight and what to do about it.

[Not Losing Weight on a Low Carb Diet? Here's Why](#)

Are you following a low carb diet, but not losing weight? Have you tried a low carb diet and didn't lose a pound? Or maybe you lost some weight in the beginning

[Top 15 Reasons You Are Not Losing Weight on a Low-Carb Diet](#)

People often stop losing before they reach their desired weight. If you're on a low-carb diet but not losing weight, then here are 15 things you can try.