



How can you tell if you're eating too much food?

Well, you're definitely eating too much food if you feel so full you have to take off your belt or undo the top button on your pants. Now, you might find that some days your appetite is greater than others. Sometimes it might take very little food to leave you feeling full where other times it might feel like you can eat just absolutely everything.

Now, don't be discouraged in either case. It's always great to change it up and have variability in your diet. So on the days where it takes very little food to make you feel full, don't stress out about taking in a certain macronutrient intake or having a certain caloric goal that day. Just eat until you feel full. And on the days where you feel really hungry, don't try to stop yourself from eating before you feel satiated. Just make sure you stick to the right, healthy, low carb foods, and you'll be successful.