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Thread: [Putting on weight from the ketogenic diet](#)

Anciety - October 7, 2018, 10:16 am

To anyone who can help me.

I weighed myself yesterday and weighed in at 155.2 LBS

I weighed myself just a minute ago and I now weigh 156.4

I have ate 2 meals in total today and had nuts as a snack when I was feeling hungry.

Yesterday I had gone to the gym did HIIT some runnning and trained my chest, shoulders and back.

This is mainly me being paranoid however is the reason I have more weight then yesterday because I weighed myself before I ate the day before and potentially because I put on some muscular weight?

Thank you

Prepper - October 8, 2018, 11:54 pm

Do you weigh yourself with your clothes on or do you strip down to boxers?

If you weigh yourself with clothes on your weight will obviously fluctuate slightly as no clothes weigh the exact same.

Anciety - October 10, 2018, 9:40 am

I weigh myself just in my boxers, no clothes.

Anciety - October 11, 2018, 10:59 am

Currently weighing at 152.8

Been to the gym done cardio and weights along with being at school,

Please can someone answer my question

Voltaire - October 11, 2018, 2:54 pm

(Oct 11, 2018 10:59 AM)Nme Hype Wrote: [\[CITE\]](#) Currently weighing at 152.8

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Please can someone answer my question

How tall? I'm 5'9, 147.2 but I am gaining muscle really fast. Working on a 6 pack and I'll be fully in shape. I don't stick to a certain diet but however I do eat healthy.