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Thread: [Losing fat on the ketogenic diet](#)

Anciety - May 19, 2021, 7:51 am

Hi,

I'm currently on the ketogenic diet and would like to say I'm around the 19% BF area.

I'm aiming for lower 10-12% within 5 months or so.

I'm currently consuming 1800 calories a day and roughly 140g of fat and 90g of protein and sub 10 carbs per day.

I have since dropped from 92.8kg to 85.3 (5'11)

A pretty good drop however I'm looking into getting to the 78-80kg area.

I do a 3 day split each week training each muscle group and just wondered if anyone could add on to see if I will lose much muscle mass?

I have tried to ensure my protein is what it needs to be and a high amount of fat to stay in ketosis/not be kicked out by eating too many carbs.

Does anyone have any advice/ideas?

Thanks! :)

blackrose_x0x0 - May 28, 2021, 9:35 am

The key is to not drop your calories too drastically and too fast. Doing so will almost be inevitable for muscle loss even if you're hitting protein goals.

It seems you have a pretty good training regimen going and you're tracking your calories and macros which is a huge plus! If you're trying to get an extra "oomph" to get to your goal, instead of dropping the calories more, add in cardio.

I will say though, 1800 calories seems really low... What was your maintenance calories at before dropping down to 1800? I would starve on 1800 a day lol.