

Figure. Time schedule of enrolment, interventions, and assessments for participants

	STUDY PERIOD					
	Enrollment	Allocation	Post-allocation			End of the study
PROTOCOL ACTIVITY	<i>day-14 to 1</i>	<i>day 0</i>	<i>mo 1.5</i>	<i>mo 3</i>	<i>mo 4.5</i>	<i>mo 6</i>
TIMEPOINT	$-t_1$	$t$	$t_1$	$t_2$	$t_3$	$t_4$
<b>ENROLLMENT:</b>						
Eligibility screen	X					
Informed consent	X					
Demographic details	X					
Medical history	X					
3-day dietary records	X					
Allocation		X				
<b>INTERVENTIONS:</b>						
Vegetarian Diet						
Mediterranean Diet						
<b>ASSESSMENTS:</b>						
<i>Anthropometric measurements</i>		X	X	X	X	X
<i>Body composition</i>		X	X	X	X	X
<i>Blood samples</i>		X		X		X
<i>Stool samples</i>		X		X		X
Food Acceptability Questionnaire				X		X
Adherence questionnaires			X	X	X	X
24-hour diet recall						