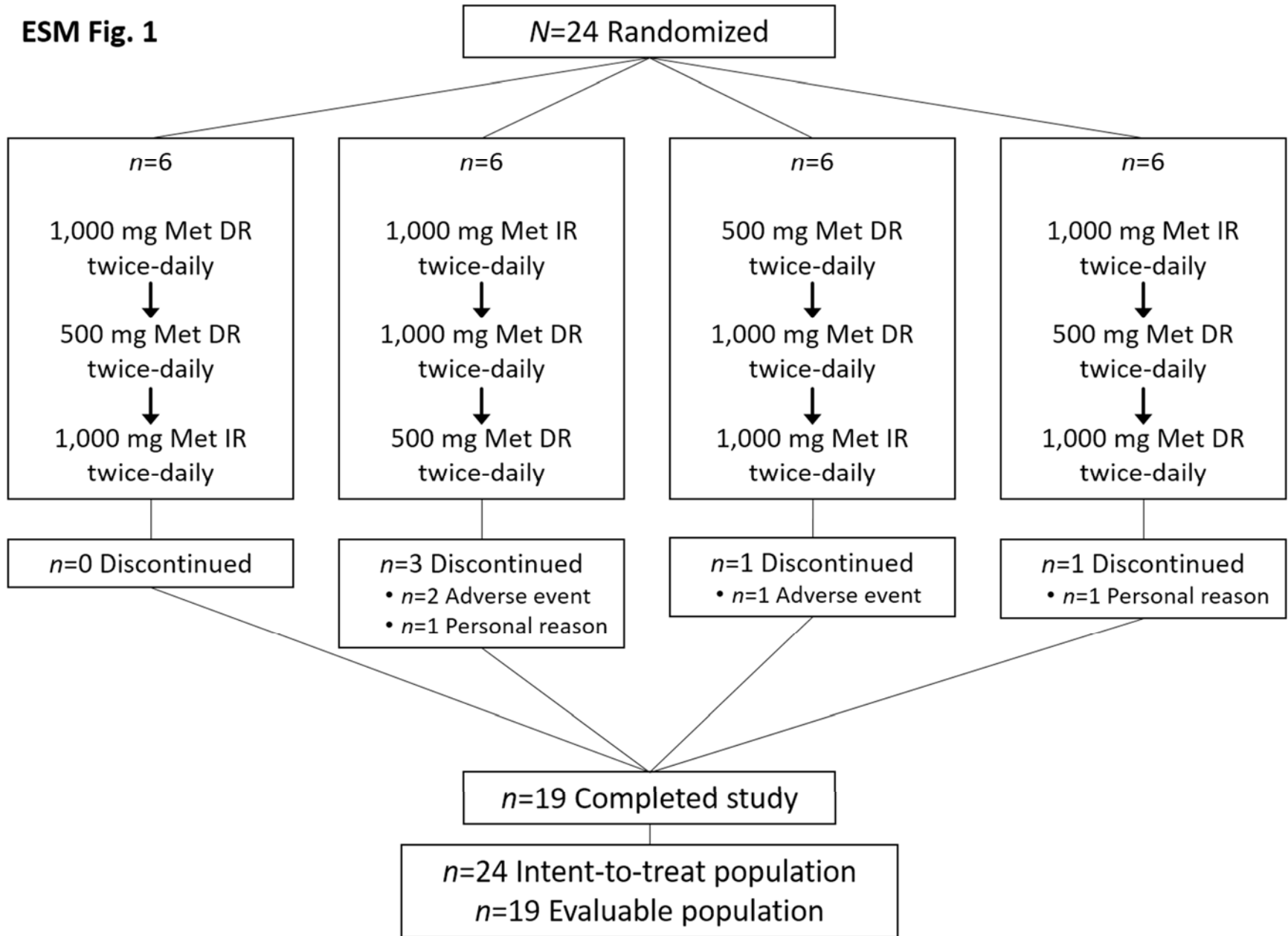


**ESM Table 1.** Standardized Meal Details (Study 1 and Study 2)

	Kilojoules (Kcals)	Carbohydrate	Fat	Protein
Study 1				
Breakfast (t=0 h)	2,197 (525)	58%	22%	20%
Lunch (t=5 h)	4,434 (1,060)	58%	32%	10%
Study 2				
Lunch (t=-6 h)	4,434 (1,060)	58%	32%	10%
Dinner (t=0 h)	3,132 (749)	40%	44%	16%
Snack (t=3 h)	787 (188)	91%	9%	0%
Breakfast (t=12 h)	2,151 (514)	59%	30%	11%
Lunch (t=18 h)	4,434 (1,060)	58%	32%	10%

ESM Fig. 1



ESM Fig. 2

