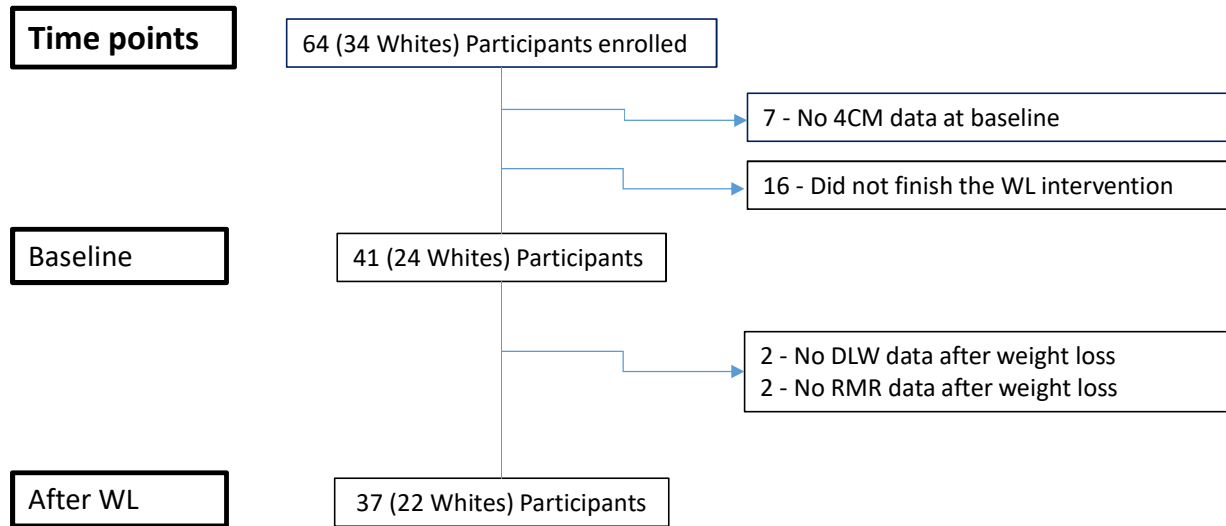


On-line Supplementary Material

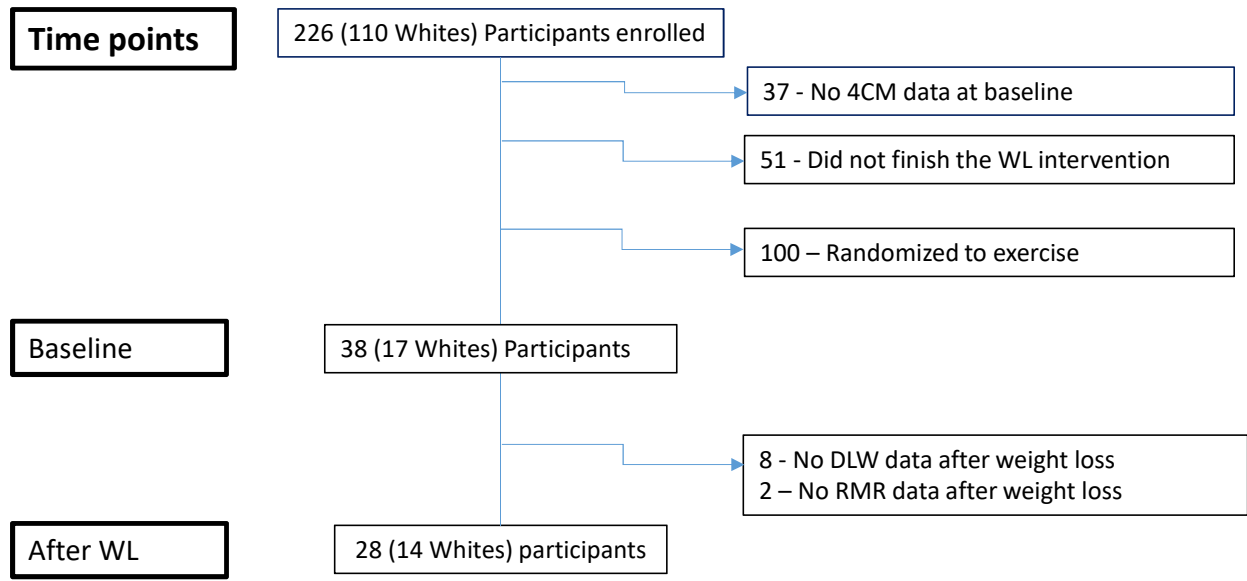
Martins et al. Metabolic adaptation delays time to reach weight loss goals



Supplementary methods A. Flowchart ROMEO study

4CM: 4 Compartment Model; WL: weight loss; RMR: resting metabolic rate; DLW: double labeled water

On-line Supplementary Material



Supplementary methods B. Flowchart JULIET study

4CM: 4 Compartment Model; WL: weight loss; DLW: double labeled water