

## Supplemental Material 1: Exclusion Criteria

### General Criteria

- Blood donation < 3 month prior to study or for full duration of the study.
- Food allergy, intolerance, restriction or avoidance of any of the study foods (e.g., veganism) or history of anaphylactic reaction to any food.
- Likelihood for disordered eating defined as a score  $\geq 20$  on the EAT-26 test
- Currently dieting to lose weight.
- Having lost or gained >4.5 kg in the last 3 months.
- Smoking or having quit <3 months prior to study.
- Habitually consuming >14 units/week of alcohol in women or >21 units/week in men in the last 3 months.
- Performing >10 h of intense physical activity per week in the last 3 months.
- Night or late shift work (ending later than 11 pm on a permanent basis). Rotational shift work allowed if can attend on days that do not follow a late/night shift.
- Self-reported use of drugs of abuse within the previous 12 months.
- For women: Pregnancy, lactation.
- Persons who do not have access to either (mobile) phone or internet (this is necessary when being contacted by the study personnel during the study).
- Insufficient communication in the national language.
- Proven or suspected inability, physically or mentally, to comply with the procedures required by the study protocol as evaluated by the daily study manager, site-PI, PI or clinical responsible. This includes volunteers for which insufficient collaboration may be foreseen.
- Subject's general condition contraindicates continuing in the study as evaluated by the daily study manager, site-PI, PI or responsible clinician.
- Simultaneous participation in other relevant clinical intervention studies.
- Previous university or college training related to eating behaviour research.

### Medical conditions as known by the person

- Self-reported eating disorders.
- Diagnosed anaemia.
- Diagnosed diabetes mellitus.
- Abnormal G.I. function or structure such as malformation, angiodysplasia, active peptic ulcer.
- Active inflammatory bowel disease, celiac disease, chronic pancreatitis, or other disorder potentially causing malabsorption.
- History of G.I. surgery with permanent effect (i.e., surgical treatment of obesity).
- Medical history of CVD (e.g., current angina; myocardial infarction or stroke within the past 6 months; heart failure; symptomatic peripheral vascular disease).
- Significant liver disease, e.g., cirrhosis (fatty liver disease allowed).
- Malignancy which is currently active or in remission for less than five years after last treatment (local basal and squamous cell skin cancer allowed).
- Thyroid diseases, except those on Levothyroxine treatment of hypothyroidism if the person has been on a stable dose for at least 3 months.
- Psychiatric illness (e.g., major depression, bipolar disorders).

### Medication

- Use currently or within the previous 3 months of prescription or over the counter medication that has the potential of affecting appetite, satiety, or body weight incl. food supplements.

Except: low dose antidepressants if they, in the judgement of the daily study manager, site-PI, PI or clinical responsible, do not affect weight or following the study protocol. Levothyroxine for treatment of hypothyroidism is allowed if the person has been on a stable dose for at least 3 months.

- Cholesterol lowering medication, if the dose has changed during the last 3 months (i.e., the medication is allowed if the participant has been on a stable dose for at least 3 months).