

Additional Materials

Table S1 Provided meals (breakfast, lunch, and dinner) during the experimental conditions.

Meal	Compulsory food items	With food/drink options
Breakfast	Chocolate chip brioche roll Chocolate milkshake	A piece of apple or banana
Lunch	White bread Butter A pack of salted crisps	Chicken or cheese slices Orange or apple juice
Dinner	1 pack (450 g) of tomato and mozzarella pasta bake	_____

Table S2 The three meal sizes for provided breakfast and lunch during the experimental conditions.

Portion Size	Breakfast	Lunch
Small	1 chocolate chip brioche roll 200 ml milkshake 1 fruit (apple or banana)	2 slices of white bread 7 g butter 2 slices of (chicken or cheese) 250 ml fruit juice (orange or apple) 1 pack of salted crisps
Medium	2 chocolate chip brioche rolls 200 ml milkshake 1 fruit (apple or banana)	3 slices of white bread 10.5 g butter 3 slices of (chicken or cheese) 250 ml fruit juice (orange or apple) 1 pack of salted crisps
Large	3 chocolate chip brioche rolls 200 ml milkshake 1 fruit (apple or banana)	4 slices of white bread 14 g butter 4 slices of (chicken or cheese) 250 ml fruit juice (orange or apple) 1 pack of salted crisps

Table S3 Energy and macronutrient intakes of each meal during experimental conditions.

	MIE	CON	HIIE
Breakfast			
Energy (kcal)	479 ± 74	489 ± 86	507 ± 81
Carbohydrate (g)	77 ± 12	78 ± 14	79 ± 13

Fat (g)	13 ± 2	13 ± 2	14 ± 2
Protein (g)	13 ± 2	13 ± 3	14 ± 2
Lunch			
Energy (kcal)	701 ± 123	700 ± 176	680 ± 158
Carbohydrate (g)	88 ± 14	88 ± 19	87 ± 19
Fat (g)	24 ± 8	24 ± 11	22 ± 8
Protein (g)	30 ± 8	30 ± 9	29 ± 9
Dinner			
Energy (kcal)	509 ± 42	504 ± 86	495 ± 86
Carbohydrate (g)	72 ± 6	72 ± 12	74 ± 15
Fat (g)	14 ± 1	13 ± 2	17 ± 11
Protein (g)	21 ± 2	21 ± 4	24 ± 10