

Supplemental Figure 1. One representative recipe for each meal from the recipes provided to the participants.

Breakfast: Tomato and Egg Stir Fry (3 servings)

Ingredients

- 2 tablespoons avocado oil, or as needed
- 6 eggs, beaten
- 4 ripe tomatoes, sliced into wedges
- 2 green onions, thinly sliced

Directions

1. Heat 1 tablespoon avocado oil in a skillet over medium heat. Cook and stir eggs in the hot oil until mostly cooked through, about 1 minute. Transfer eggs to a plate.
2. Pour remaining 1 tablespoon avocado oil into skillet; cook and stir tomatoes until liquid has mostly evaporated, about 2 minutes. Return eggs to skillet and add green onions; cook and stir until eggs are fully cooked, about 30 more seconds.

Lunch: Turkey BLTA Roll-ups

Ingredients:

- 4-6 slices of cooked turkey breast cold cuts
- 2 slices of cooked bacon (cut in half length wise and then cut in half width wise so that you end up with eight pieces)
- 1 avocado, sliced
- Baby spinach leaves
- 1 plum tomato, seeded and cut into strips

Directions:

1. Lay out a turkey slice on a plate
2. Layer 3-6 spinach leaves (depending on size) in the center of the cold cut
3. Layer a few strips of tomato, 1-2 strips of bacon, and 1 slice of avocado.
4. Starting at the left side, flip one end of the turkey slice to the right, and start to roll over your layers
5. If packing for lunch for later, I suggest inserting a toothpick to keep the roll together.

Dinner: Pork Chops (4 servings)

Ingredients

- ½ teaspoon minced garlic
- ¼ teaspoon ginger paste
- ½ teaspoon dried sage
- 1 teaspoon kosher salt
- 4 boneless pork chops
- 2 tablespoons olive oil

Directions

1. Whisk together the garlic, ginger, sage, and salt in a bowl, and pour into a resealable plastic bag. Add the pork chops, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for at least two hours.

2. Heat olive oil in a skillet on medium-high or preheat an outdoor grill for medium-high heat, and lightly oil the grate. Remove the pork chops from the marinade, and shake off excess. Discard the remaining marinade.

3. Cook until the pork is no longer pink in the center, about 7 minutes on each side. An instant-read thermometer inserted into the center should read 145°F (63°C).

Snack: Coconut Chia Pudding

Ingredients:

- 1 cup full-fat coconut milk
- 3 Tbsp. chia seeds
- 1 tsp. vanilla extract
- ½ tsp. ground cardamom
- ½ tsp. ground cinnamon

Directions:

1. Mix the chia seeds and coconut milk together in a mason jar or other glass container.

2. Blend in the vanilla extract and spices.

3. Refrigerate for 1-2 hours (but at least 30 minutes) for best texture. Serve with a shave of dark chocolate (at least 60% cacao).