**Description of recipes**

Participants received a booklet with six recipes customized for each of the three interventions. Great efforts were made to find recipes with similar side dishes and accessories that were appropriate for lean fish, fatty fish and lean meat. All recipes contained 150g of lean fish, fatty fish or lean meat. *Recipe 1:* Baked fish/meat with 1 potato, 1 carrot, 1 slice of rutabaga, 1 slice of celery root, 1teaspoon (tsp) butter, 3 asparagus, 50 g broccoli, 50 g cauliflower and 50 g cherry tomatoes. In the lean meat recipe, extra rapeseed oil (1 tsp) and garlic (1 clove) was included. *Recipe 2:* Roasted fish/meat with 1 tsp olive oil, 2 potatoes, 50 g celery root, 150 mL milk, 1 tsp butter, 1 tsp chives, 100 g broccoli. *Recipe 3:* Wok with fish/meat with 1 tsp vegetable oil, 1 carrot, ¼ onion, ¼ sweet pepper, 110 g broccoli, 60 g peas, 1-4 tsp sweet chili sauce, 150 g rice. *Recipe 4:* Baked fish/meat with ¼ onion, 1-2 tsp pesto sauce, 1 clove of garlic, ½ sweet pepper, 50 g broccoli, 100 mL vegetable brooth, 180 g pasta. *Recipe 5:* Fish/meat burger with 25 g pork bacon, ½ tsp butter, ½ tsp olive oil, 1 tomato, 4 slices of cucumber, 200 mL lettuce, ½ onion, 2 slices of whole wheat bread (or regular hamburger bread), 2 tsp low fat sour cream, 5 g mustard, 1g sugar. *Recipe 6:* Taco with fish/meat, 20 g taco seasoning, 2 taco wraps, 2 tsp low fat sour cream, 200 mL lettuce, 75 g onion, 1 sweet pepper, 100 mL corn, 100 mL cheese. In Recipe 6 for the lean meat group, a smaller amount of onion was accidentally described (50 g). The energy and macronutrient contents in the recipes are presented in **Table 1.**