**Supplementary figure 1: Timeline for participant recruitment and intervention**

6 months

6 months

**June 2017**

**July 2017**

**Jan 2017**

**Oct 2017**

**Dec 2017**

**Mar 2016**

**Aug 2016**

**Batch 1:** Post intervention data collection

N= 26;

Dropout= 12

**Batch 2:** Participant recruitment

Initial screening= 24

N= 20 (eligible)

**Nov 2016**

**Dec 2016**

**Feb 2017**

**May 2017**

**Batch 2:** Distribution of prescribed diet chart

**Aug 2017**

**Sep 2015**

**Mar 2015**

**Batch 1:** Participant recruitment

Initial screening= 51

N= 38 (eligible)

**Batch 3:** Distribution of prescribed diet chart

**Batch 3:** Participant recruitment

Initial screening= 20

N= 12 (eligible)

**Batch 2:** Post intervention data collection

N=18;

Dropout= 2

**Batch 3:** Post intervention data collection

N=11;

Dropout= 1

**Batch 1:** Distribution of prescribed diet chart

**June 2018**

**Jan 2018**

**May 2017**

**Nov 2016**

6 months

6 months

**Batch 5:** Participant recruitment

Initial screening= 43

N= 22 (eligible)

**Batch 5:** Post intervention data collection

N=19; Dropout= 3

**Batch 5:** Distribution of prescribed diet chart

**Batch 6:** Participant recruitment

Initial screening= 4

N= 2 (eligible)

**Batch 6:** Post intervention data collection

N=2; Dropout= 0

**Batch 6:** Distribution of prescribed diet chart

**Batch 4:** Participant recruitment

Initial screening= 43

N= 34 (eligible)

**Batch 4:** Distribution of prescribed diet chart

**Batch 4:** Post intervention data collection

N= 27; Dropout= 7

**July 2014**

**Study approved**

6 months

6 months