SUPPLEMENTARY MATERIAL

Table S1. Keto Meal Plan

Table S2. Paleo Meal Plan

Table S3. Intermittent Fasting Meal Plan

Table S4. 8 Weeks to Wow Food list

Table S5. Optifast Meal Plan

Table S6. The Australian Guide to Healthy Eating Meal Plan

Table S7. The Mediterranean Diet Meal Plan

Table S8. Summary of micronutrients meeting or not meeting the Nutrient Reference Values per diet and gender.

## Table S1 Meal Plan: Keto

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday  | Tuesday | Wednesday | Thursday  | Friday  | Saturday | Sunday  |
| Breakfast | Fluffy orange muffin p60 | Egg & bacon cup p61 | Strawberry almond pudding p57 | Peanut butter cupcakes x2 p62 | Chia pudding p55 | Black creamy heart muffin p45 | Coconut bagels p63 |
| Morning Snack  | Goat spicy cheese balls p100 | Iced coffee shake p115 | Blackberry chocolate shake p102 | Walnuts  | Keto jelly p104 | Vanilla ice shake p116 | Pistachios |
| Lunch  | Keto lasagne p87 | Eggplant burgers with spinach p88 | Buffalo chicken with BBQ dip p78  | Taco beef salad p83 | Cranberry walnut salad p86 | Sweet cashew chicken p93 | Keto salad p95 |
| Afternoon Snack  | Strawberry avocado mousse p114 | Cheddar cheese | Parmesan cheese  | Cucumber tasty chips p113 | Goat spicy cheese balls p100 | Smoked salmon & bell pepper | Blueberry mug cake p117 |
| Dinner | Thai almond tofu dip p138 | Baked trout fillets with sour cream & broccoli p130 | Steak & grilled zucchini p132 | Tuna noodles casserole p141 | Curry tofu nuggets p91 | Chicken & zucchini casserole p66  | Romaine saltimbocca chicken p144 |

 Meal plan from: Keto Diet Plan- Beginners Guide & 30-day meal plan by Cameron Walker (1)

**Table S2 Meal Plan: Paleo**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday  | Tuesday | Wednesday | Thursday  | Friday  | Saturday | Sunday  |
| Breakfast | Tender almond pancakes p84 | Paleo oatmeal p62 | Crunchy almond granola p61 | Banana French toast p88  | Breakfast stir fry p83 | Italian vegetable omelette p67 | Swiss chard chicken omelette p71 |
| Lunch  | Cream of mushroom soup p104 | Chicken fruit salad with tangy mustard dressing p109 | Turkey burgers with plum salsa p129 | Green bean salad p107 | Chicken, pistachio & fig salad p111 | Flank steak with caramelized onions p135 | Pad Thai p118 |
| Dinner | Baked salmon with roasted beets & greens p185 | Savory beef stew p206 | Tomato baked Halibut p182 | Lemon chicken p192 | Sole Florentine p180  | Spicy pasta puttanesca with meat sauce p210 | Lamb tagine p203 |
| Evening Snack  | Lime cookies p239 | Chocolate snack cake p257 | Apple pie cupcakes with spiced frosting p251 | Coffee streusel cake p254  | Chocolate fondue 236 | Slow cooked peach and plum confit p229 | Vanilla bean cream with peaches p232 |

Meal plan from: “Paleo For Beginners” by Sonoma Press Cor (2)

## Table S3 Meal Plan: Intermittent Fasting 2:5

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday \*(500-600cal) | Tuesday | Wednesday\*(500-600cal) | Thursday  | Friday  | Saturday | Sunday  |
| Breakfast | Small skim milk latte | Mixed berry parfait p106  | Small skim milk latte  | Smashed avo on toast with fetta and chilli  | Chewy banana + oat breakfast cookies  | Mexican black bean and corn frittata  | Choc-coconut chia puddings  |
| Morning Snack  | Herbal tea + water  | Tea/coffee + 2x bliss balls  | Herbal tea + water  | Tea/coffee + piece of fruit  | Tea/coffee + wholegrain crackers and avocado  | Tea/coffee  | Tea/coffee |
| Lunch  | Smashed avo on toast p120 | Leftover fish tacos with cabbage salad  | Beef Pho | Leftover prawn pad Thai  | Leftover Nasi Goreng  | Vegan grazing platter  | French style vegetable and lentil soup  |
| Afternoon Snack  | Small piece of fruit  | Tea/coffee + wholegrain crackers with cheese  | 50g berries + small tub no sugar yoghurt  | Tea/coffee + small tub yoghurt + sprinkle of seeds & coconut  | Tea/coffee + good-quality corn chips + guacamole  | Tea/coffee + piece of fruit  | Tea/coffee + small tub yoghurt  |
| Dinner | Fish tacos with cabbage salad p164  | Beef Pho p138 | Prawn Pad Thai  | Nasi Goreng | Capricciosa Pizzas | Eggplant & ricotta cannelloni  | Sort of spaghetti and turkey meatballs  |
| Evening Snack  | Herbal tea  | Berries & yoghurt  | Herbal tea  | Wedge of cheese + handful of nuts  | Homemade hot chocolate  | Chocolate covered strawberries  | Piece of fruit  |

\*refers to ‘fasting days’ where calories are reduced to 500-600kcal. Fasting days are to be non-consecutive.
Meal plan from: 16:8 Intermittent Fasting by Jaime Rose Chambers (3)

## Table S4 Food List: 8WW

Food list from: 8 Weeks to Wow by Emilie Brabon-Hames

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week 1 & 2 | Week 3 | Week 4 | Week 5 & 6 | Week 7 & 8 |
| Compulsory Greens175g/dayBaby spinach, celery, cucumber, lettuce, watercress | Compulsory Greens175g/dayBaby spinach, celery, cucumber, lettuce, watercress | Compulsory Greens175g/dayBaby spinach, celery, cucumber, lettuce, watercress | Compulsory Greens175g/dayBaby spinach, celery, cucumber, lettuce, watercress | Compulsory Greens175g/dayBaby spinach, celery, cucumber, lettuce, watercress |
| Vegetables175g/dayAsparagus, avocado, bean sprouts, bok choy, capsicum, eggplant, English spinach, fennel, mushrooms, okra, onion, radish zucchini | Vegetables275g/dayAsparagus, avocado, bean sprouts, bok choy, capsicum, eggplant, English spinach, fennel, mushrooms, okra, onion, radish zucchini | Vegetables275g/dayAsparagus, avocado, bean sprouts, bok choy, capsicum, eggplant, English spinach, fennel, mushrooms, okra, onion, radish zucchini | Vegetables275g/dayAsparagus, avocado, bean sprouts, bok choy, capsicum, eggplant, English spinach, fennel, mushrooms, okra, onion, radish zucchini | Vegetables275g/dayAsparagus, avocado, bean sprouts, bok choy, capsicum, eggplant, English spinach, fennel, mushrooms, okra, onion, radish zucchini |
| Meats & Seafood250g/3x dayBeef, chicken, fish, kangaroo, lamb, pork, low-fat ham/bacon, smoked salmon, turkey | Meats & Seafood250g/3x dayBeef, chicken, fish, kangaroo, lamb, pork, low-fat ham/bacon, smoked salmon, turkey | Meats & Seafood250g/3x dayBeef, chicken, fish, kangaroo, lamb, pork, low-fat ham/bacon, smoked salmon, turkey | Meats & Seafood250g/3x dayBeef, chicken, fish, kangaroo, lamb, pork, low-fat ham/bacon, smoked salmon, turkey | Meats & Seafood250g/3x dayBeef, chicken, fish, kangaroo, lamb, pork, low-fat ham/bacon, smoked salmon, turkey |
| Dairy & EggsLow fat cheeses, quark, ricotta, egg whites, milk (skim/fat-free), sour cream, unsweetened dairy-free milks | Dairy & EggsLow fat cheeses, quark, ricotta, egg whites, milk (skim/fat-free), sour cream, unsweetened dairy-free milks | Dairy & EggsLow fat cheeses, quark, ricotta, egg whites, milk (skim/fat-free), sour cream, unsweetened dairy-free milks | Dairy & EggsLow fat cheeses, quark, ricotta, egg whites, milk (skim/fat-free), sour cream, unsweetened dairy-free milks | Dairy & EggsLow fat cheeses, quark, ricotta, egg whites, milk (skim/fat-free), sour cream, unsweetened dairy-free milks |
| Breads, noodles & grains1x dayProtein bread co & pizza bases konjac, slendier or shirataki noodles, konjac rice | Breads, noodles & grains1x dayProtein bread co & pizza bases konjac, slendier or shirataki noodles, konjac rice | Breads, noodles & grains1x dayProtein bread co & pizza bases konjac, slendier or shirataki noodles, konjac rice | Breads, noodles & grains1x dayProtein bread co & pizza bases konjac, slendier or shirataki noodles, konjac rice | Breads, noodles & grains1x dayProtein bread co & pizza bases konjac, slendier or shirataki noodles, konjac rice |
| Nuts15 almonds (every second day) | Nuts15 almonds (every second day) | Nuts15 almonds (every second day) | Nuts15 almonds (every second day) |
| Grains/Corn1x serving on Sat or SunBrown rice, buckwheat, couscous, lentils, oats, quinoa, corn | Grains/Corn1x serving on Sat or SunBrown rice, buckwheat, couscous, lentils, oats, quinoa, corn | Grains/Corn1x serving Tuesdays, Thursdays & SaturdaysBrown rice, buckwheat, couscous, lentils, oats, quinoa, corn |
| Fruit1x portion on Sat on SunApple, banana, orange, peach, mango | Fruit1x portion Mon, Wed, Fri & SunApple, banana, orange, peach, mango | Fruit1x portion Mon, Wed, Fri & SunApple, banana, orange, peach, mango |

## (4)

## Table S5 Meal Plan: Optifast

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|   | Monday  | Tuesday | Wednesday | Thursday  | Friday  | Saturday | Sunday  |
| Breakfast | Green Smoothie  | Strawberry Shake | Coffee Shake  | Coffee Shake  | Green Smoothie  | Vanilla Shake  | Chocolate Shake |
| Morning Snack  | Fruit SaladBlueberries | Mandarin Apple | Pomegranate  | Grapes  | Cranberries Pear  | Mandarin Pineapple  | PearCucumber Pineapple  |
| Lunch  | Cucumber sticksChinese Vegetable Stir Fry Pumpkin Ginger Soup  | Lemon Cauliflower Risotto Barbequed Vegetable Kebabs | Baked Vegetable Frittata Eggplant Ratatouille  | Cucumber sticks Super Slaw  | Grilled Eggplant with Tomato Balsamic Vinegar Rice, Pork & Mango Salad  | Warm Chicken Pita | Chinese Vegetable Stir Fry Asian Pork Salad in lettuce cups Middle Eastern Spice Stew  |
| Afternoon Snack  | Mandarin  | Pineapple  | Prunes  | Pomegranate  | Mango  | Grapes  | Lychees in light syrup |
| Dinner | Baked vegetables with Italian Sauce Pumpkin Ginger Soup  | Baked Vegetables with Italian Sauce Avocado Melon salad W Honey Orange Dressing  | Fried Cabbage with Onion Spinach stuffed mushrooms  | Cauliflower soup Asparagus & tomato stir fry  | Super Slaw Mixed Pepper Salad  | Great Greens Low Fat Lemon Panacotta with Strawberry  | Tomato Salsa Light Vegetable Soup Baked Vegetables with Italian Sauce  |
| Evening Snack  | Ice cream  | Low- Fat Yoghurt  | Skim milk  | Ice cream  | Skim milk  | Skim milk  | N/A\* |

Optifast meal plan from Optifast website based on a sample meal plan (members section) of 1200kcal.

## Table S6 Meal Plan: Healthy Eating Principle- Australian Guide to Healthy Eating Weight Loss

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|   | Monday  | Tuesday | Wednesday | Thursday  | Friday  | Saturday | Sunday  |
| Breakfast | Weetbix with milk & yoghurt  | Baked beans on toast & glass milk  | Oats with banana Slice wholegrain bread with avocado  | Wholegrain toast with smashed avo and fetta  | Smoothie Grain toast with cheese  | Eggs on toast with tomato sauce  | English Muffin with Peanut Butter & Banana  |
| Morning Snack  | Latte | Apple | Latte Mixed nuts  | LatteMandarin | LatteApple Choc Chip Biscuits | Latte Grapes Mixed nuts  | Latte Muesli BarApple |
| Lunch  | Wholegrain chicken & salad sandwich Apple | Wholegrain roast beef sandwich  | Wholegrain chicken and salad wrap  | Minestrone Chicken Soup Slice grain bread  | Beef Burrito Bowl & rice  | BBQ Veg Wrap with Chicken breast  | Beef hot pot & Rice + Steamed Veggies |
| Afternoon Snack  | Mixed nutsLatte | Mixed nuts Latte | Latte AppleCorn thins & peanut butter  | Mixed nutsLatte  | Hummus & Veggie Sticks Grain biscuits  | Latte Cheese & Grain biscuits  | LatteSweet Potato fries & Aioli  |
| Dinner | Beef Mince & bean Pasta dish  | Fish, Rice & Veggies  | Roast Veg Salad & Brown Rice  | Fish Medley  | Veggie lentil soup & Shredded chicken  | Veggie Lasagne with Salad | Curried Carrot Soup & Grain bread with cheese  |
| Evening Snack  | Plums in syrup and yoghurt  | Fruit salad and yoghurt  | Yoghurt, honey & coconut  | Banana, yoghurt, honey & strawberries  | Scone with jam and margarine  | Fruit salad Almond Biscuits  | Smoothie with Strawberry & Honey |

Meal plan derived from Eat for Health website, based on available sample days of eating and recipes. Adjusted for 30% energy restriction at approximately 6,090kJ/day.

(5)

**Table S7** Meal Plan: Healthy Eating Principle- Mediterranean Diet Weight Loss

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday  | Tuesday | Wednesday | Thursday  | Friday  | Saturday | Sunday  |
| Breakfast | Bruschetta p73Coffee  | Porridge with skim milk Strawberries (1/2c)Coffee  | Slice grain bread 2 tbsp ricotta 1 tbsp honey  |  Slice grain bread with avocado and poached egg Lemon juice + pepper  |  Bruschetta p73Coffee | Slice grain bread with avocado, tomato, salt and pepper   | Poached eggs stewed with tomatoes p128Slice grain bread Coffee  |
| Morning Snack  |  Sesame snack bar  | Low fat Greek yoghurt with berries  | Low fat Greek yoghurt with 2x fresh or dried figs  | Walnut syrup cake p187 with tbsp Greek yoghurt  | Low fat yoghurt with berries  | Baklava (small)  | Low fat Greek yoghurt with berrres  |
| Lunch  |  Left over pea, carrot and beef casserole p144Orange  |  Spinach and rice casserole p113Mandarin  |  Lentil soup p90 Greek salad Slice grain bread  |  Rocket pear and walnut salad with small tin tuna Orange  | Bean & vegetable soup p88 Greek coleslaw p95Mandarin  | Asparagus omelette p131Cabbage and carrot coleslaw salad  | Potato and asparagus omelette p131Small Greek salad p95Whole orange  |
| Afternoon Snack  |  Low fat yoghurt with honey and walnut Slice melon  |  Slice rockmelon Almonds (8-10)  |  Almonds (8-10)  | Apple |  NA |  Watermelon slice Greek yoghurt with honey  |  Walnuts 30g |
| Dinner | Baked snapper p166Small baked potato Salad of boiled greens  |  Vegetable bake Cos lettuce salad |  Meatball and vegetable p136casserole Greek village salad Glass Wine  |  Chicken casserole with onions and wine p154 1/2 cup rice pilaf Salad of boiled wild greens  |  Baked Risoni with lamb p142Cos lettuce salad Glass wine   | Eggplant moussaka with lamb mince p150 Greek coleslaw salad p95 |  Pea, carrot and beef casserole p1441/2 cup pilaf rice p113 Cos lettuce salad  |

Meal plan from: The Mediterranean Diet by Dr. Catherine Itsiopoulos (6)

**Table S8.** Summary of micronutrients meeting or not meeting the Nutrient Reference Values per diet and gender.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Diet** | **Keto** | **Paleo** | **Intermittent Fasting** | **8WW** | **Optifast** | **MedDiet WL** | **AGHE WL** |
| **AI** | **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** |
| Fibre | X | X | X |  |  |  | X | X |  |  | X |  | X |  |
| VitE |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Potassium | X |  | X |  | X |  |  |  |  |  | X |  | X |  |
| Diet | **Keto** | **Paleo** | **Intermittent Fasting** | **8WW** | **Optifast** | **MedDiet WL** | **AGHE WL** |
| Nutrient(M&F) | **RDI** | **EAR** | **RDI** | **EAR** | **RDI** | **EAR** | **RDI** | **EAR** | **RDI** | **EAR** | **RDI** | **EAR** | **RDI** | **EAR** |
| VitC |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Folate | X |  | X | X |  |  |  |  |  |  |  |  |  |  |
| VitB12 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Calcium |  |  | X | X |  |  | X |  |  |  | X | X | X |  |
| Iodine | X | X | X | X | X |  | X |  | X |  | X |  |  |  |
| Phosphorus |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Diet** | **Keto** | **Paleo** | **Intermittent Fasting** | **8WW** | **Optifast** | **MedDiet WL** | **AGHE WL** |
| Nutrient (M&F) | **AI** | **SDT** | **AI** | **SDT** | **AI** | **SDT** | **AI** | **SDT** | **AI** | **SDT** | **AI** | **SDT** | **AI** | **SDT** |
| Sodium |  |  |  | X |  |  |  | X |  |  |  | X |  | X |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Diet | **Keto** | **Paleo** | **Intermittent Fasting** | **8WW** | **Optifast** | **MedDiet WL** | **AGHE WL** |
| Nutrient | **M****RDI** | **F****RDI** | **M****EAR** | **F****EAR** | **M****RDI** | **F****RDI** | **M****EAR** | **F****EAR** | **M****RDI** | **F****RDI** | **M****EAR** | **F****EAR** | **M****RDI** | **F****RDI** | **M****EAR** | **F****EAR** | **M****RDI** | **F****RDI** | **M****EAR** | **F****EAR** | **M****RDI** | **F****RDI** | **M****EAR** | **F****EAR** | **M****RDI** | **F****RDI** | **M****EAR** | **F****EAR** |
| Riboflavin |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Niacin |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| VitA | X |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Thiamin | X | X |  |  | X | X | X | X | X |  |  |  | X | X | X | X |  |  |  |  | X | X |  |  | X | X |  |  |
| Iron |  | X |  |  |  | X |  |  |  | X |  |  |  | X |  |  |  |  |  |  |  | X |  |  |  | X |  |  |
| Zinc | X |  |  |  | X |  | X |  | X |  | X |  |  |  |  |  | X |  |  |  | X |  | X |  | X |  | X |  |
| Magnesium | X |  |  |  | X |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | X |  | X |  | X |  |  |  |
| Selenium |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

M=male, F=female
EAR = Estimated Average Requirement, RDI = Recommended Daily Intake, AI= Adequate Intake,

**References**

1. Walker C (2017) *Keto Diet Plan: Keto for Beginners / Keto Meal Plan*: CreateSpace Independent Publishing Platform.

2. Press S (2014) *Paleo for Beginners.* United States Arcas Publishing.

3. Chambers JR (2019) *16 : 8 Intermittent Fasting.* Australia Pan Macmillan Australia.

4. Emilie Brabon-Hames & Chief Brabon (2018) *8 Weeks To Wow. Transform your life with the ultimate workout, nutrition and motivational plan.* Australia: Murdoch Books.

5. National Health and Medical Research Council (2013) Eat for Health. Australian Dietary Guidelines: Educators Guide [DoHa Ageing, editor]. Canberra: Commonwealth of Australia.

6. Itsiopoulos C (2013) *The Mediterranean Diet.* Australia: Pan Macmillan Australia.