**Table S4.** Average Percentage of Daily Calories by Meal in the Time-Restricted Eating Arm

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1600 kcal daily** | | | **2000 kcal daily** | | | **2500 kcal daily** | | | **3000 kcal daily** | | |
| **Meal** | **Target** | **Average** | **SD** | **Target** | **Average** | **SD** | **Target** | **Average** | **SD** | **Target** | **Average** | **SD** |
| Breakfast | 40 | 39.6 | 0.3 | 40 | 39.9 | 0.5 | 40 | 39.9 | 0.7 | 40 | 39.9 | 0.9 |
| Lunch | 40 | 39.5 | 1.1 | 40 | 39.6 | 0.9 | 40 | 39.8 | 0.5 | 40 | 39.8 | 0.9 |
| Dinner | 15 | 15.8 | 0.9 | 15 | 15.2 | 0.7 | 15 | 15.2 | 0.8 | 15 | 15.4 | 1.1 |
| Snack | 5 | 5.1 | 0.4 | 5 | 5.4 | 0.3 | 5 | 5.0 | 0.4 | 5 | 5.0 | 0.3 |

Abbreviations: SD, standard deviation.

Note: All results are provided in %. No participant had a 3500 kcal diet in the Time-Restricted Eeeding Arm.