**Table A1. Weekly meal schedule utilized during the High CHO-high fibre dietary period (2000 kcal/day)**

|            | MONDAY                                      | TUESDAY                                      | WEDNESDAY                                   | THURSDAY                                   | FRIDAY                                      | SATURDAY                                    | SUNDAY                                      |
|------------|---------------------------------------------|----------------------------------------------|---------------------------------------------|--------------------------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|
| **BREAKFAST** | Coffee, tea or barley drink without sugar or with sweetener + low fat (0.1%) yogurt (125g) + ALL BRAN sticks (40g) |                                              |                                             |                                            |                                             |                                             |                                             |
| **LUNCH**  | - Pasta (90g) with dry beans (70g)           | - Dry Chickpeas (130g)                       | - Pasta (90g) with dry lentils (60g)         | - Pasta (120g) with peeled tomatoes (100g) and French beans (300g) | - Pasta (90g) with dry chickpeas (80g)     | - Dry beans (130g)                          | - Pasta (120g) with peeled tomatoes (100g) and French beans (300g) |
|            | - Beet (300g)                                | - Broccoli (sprouts) (300g)                  | - Spinach (300g)                            | - Fennels (300g)                            | - Beet (250g)                               | - Artichokes (200g)                        | - Fennels (300g)                            |
|            | - Orange (150g)                              | - Apple (200g)                               | - Orange (150g)                             | - Orange (100g)                             | - Orange (150g)                             | - Orange (200g)                            | - Orange (100g)                            |
|            |                                              |                                              |                                              |                                            |                                             |                                             |                                             |
| **DINNER** | - Parboiled rice (90g) with frozen peas (70g) | - Pasta (130g) with peeled tomatoes (200g) and parmesan cheese (18g) | - Parboiled rice (90g) with artichokes (300g) | - Pasta (100g) with frozen peas (60g)       | - Parboiled rice (90g) with broccoli (300g) | - Pasta (130g) with peeled tomatoes (200g) | - Pasta (100g) with frozen peas (60g)       |
|            | - Pork chop (140g)                           | - Tuna (120g)                                | - Lean ham (80g)                            | - Emmental cheese (50g)                     | - Chicken leg (80g)                         | - Eggs (2)                                  | - Spinach (200g)                            |
|            | - Artichokes (200g)                          | - Apple (150g)                               | - Emmental cheese (50g)                     | - Chicory (300g)                            | - Spinach (250g)                            | - Spinach (200g)                            | - Courgettes (200g)                         |
|            | - Pear (150g)                                |                                              | - Chicory (300g)                            | - Orange (100g)                             | - Sliced cheese (30g)                       | - Sliced cheese (30g)                       | - Pear (150g)                               |
|            |                                              |                                              | - Pear (150g)                               |                                             | - Pear (150g)                               |                                             | - Orange (150g)                             |

Whole-meal bread 50g daily; Extra-virgin olive oil 50g daily
### Table A2. Weekly meal schedule utilized during the Low CHO-high MUFA dietary period (2000 kcal/day)

|       | MONDAY                              | TUESDAY                                      | WEDNESDAY                                      | THURSDAY                                      | FRIDAY                                      | SATURDAY                                      | SUNDAY                                      |
|-------|-------------------------------------|----------------------------------------------|-----------------------------------------------|-----------------------------------------------|----------------------------------------------|-----------------------------------------------|-----------------------------------------------|
| BREAKFAST | Coffee, tea or barley drink without sugar or with sweetener + skimmed milk 1.5% (200g) + rush (30g) |                                              |                                              |                                              |                                              |                                              |                                              |
| LUNCH  | -Potatoes (300g)                    | -White rice (60g)                            | -Potatoes (300g)                              | -White rice (50g) with peeled tomatoes (100g) | -Pasta (30g)                                 | -Pizza with tomatoes and mozzarella cheese (200g) | -Potatoes “gnocchi” (150g) with peeled tomatoes (150g) |
|        | -Tuna (52g)                         | -Pumpkin (200g)                              | -Tuna (52g)                                   | -“Bresaola” beef salami (80g)                  | -Potatoes (200g)                             | -Veal fillet (100g)                            | -Lean ham (150g)                             |
|        | -Lettuce (50g)                      | -Kiwi (200g)                                 | -Lettuce (50g)                                | -Carrots (150g)                               | -Chicken breast (100g)                       | -Lettuce (50g)                                | -Orange juice (150g)                         |
|        | -Banana (100g)                      |                                              | -Banana (100g)                                | -Orange 150g                                  | -Orange 150g                                 |                                               |                                               |
| DINNER | -Chicken breast (180g)              | -Roasted veal (200g)                          | -Chicken breast (180g)                        | -Anchovies (200g)                             | -Codfish (180g)                              | -Sole (250g)                                  | -Lean ham (150g)                             |
|        | -“Scarola” endive (200g)            | -Roasted veal with lettuce (50g)             | -“Scarola” endive (200g)                      | -Lettuce (50g)                                | -Beet (100g)                                 | -Banana (100g)                                | -“Scarola” endive (150g)                     |
|        | -Orange (250g)                      | -Orange juice (250g)                         | -Orange (250g)                                | -Orange juice (250g)                          | -Orange juice (250g)                         |                                               | -Orange juice (250g)                         |
|        |                                     |                                              |                                              |                                              |                                              |                                               |                                               |
|        | White bread 120g daily; Extra-virgin olive oil 70g daily |                                              |                                              |                                              |                                              |                                              |                                              |