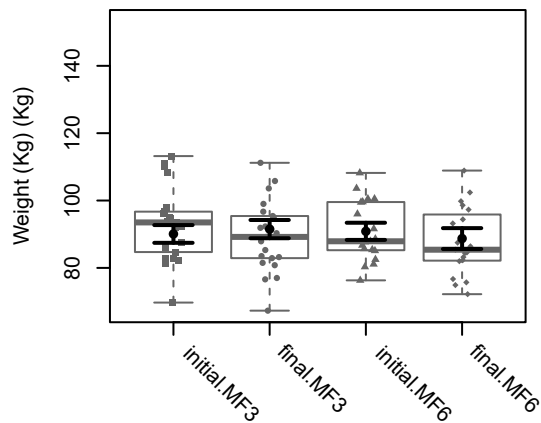
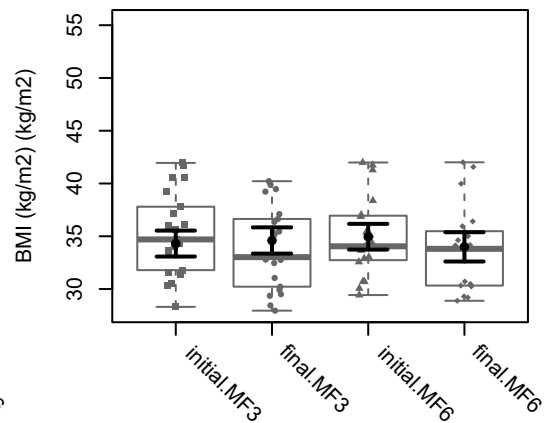


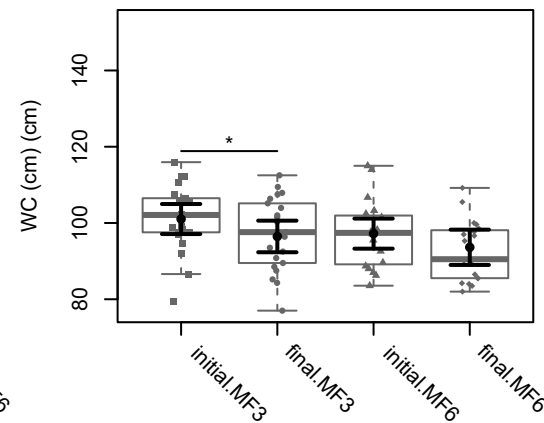
A)



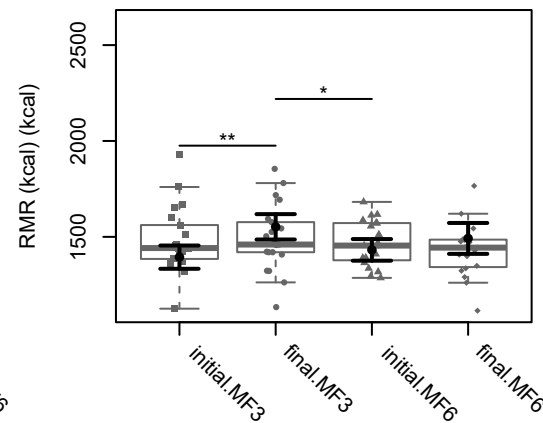
B)



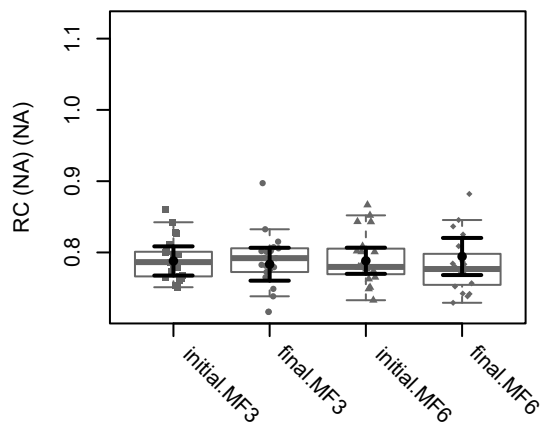
C)



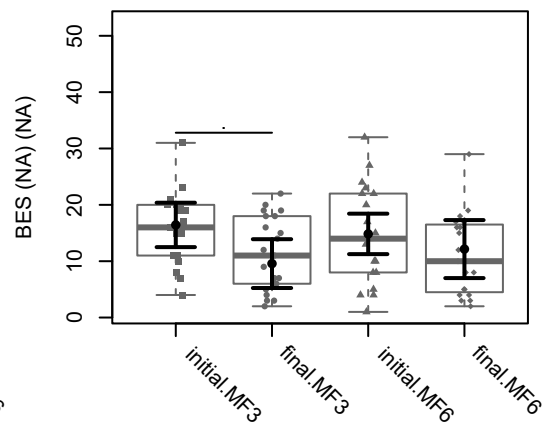
D)



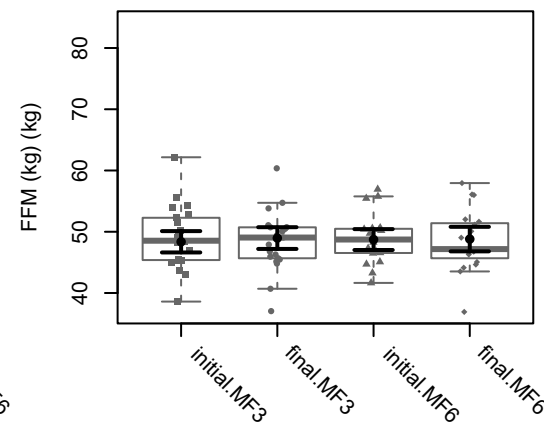
E)



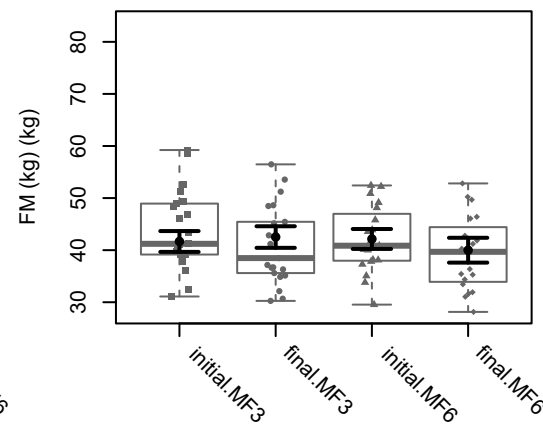
F)



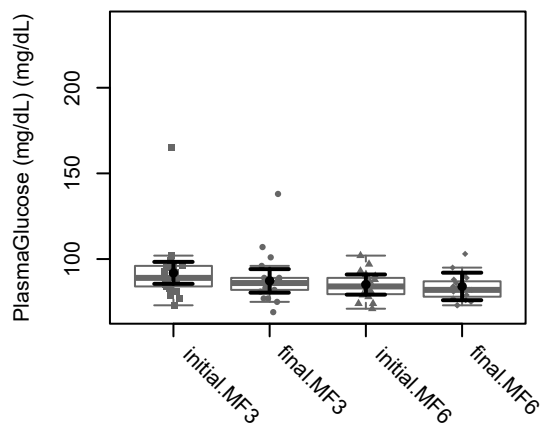
G)



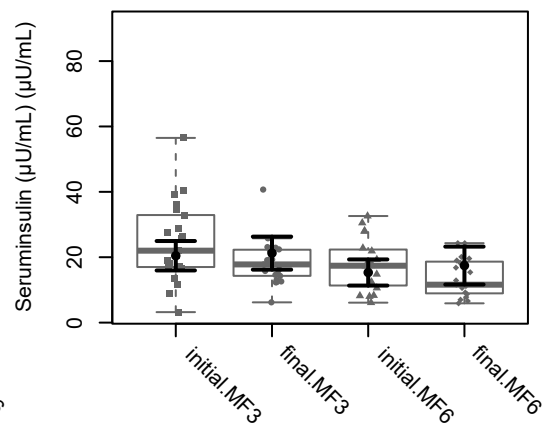
H)



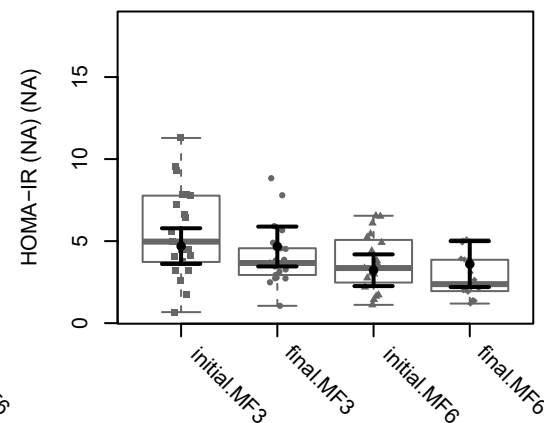
I)



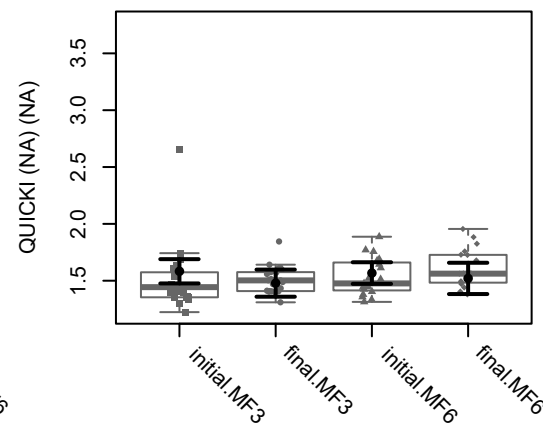
J)

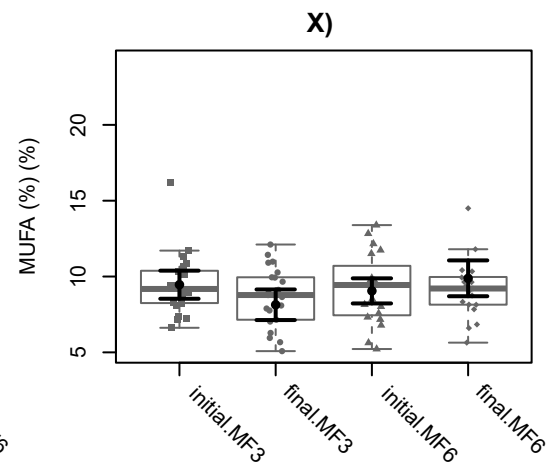
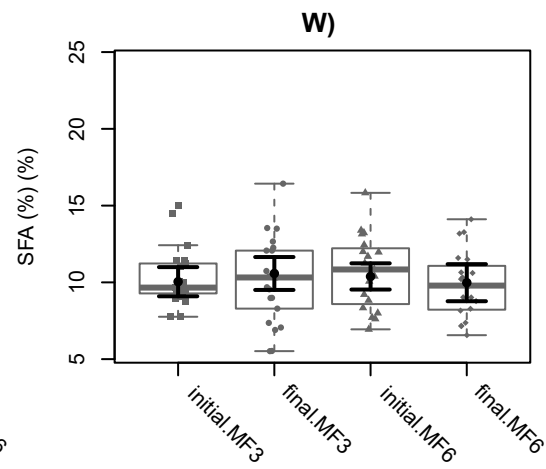
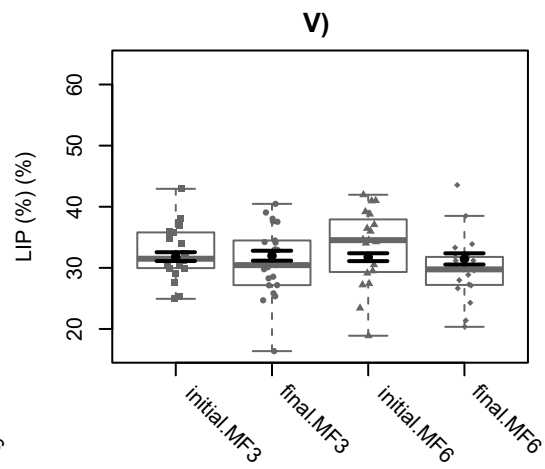
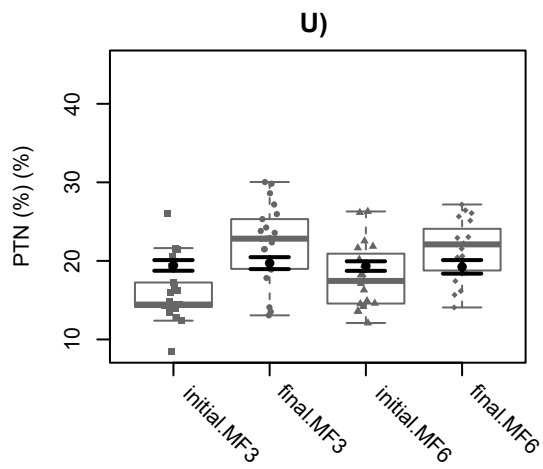
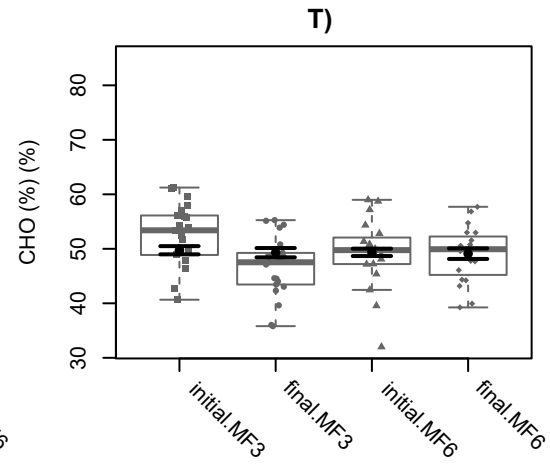
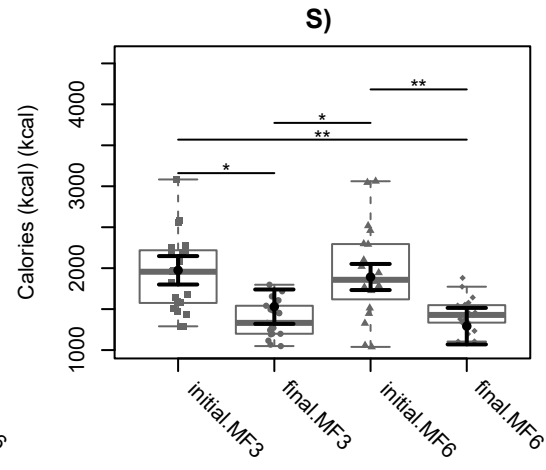
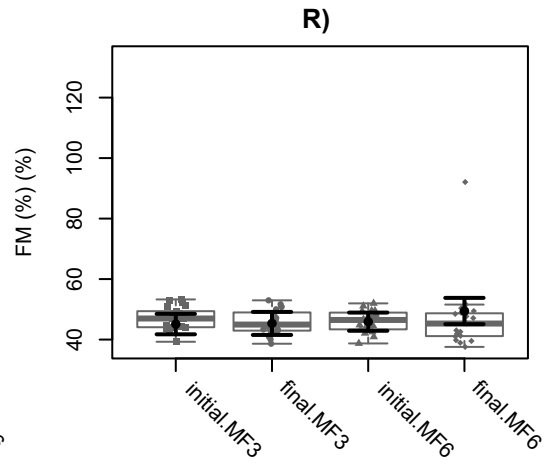
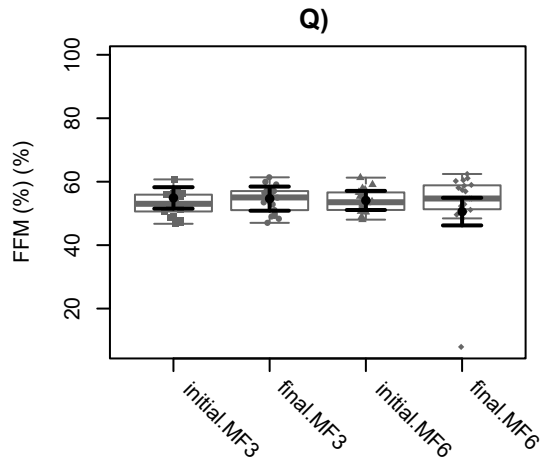
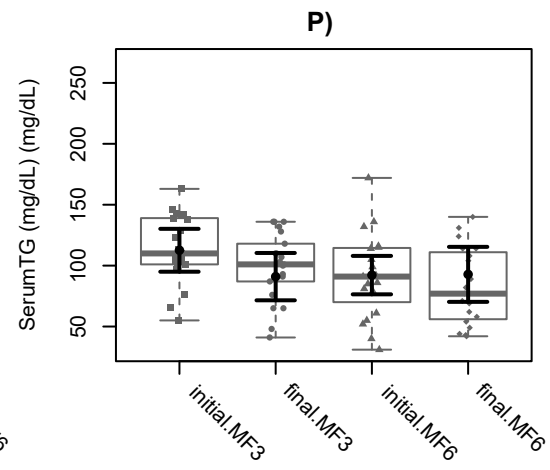
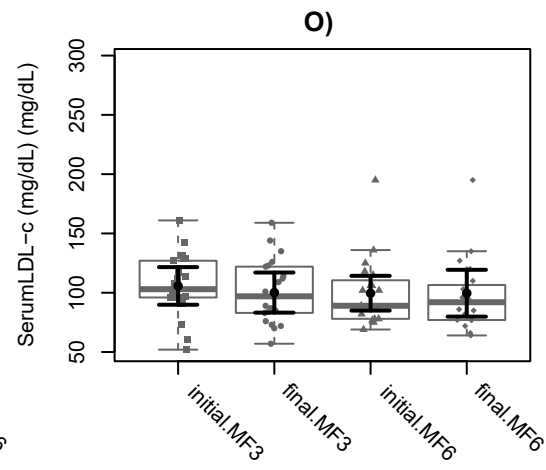
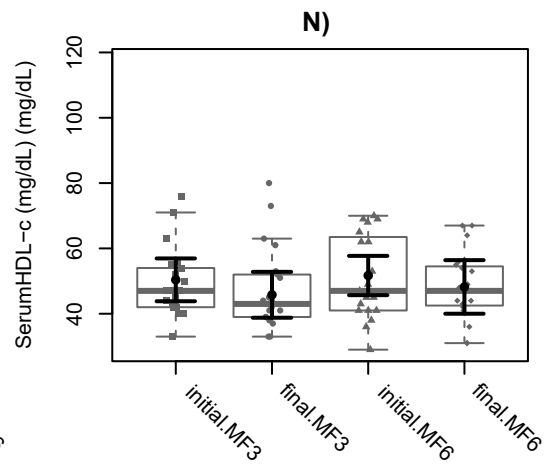
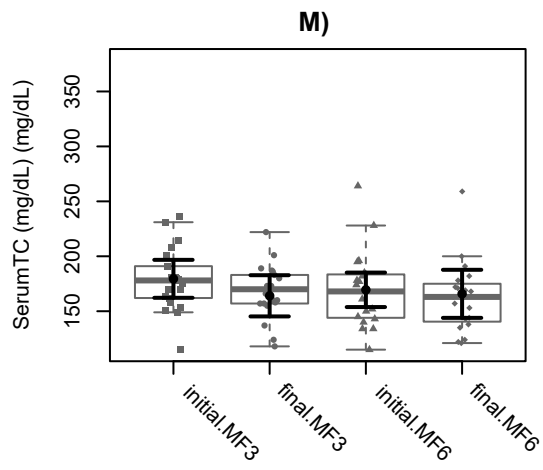


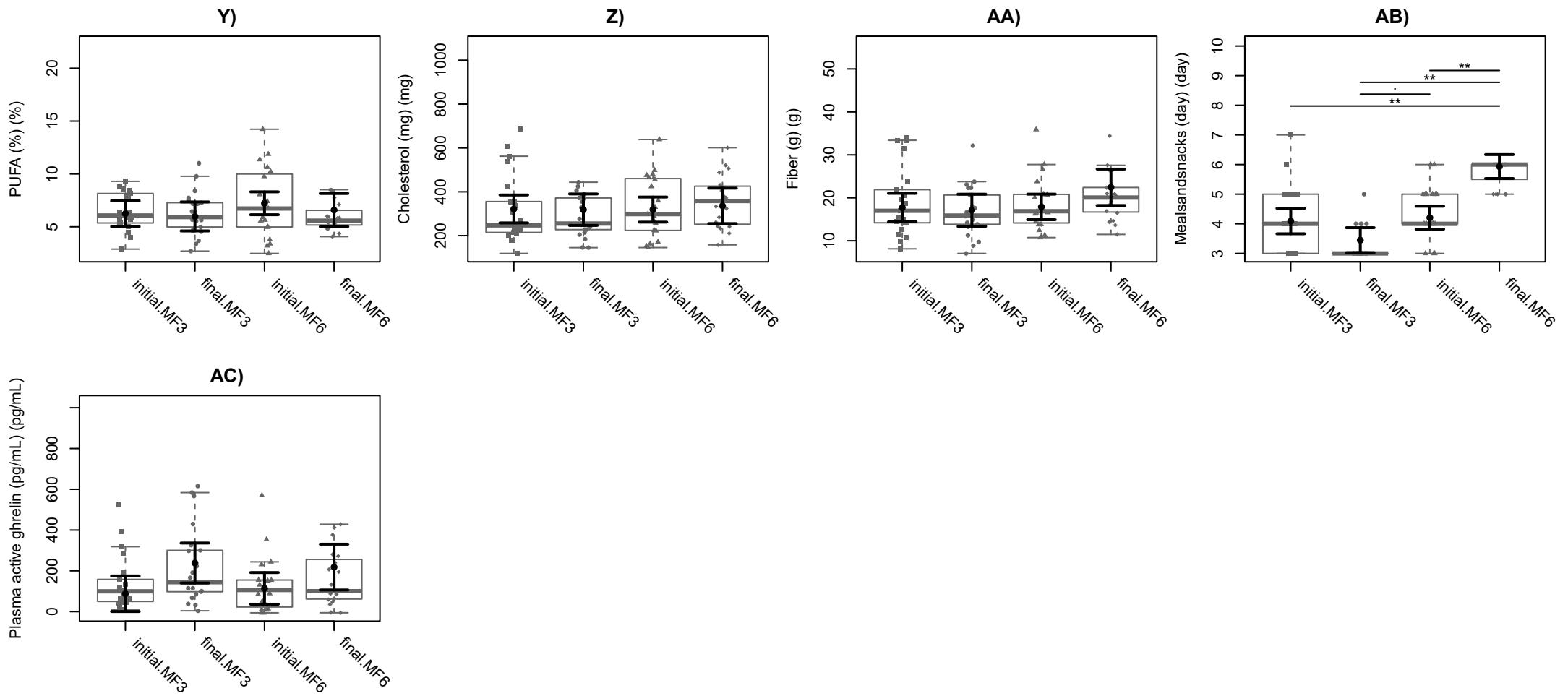
K)



L)







Supplemental Figure S1: Initial (pré-interventions) and final (post-interventions) sample and adjusted levels with daily 3-meals and 6-meals hypocaloric diets for A) Weight B) BMI C) WC D) RMR E) RC F) BES G) FFM H) FM I) Plasma Glucose J) Serum Insulin K) HOMA-IR L) QUICKI M) Serum TC N) Serum HDL-c O) Serum LDL-c P) Serum TG Q) FFM (%) R) FM (%) S) Calories intake T) CHO (%) intake U) PTN (%) intake V) LIP (%) intake W) SAF (%) intake X) MUFA (%) intake Y) PUFA (%) intake Z) Cholesterol intake AA) Fiber intake AB) Number of meal/snack a day AC) Plasma active ghrelin. In gray, the sample distributions of data are represented in box plots and strip plots. In black, the center circle represents the mean expected marginal effect for each group estimated from linear fixed-effects models adjusted for age, WC, RMR, BES, and calorie, proteins, carbohydrates, lipids and MUFA intake, when applicable. Black horizontal bars represent the 95% confidence intervals of the expected mean marginal effects by the group. P-values were corrected for the number of contrasts/two-by-two comparisons by the Tukey Honest Significant Difference (HSD) method. *Differences between groups with significance when $p < 0.05$. Legend: MF6: a group of 6 meals per day; MF3: a group of 3 meals per day; CHO: carbohydrates; PTN: protein; LIP: lipids; SFA: saturated fatty acid; MUFA: monounsaturated fatty acid; PUFA: polyunsaturated fatty acid; BMI: body mass index; WC: waist circumference; FFM: fat-free mass; FM: fat mass; RMR: resting metabolic rate; BES: Binge Eating Scale; HOMA-IR: Homeostasis Model Assessment; QUICKI: Quantitative Insulin Sensitivity Check Index; TC: total cholesterol; HDL-c: high-density lipoprotein cholesterol; LDL-c: low-density lipoprotein cholesterol; TG: triglycerides.