**Manuscript title:**

Cardiometabolic Effects of Early vs. Delayed Time-Restricted Eating Plus Caloric Restriction in Adults with Overweight and Obesity: An Exploratory Randomized Clinical Trial.

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**SUPPLEMENTARY TABLES**

**Table S1. Comparison of pre‐ and post‐intervention outcomes (intention-to-treat analysis)a**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Outcome Variable | Early TRE(n=16) | Δ eTRE | Delayed TRE(n=16) | Δ dTRE | Caloric Restriction(n=16) | Δ CR | *Time**p value* | *Group**p value* | *Group\*Time**p value* |
| Pre | Post | Pre | Post | Pre | Post |
| BODY COMPOSITION |
| **Body Mass, Kg** |  |
| Total | 85.0 (79.9 to 90.1) | 80.8 (75.7 to 85.8) | -4.2 (-5.6 to -2.8) | 84.2 (77.9 to 90.5) | 79.4 (73.6 to 85.2) | -4.8 (-5.8 to -3.8) | 83.3 (77.2 to 89.4) | 79.2 (74.0 to 84.5) | -4.1 (-5.9 to -2.2) | 0.000 | 0.909 | 0.710 |
| Arms | 9.0 (8.3 to 9.7) | 8.6 (8.0 to 9.2) | -0.4 (-0.7 to -0.2) | 9.2 (8.4 to 10.1) | 8.9 (8.2 to 9.6) | -0.3 (-0.6 to -0.1) | 9.3 (8.4 to 10.2) | 8.8 (8.0 to 9.7) | -0.5 (-0.7 to -0.2) | 0.000 | 0.828 | 0.748 |
| Legs | 30.5 (28.3 to 32.8) | 29.2 (27.0 to 31.4) | -1.3 (-2.6 to 0.0) | 29.6 (26.9 to 32.3) | 28.2 (25.8 to 30.5) | -1.4 (-2.0 to -0.8) | 30.1 (27.7 to 32.6) | 28.6 (26.6 to 30.7) | -1.5 (-2.3 to -0.7) | 0.000 | 0.840 | 0.974 |
| Trunk | 40.8 (37.8 to 43.7) | 38.3 (35.6 to 41.0) | -2.5 (-3.7 to -1.3) | 40.6 (37.1 to 44.1)  | 37.7 (34.4 to 41.0) | -2.9 (-3.5 to -2.2) | 39.3 (36.3 to 42.3) | 37.2 (34.6 to 39.8) | -2.1 (-3.1 to -1.1) | 0.000 | 0.809 | 0.434 |
| **Fat Mass, Kg** |  |
| Total | 37.0 (33.4 to 40.5) | 34.0 (30.4 to 37.6) | -3.0 (-4.0 to -2.0) | 37.6 (33.9 to 41.4) | 34.0 (30.9 to 37.1) | -3.6 (-4.6 to -2.7) | 37.2 (34.3 to 40.1) | 34.1 (31.3 to 36.8) | -3.1 (-4.4 to -1.9) | 0.000 | 0.992 | 0.587 |
| Arms | 3.8 (3.4 to 4.1) | 3.5 (3.2 to 3.8) | -0.3 (-0.4 to -0.1) | 4.0 (3.6 to 4.4) | 3.8 (3.4 to 4.2) | -0.2 (-0.3 to 0.0) | 4.1 (3.7 to 4.4) | 3.8 (3.4 to 4.1) | -0.3 (-0.5 to -0.1) | 0.000 | 0.362 | 0.503 |
| Legs | 13.6 (12.3 to 14.9) | 12.7 (11.3 to 14.0) | -0.9 (-1.8 to -0.1) | 13.4 (11.7 to 15.1) | 12.3 (10.9 to 13.6) | -1.1 (-1.5 to -0.7) | 13.3 (12.1 to 14.6) | 12.2 (11.1 to 13.4) | -1.1 (-1.6 to -0.5) | 0.000 | 0.901 | 0.915 |
| Trunk | 18.6 (16.2 to 21.1) | 16.9 (14.6 to 19.1) | -1.7 (-2.5 to -1.0) | 19.3 (17.0 to 21.6) | 17.0 (15.1 to 18.9) | -2.3 (-2.9 to -1.7) | 18.8 (17.0 to 20.6) | 17.1 (15.3 to 18.8) | -1.7 (-2.4 to -1.0) | 0.000 | 0.969 | 0.351 |
| **Fat-Free Mass, Kg** |  |
| Total | 45.5 (42.5 to 48.5) | 44.2 (41.2 to 47.2) | -1.3 (-1.9 to -0.6) | 44.1 (41.1 to 47.1) | 42.9 (39.8 to 46.0) | -1.2 (-1.7 to -0.7) | 43.6 (39.5 to 47.7) | 42.6 (39.0 to 46.3) | -1.0 (-1.7 to -0.2) | 0.000 | 0.732 | 0.844 |
| Arms | 4.9 (4.4 to 5.5) | 4.8 (4.3 to 5.3) | -0.1 (-0.3 to 0.0) | 5.0 (4.4 to 5.5) | 4.8 (4.3 to 5.3) | -0.2 (-0.3 to -0.1) | 4.9 (4.1 to 5.7) | 4.7 (4.0 to 5.5) | -0.2 (-0.3 to 0.0) | 0.000 | 0.992 | 0.981 |
| Legs | 16.0 (14.7 to 17.3) | 15.6 (14.4 to 16.9) | -0.4 (-0.9 to 0.2) | 15.4 (14.0 to 16.7) | 15.0 (13.7 to 16.3) | -0.4 (-0.6 to -0.1) | 15.9 (14.2 to 17.6) | 15.5 (14.0 to 17.0) | -0.4 (-0.7 to -0.1) | 0.002 | 0.781 | 0.986 |
| Trunk | 21.2 (20.0 to 22.5) | 20.6 (19.2 to 22.1) | -0.6 (-1.3 to 0.0) | 20.5 (19.1 to 21.9) | 19.9 (18.4 to 21.4) | -0.6 (-1.1 to -0.1) | 19.7 (18.1 to 21.3) | 19.3 (17.9 to 20.7) | -0.4 (-0.9 to 0.1) | 0.001 | 0.378 | 0.844 |
| **Bone Mineral Content, Kg** |  |
| Total | 2.6 (2.4 to 2.7) | 2.5 (2.4 to 2.7) | -0.1 (-0.1 to 0.0) | 2.5 (2.3 to 2.7) | 2.5 (2.3 to 2.6) | 0.0 (0.0 to 0.0) | 2.5 (2.3 to 2.8) | 2.5 (2.3 to 2.8) | 0.0 (0.0 to 0.0) | 0.000 | 0.849 | 0.359 |
| Arms | 0.3 (0.3 to 0.3) | 0.3 (0.3 to 0.3) | 0.0 (0.0 to 0.0) | 0.3 (0.3 to 0.3) | 0.3 (0.3 to 0.3) | 0.0 (0.0 to 0.0) | 0.3 (0.3 to 0.4) | 0.3 (0.3 to 0.4) | 0.0 (0.0 to 0.0) | 0.992  | 0.840 | 0.388 |
| Legs | 0.9 (0.8 to 1.0) | 0.9 (0.8 to 1.0) | 0.0 (0.0 to 0.0) | 0.8 (0.8 to 0.9) | 0.8 (0.8 to 0.9) | 0.0 (0.0 to 0.0) | 0.9 (0.8 to 1.0) | 0.9 (0.8 to 1.0) | 0.0 (0.0 to 0.0) | 0.415 | 0.531 | 0.957 |
| Trunk | 0.8 (0.8 to 0.9) | 0.8 (0.8 to 0.8) | 0.0 (0.0 to 0.0) | 0.8 (0.7 to 0.8) | 0.7 (0.7 to 0.8) | -0.1 (0.0 to 0.0) | 0.8 (0.7 to 0.9) | 0.8 (0.7 to 0.8) | 0.0 (0.0 to 0.0) | 0.000 | 0.529 | 0.161 |
| **Body Fat, %** |  |
| Total | 43.3 (40.7 to 45.8) | 41.8 (39.0 to 44.6) | -1.5 (-2.2 to -0.8) | 44.5 (42.6 to 46.4) | 42.7 (40.9 to 44.5) | -1.8 (-2.5 to -1.2) | 44.9 (42.5 to 47.3) | 43.2 (40.5 to 45.8) | -1.7 (-2.4 to -1.0) | 0.000 | 0.715 | 0.775 |
| Arms | 42.0 (39.1 to 45.0) | 40.9 (38.1 to 43.8) | -1.1 (-1.8 to -0.3) | 43.3 (40.6 to 45.9) | 43.0 (40.2 to 45.8) | -0.3 (-1.0 to 0.5) | 44.8 (41.1 to 48.5) | 43.6 (39.7 to 47.5) | -1.2 (-1.9 to -0.5) | 0.000 | 0.499 | 0.169 |
| Legs | 44.6 (42.4 to 46.7) | 43.2 (40.8 to 45.7) | -1.4 (-2.0 to -0.6) | 44.8 (42.1 to 47.6) | 43.3 (40.6 to 46.0) | -1.5 (-2.0 to -1.1) | 44.5 (41.4 to 47.6) | 43.0 (39.9 to 46.1) | -1.5 (-2.1 to -0.8) | 0.000 | 0.987 | 0.909 |
| Trunk | 45.2 (41.8 to 48.5) | 43.5 (39.9 to 47.1) | -1.7 (-2.7 to -0.6) | 47.2 (45.1 to 49.3) | 44.8 (43.0 to 46.6) | -2.4 (-3.4 to -1.4) | 47.8 (45.5 to 50.0) | 45.8 (43.0 to 48.6) | -2.0 (-3.0 to -0.9) | 0.000 | 0.520 | 0.574 |
| Body Mass Index, kg/m² | 31.2 (29.9 to 32.5) | 29.7 (28.3 to 31.0) | -1.5 (-2.0 to -1.0) | 31.2 (29.9 to 32.6) | 29.5 (28.2 to 30.8) | -1.7 (-2.1 to -1.4) | 30.5 (29.1 to 32.0) | 29.1 (27.7 to 30.5) | -1.4 (-2.1 to -0.8) | 0.000 | 0.793 | 0.594 |
| CARDIOMETABOLIC PARAMETERS AND ENERGY METABOLISM  |
| Glucose, mg/dL | 96 (94 to 98) | 92 (88 to 96) | -4 (-7 to 0) | 98 (93 to 102) | 96 (92 to 99) | -2 (-7 to 3) | 96 (92 to 100) | 92 (89 to 95) | -4 (-8 to 1) | 0.013 | 0.383 | 0.892 |
| Mean Glucose, mg/dL/120 min | 120 (109 to 130) | 113 (100 to 127) | -7 (-18 to 5) | 117 (106 to 128) | 121 (107 to 134) | 4 (-8 to 16) | 117 (109 to 125) | 109 (100 to 117) | -8 (-15 to -1) | 0.240 | 0.672 | 0.202 |
| Insulin, μIU/mL | 37 (28 to 45) | 26 (19 to 34) | -11 (-14 to -6) | 37 (29 to 45) | 32 (25 to 38) | -5 (-10 to -1) | 45 (37 to 53) | 35 (31 to 40) | -10 (-17 to -2) | 0.000 | 0.136 | 0.320 |
| HOMA-IR | 9 (7 to 11) | 6 (4 to 8) | -3 (-4 to -2) | 9 (7 to 11) | 7 (6 to 9) | -2 (-3 to 0) | 11 (9 to 13) | 8 (7 to 9) | -3 (-5 to -1) | 0.000 | 0.167 | 0.462 |
| HOMA-β | 417 (308 to 525) | 335 (250 to 420) | -82 (-134 to -29) | 395 (316 to 475) | 346 (287 to 404) | -49 (-104 to 5) | 515 (406 to 625) | 449 (386 to 512) | -66 (-176 to 42) | 0.003 | 0.051 | 0.705 |
| Quicki Index | 0.29 (0.28 to 0.30) | 0.30 (0.29 to 0.31) | 0.01 (0.01 to 0.02) | 0.28 (0.28 to 0.29) | 0.29 (0.28 to 0.30) | 0.01 (0.00 to 0.01) | 0.28 (0.27 to 0.28) | 0.29 (0.28 to 0.29) | 0.01 (0.00 to 0.01) | 0.000 | 0.037 | 0.167 |
| Matsuda Index | 3 (2 to 5) | 4 (3 to 5) | 1 (-1 to 1) | 2 (2 to 3) | 2 (2 to 3) | 0 (0 to 1) | 2 (1 to 3) | 2 (2 to 3) | 0 (-1 to 1) | 0.236 | 0.150 | 0.886 |
| **Cholesterol, mg/dL** |  |
| Total | 181 (164 to 199) | 168 (150 to 187) | -13 (-23 to -3) | 195 (173 to 216) | 185 (169 to 200) | -10 (-29 to 8)  | 196 (174 to 219) | 171 (155 to 188) | -25 (-44 to -6) | 0.001 | 0.468 | 0.494 |
| LDL | 112 (92 to 131) | 104 (85 to 122) | -8 (-16 to 0) | 127 (108 to 146) | 121 (106 to 135) | -6 (-21 to 8) | 117 (97 to 138) | 103 (89 to 117) | -14 (-29 to 0) | 0.012 | 0.330 | 0.703 |
| HDL | 45 (41 to 49) | 42 (38 to 45) | -3 (-7 to -1) | 48 (43 to 53)  | 43 (38 to 47) | -5 (-10 to -1) | 54 (47 to 61) | 46 (40 to 52) | -8 (-11 to -4) | 0.000 | 0.212 | 0.241 |
| Non-HDL | 136 (117 to 156) | 127 (107 to 146) | -9 (-17 to -2) | 147 (127 to 167) | 140 (125 to 156) | -7 (-21 to 9) | 143 (122 to 163) | 125 (111 to 140) | -18 (-34 to -1) | 0.006 | 0.588 | 0.609 |
| Triglycerides, mg/dL | 122 (85 to 158) | 113 (78 to 148) | -9 (-19 to 1) | 99 (85 to 113) | 98 (80 to 116) | -1 (-14 to 13) | 127 (99 to 154) | 112 (80 to 144) | -15 (-34 to 5) | 0.068 | 0.318 | 0.464 |
| β-Hydroxybutyrate, mmol/L | 0.11 (0.09 to 0.14) | 0.29 (0.11 to 0.48) | 0.18 (-0.01 to 0.36) | 0.11 (0.07 to 0.14) | 0.20 (0.13 to 0.27) | 0.09 (0.03 to 0.16) | 0.09 (0.05 to 0.13) | 0.30 (0.16 to 0.43) | 0.21 (0.06 to 0.35) | 0.000 | 0.478 | 0.276 |
| Resting Metabolic Rate, Kcal/Day | 1711.3 (1595.6 to 1826.9) | 1641.5 (1516.8 to 1766.1) | -69.8 (-148.9 to 9.3) | 1781.2 (1630.2 to 1932.1) | 1680.7 (1543.3 to 1818.1) | -100.5 (-162.9 to -38.0) | 1794.8 (1662.6 to 1927.0) | 1662.7 (1564.4 to 1761.0) | -132.1 (-235.6 to -28.7) | 0.000 | 0.761 | 0.635 |
| Resting Respiratory Exchange Ratio | 0.79 (0.75 to 0.82) | 0.75 (0.72 to 0.78) | -0.04 (-0.07 to 0.00) | 0.76 (0.74 to 0.79) | 0.74 (0.70 to 0.79) | -0.02 (-0.06 to 0.02) | 0.77 (0.73 to 0.80) | 0.74 (0.69 to 0.78) | -0.03 (-0.08 to 0.02) | 0.014 | 0.681 | 0.777 |
| Peak Oxygen Consumption, mL/kg/min | 25.0 (22.7 to 27.3) | 25.3 (21.7 to 28.9) | 0.3 (-2.4 to 3.0) | 23.4 (21.4 to 25.4) | 23.2 (21.4 to 25.1) | -0.2 (-1.7 to 1.4) | 26.5 (24.4 to 28.5) | 25.8 (23.4 to 28.2) | -0.7 (-2.5 to 1.2) | 0.790 | 0.106 | 0.834 |
| **SUBJECTIVE APPETITE, SLEEP QUALITY, AND RISK OF BINGE EATING** |
| Hunger, scale 0-100 mm | 53 (39 to 66) | 43 (32 to 54) | -10 (-24 to 5) | 47 (36 to 58) | 35 (21 to 49) | -12 (-28 to 5) | 51 (38 to 63) | 63 (54 to 72) | 12 (-1 to 26) | 0.495 | 0.056 | 0.033 |
| Satiety, scale 0-100 mm | 52 (39 to 65) | 63 (52 to 74) | 11 (-6 to 28) | 47 (35 to 59) | 62 (46 to 78) | 15 (-2 to 33) | 49 (35 to 62) | 42 (33 to 51) | -7 (-15 to 2) | 0.134 | 0.195 | 0.030 |
| Desire to eat, scale 0-100 mm | 61 (48 to 73) | 43 (29 to 57) | -18 (-36 to 1) | 55 (44 to 66) | 33 (21 to 45) | -22 (-37 to -7) | 56 (42 to 70) | 66 (55 to 78) | 10 (-2 to 23) | 0.035 | 0.068 | 0.002 |
| Capacity to eat, scale 0-100 mm | 66 (54 to 78) | 54 (42 to 66) | -12 (-30 to 6) | 59 (47 to 71) | 45 (32 to 57) | -14 (-28 to -1) | 71 (62 to 80) | 73 (60 to 86) | 2 (-9 to 14) | 0.060 | 0.019 | 0.125 |
| Binge Eating Disorder, score | 15 (12 to 19) | 6 (4 to 9) | -9 (-13 to -6) | 14 (10 to 19) | 8 (5 to 10) | -6 (-10 to -3) | 14 (12 to 16) | 8 (5 to 10) | -6 (-9 to -4) | 0.000 | 0.988 | 0.396 |
| Sleep Quality Index | 8 (6 to 10) | 5 (4 to 6) | -3 (-5 to -2) | 8 (6 to 9) | 5 (4 to 6) | -3 (-4 to -1) | 7 (6 to 9) | 5 (3 to 6) | -2 (-4 to -1) | 0.000 | 0.924 | 0.715 |

Abbreviations: HDL, high-density lipoprotein; HOMA-β, homeostasis model assessment of β-cell function; HOMA-IR, homeostasis model assessment of insulin resistance; LDL, low-density lipoprotein; TRE, time-restricted eating; QUICKI, quantitative insulin sensitivity check index.

SI conversion factors: To convert total, HDL and LDL cholesterol to millimoles per liter, multiply by 0.0259; to convert triglycerides to millimoles per liter, multiply by 0.0113; to convert glucose to millimoles per liter, multiply by 0.0555; and to convert insulin to picomoles per liter, multiply by 6.945.

aData are presented as mean (95% confidence interval, CI). Data analyzed by intention-to-treat analysis (eTRE, dTRE and CG n=16).

**Table S2. Dietary Intake by Diet Group and Time Point**.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Variable | Early TRE | Delayed TRE | Caloric Restriction | *Time**p value* | *Group**p value* | *Time\*Group**p value* |
| Prescribed Diet (n=13) | Usual Diet (n=12) | 4-week (n=11) | 8-week (n=13) | Prescribed Diet (n=11) | Usual Diet (n=10) | 4-week (n=10) | 8-week (n=11) | Prescribed Diet (n=13) | Usual Diet (n=12) | 4-week (n=11) | 8-week (n=13) |
| Kcala | 1703 (1596 to 1809) | 1800 (1507 to 2093) | 991 (841 to 1141) | 1016 (887 to 1145) | 1734 (1621 to 1848) | 1936 (1513 to 2358) | 1227 (1039 to 1415) | 1031 (880 to 1184) | 1727 (1617 to 1837) | 1979 (1549 to 2410) | 1244 (1057 to 1431) | 1101 (982 to 1221) | 0.000 | 0.340 | 0.173 |
| Carbohydrates (%)b | 49 (47 to 50) | 50 (44 to 55) | 51 (47 to 56) | 48 (45 to 51) | 48 (46 to 49) | 46 (42 to 50) | 42 (39 to 46) | 43 (38 to 47) | 49 (48 to 50) | 48 (44 to 53) | 45 (42 to 49) | 44 (38 to 49) | 0.140 | 0.002 | 0.118 |
| Carbohydrates (g)c | 207 (192 to 222) | 221 (185 to 258) | 128 (107 to 148) | 124 (107 to 141) | 208 (193 to 223) | 217 (174 to 260) | 132 (106 to 158) | 109 (91 to 126) | 211 (197 to 225) | 237 (182 to 292) | 144 (115 to 172) | 120 (99 to 142) | 0.000 | 0.749 | 0.694 |
| Fibers (g)d | 36 (32 to 40) | 14 (11 to 17) | 17 (15 to 19) | 14 (12 to 16) | 39 (34 to 44) | 14 (10 to 17) | 20 (14 to 26) | 15 (10 to 19) | 37 (32 to 41) | 17 (11 to 22) | 20 (14 to 26) | 18 (12 to 23) | 0.000 | 0.440 | 0.401 |
| Protein (%)e | 23 (22 to 24) | 17 (15 to 18) | 18 (17 to 20) | 22 (21 to 24) | 24 (23 to 26) | 17 (14 to 19) | 24 (22 to 25) | 25 (22 to 27) | 24 (23 to 25) | 18 (15 to 21) | 21 (20 to 23) | 24 (22 to 27) | 0.000 | 0.012 | 0.005 |
| Protein (g)e | 97 (91 to 104) | 74 (61 to 86) | 46 (38 to 54) | 56 (49 to 62) | 105 (98 to 113) | 78 (59 to 96) | 71 (61 to 81) | 64 (53 to 74) | 102 (94 to 111) | 90 (65 to 115) | 67 (56 to 77) | 67 (57 to 77) | 0.000 | 0.033 | 0.041 |
| Fat (%)f | 29 (28 to 31) | 33 (29 to 37) | 31 (28 to 35) | 30 (27 to 32) | 28 (27 to 29) | 35 (33 to 38) | 34 (31 to 38) | 32 (29 to 36) | 28 (27 to 29) | 33 (31 to 36) | 33 (31 to 36) | 32 (29 to 37) | 0.000 | 0.267 | 0.441 |
| Fat (g)g | 55 (51 to 60) | 67 (51 to 83) | 35 (28 to 42) | 34 (30 to 46) | 54 (50 to 60) | 76 (59 to 94) | 47 (40 to 54) | 38 (30 to 46) | 54 (50 to 58) | 74 (56 to 92) | 45 (40 to 51) | 40 (33 to 47) | 0.000 | 0.236 | 0.171 |

Abbreviations: TRE, time-restricted eating.

Data are expressed as mean and (95% CI); only observed values included. Some 3-day records were not delivered generating missing data.

a Significant difference between the usual *vs*. fourth week, and *vs*. eighth week and significant difference between the prescribed *vs*. fourth week, and *vs*. eighth week.

b Significant difference between the eTRE group and dTRE group.

c Significant difference between the usual *vs*. fourth week, and *vs*. eighth week and significant difference between the prescribed *vs*. fourth week, and *vs*. eighth week.

d Significant difference between the prescribed *vs*. usual, *vs*. fourth week, and *vs*. eighth week and significant difference between the fourth week *vs*. usual, and *vs*. eighth week.

e Significant difference between the eTRE *vs*. dTRE, and *vs*. caloric restriction in the fourth week.

f Significant difference between the prescribed *vs*. usual, and *vs*. fourth week.

g Significant difference between the prescribed *vs*. usual, *vs*. fourth week and *vs*. eighth week and significant difference between the usual *vs*. fourth week and *vs*. eighth week.

**Table S3. Physical Activity by Diet Group and Time Point.**

|  |  |  |  |
| --- | --- | --- | --- |
| Variable | Early TRE | Delayed TRE  | Caloric Restriction |
| Habitual | 1-week  | 4-week  | 8-week  | Habitual | 1-week  | 4-week  | 8-week  | Habitual | 1-week  | 4-week  | 8-week  |
| Total-MET / min / weeka | 1712 (789 to 2634)n=12 | 801 (432 to 1170)n=13 | 1090 (310 to 1870)n=9 | 1841 (15 to 3667)n=13 | 543 (73 to 1013)n=11 | 1499 (26 to 2971)n=10 | 1102 (343 to 1861)n=10 | 736 (270 to 1203)n=9 | 1272 (897 to 1647)n=13 | 1556 (937 to 2176)n=11 | 1858 (966 to 2750)n=11 | 1444 (898 to 1990)n=12 |
| Min / weekb | - | 358 (218 to 498)n=11 | 432 (279 to 586)n=11 | 323 (211 to 434)n=12 | - | 256 (197 to 315)n=9 | 320 (199 to 442)n=11 | 243 (166 to 321)n=11 | - | 320 (165 to 476)n=10 | 327 (174 to 479)n=7 | 421 (209 to 634)n=10 |

Abbreviations: MET, metabolic equivalente; TRE, time-restricted eating.

Data are expressed as mean (95% CI); only observed values included.

a IPAQ-SF; Effects of time (p 0.937), group (0.246), and group\*time (0.137). Missing data due to errors in sending the IPAQ-SF.

b Google Fit; Effects of time (p 0.457), group (0.312), and group\*time (0.317). Missing data due to errors in the Google Fit app.

**Table S4. Post hoc power results.**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Insulin | Glucose | Total Cholesterol  | Low-density lipoprotein | High-density lipoprotein | Triglycerides | Total Body Mass  | Total Fat Mass  | Total Fat-Free Mass  | Total Body Fat, % | Resting MetabolicRate |
| Early-TRE *vs.* Delayed-TRE | 0.76 | 0.41 | 0.05 | 0.05 | 0.30 | 0.11 | 0.06 | 0.09 | 0.05 | 0.09 | 0.12 |
| Early-TRE *vs*. CR | 0.13 | 0.18 | 0.56 | 0.17 | 0.86 | 0.17 | 0.05 | 0.06 | 0.05 | 0.07 | 0.37 |
| Delayed-TRE *vs.* CR | 0.49 | 0.11 | 0.43 | 0.22 | 0.36 | 0.54 | 0.07 | 0.08 | 0.05 | 0.05 | 0.09 |

Abbreviations: CR, caloric restriction; TRE, time-restricted eating.