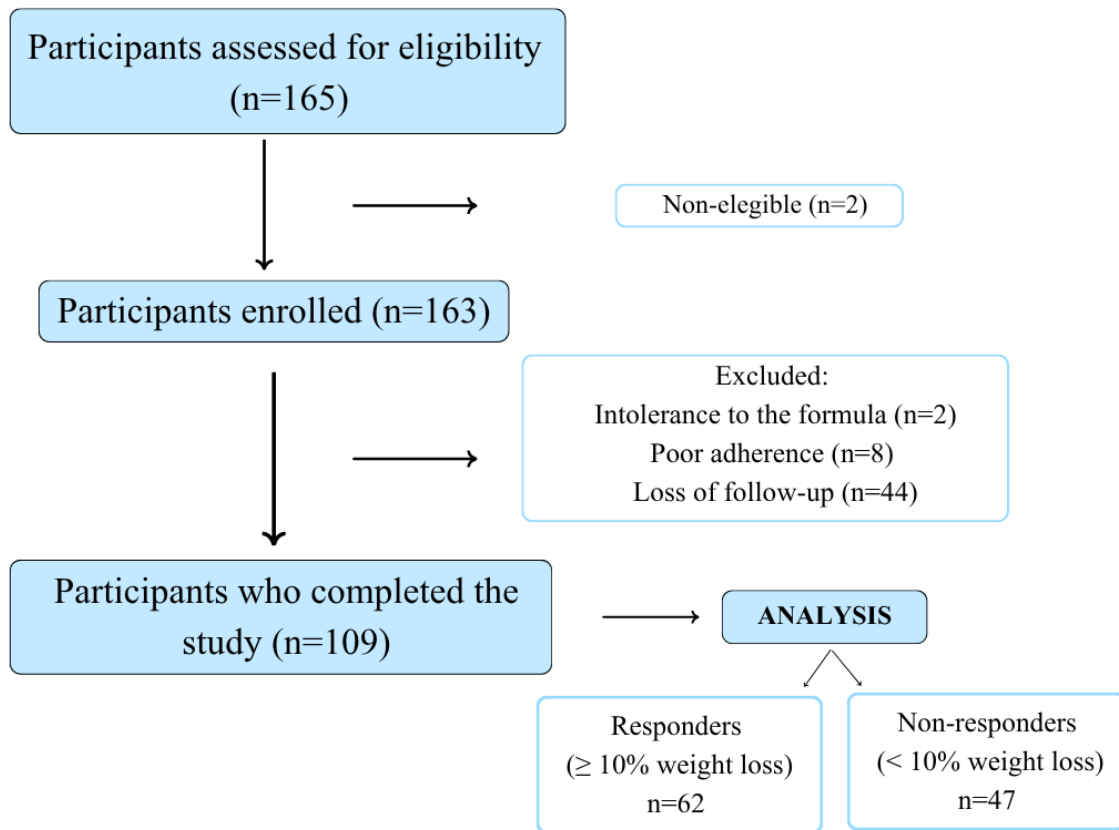


Supplemental Figure 1 | Flow diagram of participant screening, enrollment, and classification into responders and non-responders. The flowchart illustrates the progress of participants through the study, including reasons for exclusion during the intervention and the final stratification for data analysis based on weight loss percentage.



Supplemental Figure 2 | Alpha-diversity indexes before and after the dietary intervention. Differences in alpha diversity measured using Shannon and Simpson indices. (A) Comparison between baseline and end point, differentiating between men and women. (B) Beta-diversity obtained via Bray-Curtis index. $*p < 0.05$. *ns* = not significant

