

## Supplementary Material

**Table S1.** ISOMED-FREE\* VLCKD for celiac disease (700 Kcal) (\*products whose raw materials are gluten-free)

<b>Breakfast</b>	<b>Options</b>	
One serving by choosing from:	<ul style="list-style-type: none"> <li>- Cocoa, cappuccino, peach-yogurt drink</li> <li>- Fruit yogurt</li> <li>- Chocolate mousse</li> </ul>	
<b>Supplement</b>	Both of them: <ul style="list-style-type: none"> <li>- Isocomplet plus 1 sachet</li> <li>- Gliadines 1 sachet</li> </ul>	
<b>Morning snack</b>	<b>Options</b>	
One serving by choosing from	<ul style="list-style-type: none"> <li>- 1 bag of bacon nachos</li> <li>- 1 bag of tortilla chips</li> <li>- 1 bag of sticks</li> <li>- 1 bag of rosemary crushes</li> <li>- 1 bag of natural breadsticks</li> <li>- 1 bag of chocolate flavored pudding or vanilla flavored pudding</li> </ul>	
<b>Lunch</b>	<b>Options</b>	
One serving by choosing from	<ul style="list-style-type: none"> <li>- Omelette with chives</li> <li>- Cream or mushrooms taste or asparagus taste or chicken taste</li> <li>- Cheese cream</li> <li>- 1 bag of sticks</li> <li>- Rosemary cracker</li> <li>- Chicken with mushrooms</li> <li>- Cocoa, cappuccino, mango-yogurt drink or chocolate or vanilla milkshake or chocolate mousse+ 1 shortbread biscuit with cocoa or vanilla</li> </ul>	Valerian, arugula, chicory, escarole, Chinese cabbage, turnip greens, green salads, fennel, mushrooms (champignons, ovules, porcini), soybean sprouts, green peppers, radicchio, celery, spinach, zucchini. It is possible to eat them raw, sauteed, steamed, microwaved, grilled.
<b>Afternoon snack</b>		
One serving by choosing from	<ul style="list-style-type: none"> <li>- Cocoa, cappuccino, mango-yogurt drink</li> <li>- Chocolate or vanilla milkshake</li> <li>- Chocolate mousse</li> </ul>	
<b>Dinner</b>		
One serving by choosing from	<ul style="list-style-type: none"> <li>- Omelette with chives</li> <li>- Cream of mushrooms taste or asparagus taste or chicken taste</li> <li>- 1 bag of sticks</li> </ul>	Valerian, arugula, chicory, escarole, Chinese cabbage, turnip greens, green salads, fennel, mushrooms (champignons, ovules, porcini), soybean sprouts, green peppers, radicchio, celery, spinach, zucchini. It is possible to eat them raw, sauteed, steamed, microwaved, grilled.
<b>Supplement</b>	<ul style="list-style-type: none"> <li>- Isocomplet plus 1 sachet</li> <li>- 3 spoons of extra virgin olive oil</li> </ul>	