

**Appendix (1)**

**Consent Form**

Study title: The Impact of Meal Frequency on Bone Remodeling in Healthy Male Adults

Volunteer number: \_\_\_\_\_

The volunteer must complete this form in person.

	yes	no
Have you read the volunteer information sheet?		
Did you talk to the researcher about this study?		
Could you ask questions and discuss the project?		
Did you receive satisfactory answers to your questions?		
Did you receive sufficient information about the project? Who did you talk to?		
Do you agree to participate in the project?		
Did you understand that the volunteer is free to withdraw from the project without penalty or loss of benefits at any stage without reason?		
Do you agree to publish the results of this project?		

**Appendix (2)**

**Food Menu (3 meals)**

Meal (1) Breakfast:	Medium-size thyme Manousheh Medium-cheese Manousheh A cup of chopped vegetables 1 medium banana
Meal (2) Lunch:	A cup and a half of cooked mandi rice 120 grams of chicken breast 1 cup full-fat milk A finger of biscuits stuffed with chocolate
Meal (3) Dinner:	2 medium-sized bread sandwiches 120 grams of mozzarella cheese with 60 grams of turkey 2 cups of chopped vegetable

Do you have any food allergies? Yes No ( )

If yes, please mention the details below:

**Appendix (3)**

**Food Menu (8 meals)**

Meal (1) Breakfast 1:	Half medium size thyme manousheh Half medium-cheese manousheh 1 cup chopped vegetables + ½ medium banana
Meal (2) Breakfast 2:	Half medium size thyme manousheh Half medium-cheese manousheh 1 cup chopped vegetables + ½ medium banana
Meal (3) Lunch 1:	¾ cup cooked mandi rice 60 grams of chicken breast ½ cup full-fat milk + ½ biscuit finger stuffed with chocolate
Meal (4) Lunch 2:	¾ cup cooked mandi rice 60 grams of chicken breast ½ cup full-fat milk + ½ biscuit finger stuffed with chocolate
Meal (5) Dinner 1:	½ medium-sized pigeon bread sandwich 30 grams of mozzarella cheese with 15 grams of turkey ½ cup chopped vegetables
Meal (6) Dinner 2:	½ medium-sized pigeon bread sandwich 30 grams of mozzarella cheese with 15 grams of turkey ½ cup chopped vegetables
Meal (7) Dinner 3:	½ medium-sized pigeon bread sandwich 30 grams of mozzarella cheese with 15 grams of turkey ½ cup chopped vegetables
Meal (8) Dinner 4:	½ medium-sized pigeon bread sandwich 30 grams of mozzarella cheese with 15 grams of turkey ½ cup chopped vegetables

Do you have any food allergies? Yes No ( )

If yes, please mention the details below: