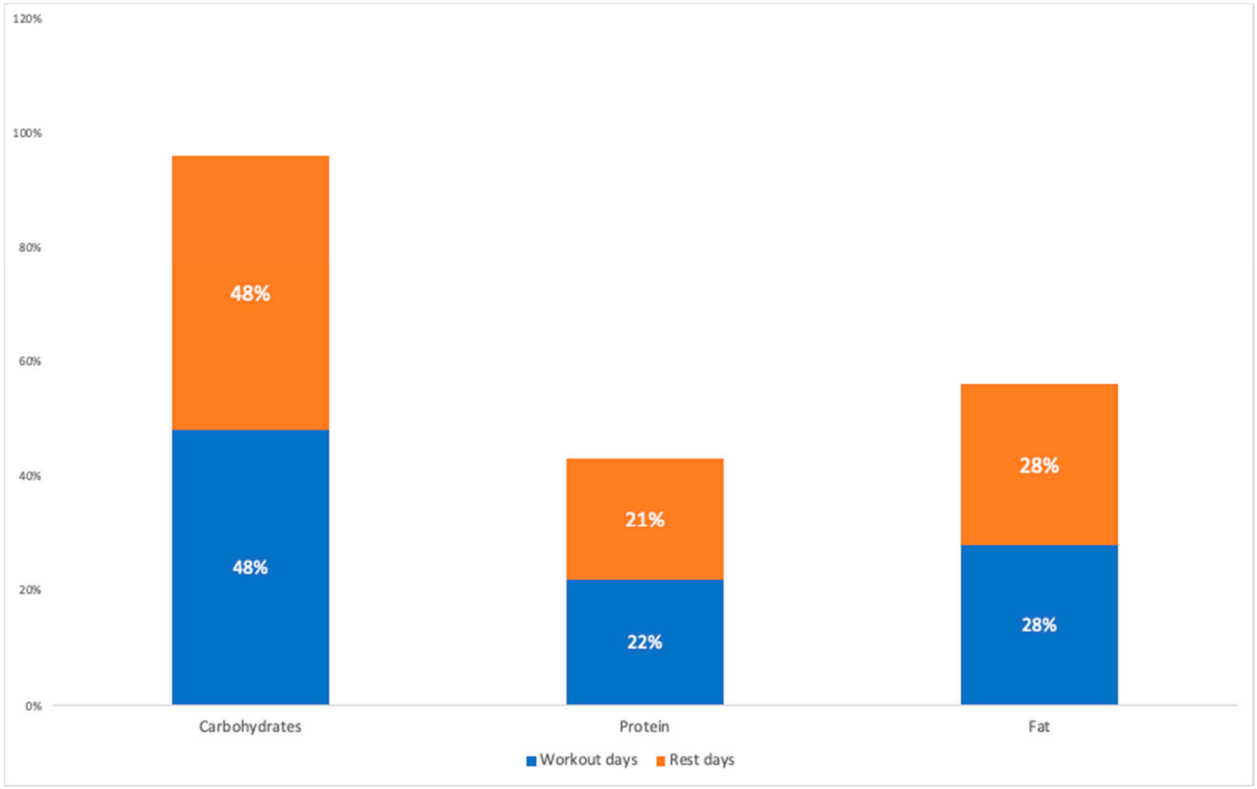


Figure S1 – Macronutrient contribution to energy intake in Workout days and Rest days.