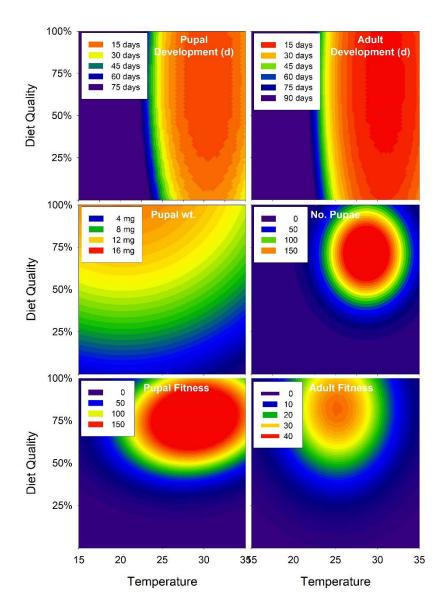


**Figure S1.** Empirical distribution of D-M cell length of >3,500 stable flies collected on Alsynite sticky traps in eastern Nebraska (Taylor et al. 2017) compared with distributions of flies from 100, 50, and pooled 25 and 12% diets in this study.



**Figure S2.** Contour diagrams of development time, to pupariation and to adult emergence, pupal weight, number of pupae per cup, and fitness, pupal and adult, relative to diet quality and temperature.