

Donor	Meal	Three days before donation	Two days before donation	Last day before donation
1	Breakfast (7:20- 7:30h)	2 toast of bread molt with 2 slices turkey ham 1 Orange 1 Coffee with milk (½ spoonful of brown sugar)		3 toast of bread molt with 3 slices turkey ham
	Second breakfast (11:30-12:00h)	1 apple	1 banana	1 apple
	Lunch (13:30- 13:45h)	Lentils curry (onion, carrot & pepper) Green tea	Zucchini cream (Onion & Potato)	Spinach tortellini with tuna and fried tomato 1 tangerine Green tea
	Snack (17:10- 18:00h)	1 apple 1 cereal bar with fruit	1 apple 1 Coffee with milk with sugar 1 candy at 18:30h	1 banana Pineapple juice 1 apple Pipe bread
	Dinner (21:30h)	Broccoli & tomato & hard egg 1 toast with hummus Yoghurt Chamomile	Salad of canons, tomato, carrots and avocado	Potato omelet with onion Zucchini cream (Onion & Potato) 1 apple Chamomile
2	Breakfast (9:45- 10:00h)	Skim milk with oat flakes 1 pear	Lemon juice Kefir Apple compote (cinnamon & agave syrup)	
	Lunch (13:00h)	White beans (onion) Tomato & mozzarella 1 blood orange	Bomb rice with sauce (tomato, green & red pepper, leek) & hard egg 1 banana	White shiro miso soup Mille with pumpkin with carrot & chicken 1 banana
	Snack (17:30- 18:00h)	Strawberry yoghurt	Goat kefir Grapes	Rice drink Cookies with honey
	Dinner (21:30- 22:00h)	1 raw carrot Miso & ginger soup 2 toast of rye bread with flax seeds, lettuce, tomato & banana	Almonds & raisins Pumpkin, carrot, potato & leek cream 2 pancakes corn with goat cheese Baked sweet potato with cinnamon	1 raw carrot Almonds Bomb rice with sauce (tomato, green & red pepper, leek) 1 apple

3	Breakfast (9:45- 10:45h)	Coffee with semi-skimmed milk (1 spoonful of brown sugar) 2 chocolate cookies	Black tea with sugar 2 tangerines	Black tea with sugar 4 cookies 1 tangerine
	Lunch (13:00- 13:30h)	White beans with clams Yoghurt with sugar	Rice salad with lettuce, tomato, prawns, olives & pickles with mayonnaise 1 kiwi	Vegetables cream (celery, leek, carrot & zucchini) 2 pieces loin with backed potatoes & onion 1 kiwi
	Snack (16:45- 17:45h)	1 tangerine	Yoghurt with sugar	
	Dinner (22:00- 22:30h)	Lettuce salad with surimi, fresh cheese & avocado 5-6 cashew nut Slice of bread 1 tangerine	Lettuce salad with avocado, fresh cheese and tuna 1 mushroom croquette Slice of bread 4 cashew nuts	Backed vegetables (artichoke, onion, potato & radicchio 2 mushrooms croquettes

Supplementary Table 1. Dietary Questionnaire