

Table S1: Changes in aerobic colony counts in food samples stored without refrigeration. Values are expressed in log₁₀CFU/g. Mean values ± standard deviations are shown (n=3).

Hours	Spaghetti Bolognese	Vegan spaghetti Bolognese	Cabbage casserole	Vegan cabbage casserole	Meat ball	Vegan meat ball
0	0 ± 0	0 ± 0	0 ± 0	0 ± 0	0.64 ± 0	2.84 ± 2.25
12	0 ± 0	1.84 ± 1.69	0 ± 0	3.3 ± 0.53	0.99 ± 0.83	5.96 ± 0
24	2.7 ± 0.11	3.52 ± 0.83	0.59 ± 0.84	4.27 ± 0.74	4.28 ± 0.06	7.61 ± 0.46
36	3.69 ± 1.26	4.33 ± 0.17	6.18 ± 0.06	5.9 ± 1.49	5.68 ± 0.06	8.48 ± 0.76
48	4.39 ± 0.12	4.32 ± 0.75	7.32 ± 0.17	6.92 ± 1.21	5.76 ± 0.17	8.37 ± 0.67
60	4.09 ± 0.04	4.11 ± 0.2	7.73 ± 0.17	7.85 ± 0	6.7 ± 0.05	8.59 ± 0

Table S2: Changes in aerobic colony counts in refrigerated food. Values are expressed in log₁₀CFU/g. Mean values ± standard deviations are shown (n=3).

Day	Vegan spaghetti Bolognese	Spaghetti Bolognese	Cabbage casserole	Vegan cabbage casserole	Meat ball	Vegan meat ball
1	0.98 ± 0.39	0 ± 0	0.23 ± 0.32	0 ± 0	1.15 ± 0.28	0.79 ± 0.34
2	1.96 ± 0.45	0 ± 0	1.1 ± 0.5	0.78 ± 0.34	0.49 ± 0.36	0.88 ± 0.35
3	2.04 ± 0.15	0 ± 0	0.3 ± 0.11	0.58 ± 0.2	1.26 ± 0.48	0 ± 0
4	2.04 ± 0.02	0 ± 0	0.2 ± 0.2	0.52 ± 0.2	0.48 ± 0.49	0.19 ± 0.26
5	1.56 ± 0.36	0.74 ± 0.41	0.4 ± 0.2	0.11 ± 0.1	0.8 ± 0	0 ± 0
6	1.78 ± 0.17	0.88 ± 0.85	0.33 ± 0.3	0.9 ± 0.7	2.44 ± 0.17	1.25 ± 0.46
7	2.08 ± 0.51	0.5 ± 0.71	0.43 ± 0	1.1 ± 0	2.35 ± 0.35	2.12 ± 0