A Experimental design schematic EHAM EHA EHA ○ EHAA **EHMM** EΗΜ EHM O EHMA **EHSM** EHS EHS O EHSA AHAM AHA AHA AHAA AHMM AHM AHM AHSM AHS AHS -△ AHSA Pre Days 1-7 Days 8-14 Days 15-21 Experimental periods Pre-expe **C** Days 1-7 SIZE Days 8-14 SIZE Ε В D Days 15-21 SIZE 8.0 8.0 -8.0 8.0 7.5 7.5 7.5 7.5 **-**SIZE per individual SIZE per individual SIZE per individual SIZE per individual 7.0 7.0 -7.0 6.5 -6.5 -6.5 6.5 6.0 -6.0 -6.0 6.0 20190723 20190725 20190728 20190731 20190801 20190804 20190807 20190808 20190811 20190814 Date Date Date Date