

| Variable | Pre | During | P value |
|-------------------------|------------|------------|----------|
| Kilocalories | 2185 ± 94 | 1722 ± 85 | 0.0005 |
| Protein (g) | 92 ± 6 | 62 ± 5 | 0.0003 |
| Protein (%) | 17 ± 0 | 13 ± 0 | 0.004 |
| Carbohydrate (g) | 287 ± 14 | 269 ± 17 | 0.41 |
| Fiber (g) | 26 ± 2 | 40 ± 3 | 0.0001 |
| Sugar (g) | 96 ± 7 | 88 ± 6 | 0.037 |
| Fat (g) | 74 ± 5 | 54 ± 4 | 0.003 |
| Fat (%) | 30 ± 0 | 27 ± 0 | 0.020 |
| Saturated Fat (g) | 24 ± 2 | 9 ± 1 | < 0.0001 |
| Monounsaturated Fat (g) | 14 ± 2 | 14 ± 2 | 0.89 |
| Polyunsaturated Fat (g) | 8 ± 1 | 9 ± 1 | 0.47 |
| Trans Fat (g) | 1 ± 0 | 0 ± 0 | 0.006 |
| Omega 3 (mg) | 711 ± 163 | 798 ± 202 | 0.77 |
| Omega 6 (mg) | 2510 ± 327 | 3341 ± 345 | 0.10 |
| Cholesterol (mg) | 225 ± 19 | 28 ± 20 | < 0.0001 |
| Vitamin C (mg) | 70 ± 9 | 119 ± 12 | 0.002 |