**Title:**

Host plant adaptation during contemporary range expansion in the monarch butterfly

**Running title:**

Monarch host adaptation

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M.G.F., S.R.R. and S.Y.S. designed the experiment. M.G.F. and C.J. performed the research and collected data. M.G.F. analyzed the data. All authors contributed to writing and editing.

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**Data Accessibility Statement**

All data and code will be archived using Github: https://github.com/micahfreedman

**Conflict of Interest Statement**

The authors declare no conflicts of interest pertaining to this work.