**SUPPLEMENTARY TABLE S1 |** Gel based larval diet recipe

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| **Ingredients** | **1kg diet preparation** | **Company name and catalogue number** |
| Brewer’s Yeast (g) | 204 | Lallemand Australia Pty Ltd, Edwardstown, SA, Australia |
| Sugar (g) | 121.8 | MP Biomedicals LLC, France, (Cat. no02902978) |
| Agar (g) | 10 | Sigma Aldrich® St. Louis, MO, USA |
| Citric Acid (g) | 23.1 | Sigma Aldrich®, St. Louis, MO, USA |
| Nipagin (g) | 2 | Southern Biological, Knoxfield, VIC, Australia, (Cat no MC11.2) |
| Sodium benzoate (g) | 2 | Sigma Aldrich® St. Louis, MO, USA |
| Wheat Germ Oil (ml) | 2 | Melrose laboratories Pty Ltd, Australia |
| Water (ml) | 1000 | Milli-Q-water |