**SUPPLEMENTARY TABLE S2 |** Carrot based larval diet recipe

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| **Ingredients** | **1kg diet preparation** | **Company name and catalogue number** |
| Carrot (dehydrated diced) (g) | 280 | H.J. Langdon, Derrimut, VIC, Australia |
| Torula yeast (g) | 89.55 | H.J. Langdon, Derrimut, VIC, Australia, (Product code 45014) |
| Citric acid (g) | 13.43 | Sigma Aldrich®, St. Louis, MO, USA |
| Sodium Benzoate (g) | 3.72 | Sigma Aldrich®, St. Louis, MO, USA |
| Water (ml) | 1000 | Milli-Q-water |