Reviewer's report

Title: Effects of an eight-week supervised, structured lifestyle modification programme on anthropometric, metabolic and cardiovascular risk factors in severely obese adults.

Version: 1 Date: 14 February 2015

Reviewer: David Drozek

Reviewer's report:

Minor Essential Revisions

1) Please describe the definition of "healthy food choices". Is this a plant-based diet? Are dairy products discouraged? Are processed foods discouraged? To make your study repeatable, please fully describe your dietary recommendations. This will also make the study more valuable to the growing body of lifestyle medicine articles, which are difficult to assess and compare without a more thorough understanding of details.

Discretionary revisions

1) Were the participants compensated to participate? Did they have to pay to participate?

Level of interest: An article of outstanding merit and interest in its field

Quality of written English: Acceptable

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:

I have no financial competing interests.

I do encourage a plant-based whole food diet, and am actively participating in research in this area.