Reviewer’s report

Title: Towards Personalised Molecular Feedback for Weight Loss

Version: 1 Date: 03 Dec 2018

Reviewer: Saad Siddiqui

Reviewer's report:

The authors have vastly improved the content of the manuscript in the revised version. There are a few minor typographical and language issues that could be sorted by some third party proofreading.

I would suggest removing "In summary" from line 143 on page 7. In the same paragraph, the last sentence could read "Since..." instead of "Because...". The authors have provided some detail under "Meal plans" on page 9, and I would suggest keeping this (very necessary) detail in one place that the authors feel helps with coherence and flow.

Please add the BMI unit (kg/m^2) anywhere the BMI values and cut-off points are mentioned, as well as at least one decimal place, since it is a continuous quantity. The BMI cut-off points would then be normal between 18.5 and 24.9 kg/m^2, overweight from 25.0 to 29.9 kg/m^2, and obese for values 30.0 kg/m^2 and greater. (http://www.euro.who.int/en/health-topics/disease-prevention/nutrition/a-healthy-lifestyle/body-mass-index-bmi)

The authors mention "control groups" in the "Statistical analysis" section (line 291, page 13) -- is this in reference to control days? I would suggest saying "values from control days" instead of "control group" if so.

Since the participants provided their own weight, height and even BMI, could there be a chance for misclassification? I would suggest adding some discussion regarding the potential biases in the results owing to study design and data collection (recall, use of app, etc) when mentioning limitations in the "Discussion" section. This would help readers appreciate the results in light of potential biases and make a case for further study of weight loss metabolites.

Again, I believe this is an exciting line of study in weight loss research, and I commend the authors for their endeavour.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.
Yes

**Are the conclusions drawn adequately supported by the data shown?**
If not, please explain in your comments to the authors.

Yes

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I am able to assess the statistics

**Quality of written English**
Please indicate the quality of language in the manuscript:

Needs some language corrections before being published

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