

Table S1. Metrics of transcripts from lifestages/sexes of *T. molitor*.

Lifestage	Abbreviation	Biological replicates	Total Reads/lifestage
Eggs	eggs	4	21,988,095
early larvae(<1mo)	el	4	19,963,350
middle larvae (1 to 2 mo)	ml	4	26,316,029
large larvae (2 mo to prepupae)	ll	4	26,089,271
early female pupae	efp	4	29,764,923
early male pupae	emp	4	26,854,148
late female pupae	lfp	4	25,910,537
late male pupae	lmp	2	6,690,083
early female adult	efa	4	23,910,370
early male adult	ema	4	23,748,255
late female adult	lfa	4	26,658,438
late male adult	lma	3	21,158,006
<b>TOTAL</b>		<b>45</b>	<b>279,051,505</b>