

Document: Book1_processed.csv

Date: 2025-06-13

Table of Contents:

Table 1

Table 1			
1	2	3	4
day	calories	feedback	explanation
Jun-2025	1396	Too Low	Your intake is significantly below the recommended 2000 kcal. Consider adding more nutrient-dense foods like lean proteins, whole grains, and healthy fats.
Jun-2025	1838	Slightly Low	Your intake is slightly below the recommended 2000 kcal. A small increase in portion sizes or adding a healthy snack could help.
Jun-2025	476	Inconsistent	Your intake fluctuates significantly compared to previous days. Consistency helps maintain stable energy levels and metabolism.
Jun-2025	643	Too Low	Your intake is significantly below the recommended 2000 kcal. Consider adding more nutrient-dense foods like lean proteins, whole grains, and healthy fats.
Jun-2025	313	Too Low	Your intake is significantly below the recommended 2000 kcal. Consider adding more nutrient-dense foods like lean proteins, whole grains, and healthy fats.
Jun-2025	1720	Inconsistent	Your intake fluctuates significantly compared to previous days. Consistency helps maintain stable energy levels and metabolism.