Document: Book1\_processed.csv

Date: 2025-06-13

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Table 1

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|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 |
| number | day | calories | feedback | explanation |
| 0 | 12-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. |
| 1 | 13-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. |
| 2 | 14-Jun-2025 | 476 | Inconsistent | Your intake fluctuates significantly compared to previous days. Consistency helps maintain stable energy levels and metabolism. |
| 3 | 15-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. |
| 4 | 16-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. |
| 5 | 17-Jun-2025 | 1720 | Inconsistent | Your intake fluctuates significantly compared to previous days. Consistency helps maintain stable energy levels and metabolism. |