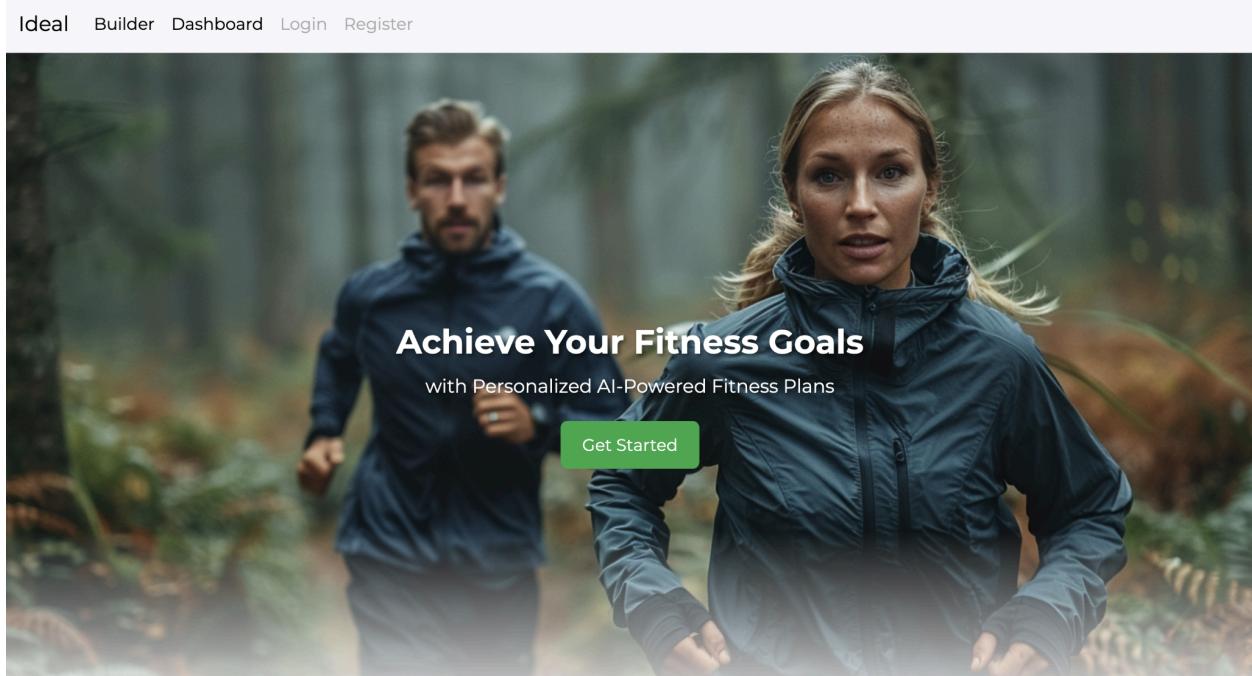


Language: Python

Libraries Used: langchain, openai, dotenv, flask

Description: A program that creates a fitness plan based on the user's age, height, current weight, target weight, allergies, dietary restrictions, physical impediments, and fitness goal. After receiving user inputs, it prompts a large language model (ChatGPT-4) to process the given parameters, make the appropriate API calls using those parameters, and use the results of the API calls to tailor a diet plan and a workout plan.

Website:



## Step 1: All about you

**Age\*****Height (cm)\*****Current Weight (lb)\*****Sex\*****Allergies****Preferred diet****Religion****Physical Impediments**

### Diet explanations

**Gluten Free**

Excludes gluten, a protein found in wheat, barley, and rye, suitable for those with gluten intolerance or celiac disease.

**Ketogenic**

Focuses on high-fat, adequate-protein, low-carbohydrate foods that help the body enter a metabolic state called ketosis.

**Vegetarian**

Excludes meat and fish, but may include dairy products and eggs depending on personal preference.

**Lacto-Vegetarian**

Includes dairy products but excludes eggs, meat, and fish.

**Ovo-Vegetarian**

Includes eggs but excludes dairy products, meat, and fish.

**Vegan**

Excludes all animal products including dairy, eggs, and honey.

**Pescatarian**

Includes fish but excludes other meats, often also includes dairy and eggs.

**Paleo**

Focuses on foods presumed to be available to Paleolithic humans, such as lean meats, fish, fruits,

## Step 2: Goal setting

**Ideal Weight\***

**Personal fitness goals\***

<b>Trim excess fat</b> Achieve a leaner physique and improve overall body composition.	<b>Build Lean Mass</b> Gain muscle mass while minimizing fat gain for a stronger, more defined physique.	<b>Increase Strength</b> Focus on increasing overall strength and power through resistance training.
<b>Improve Endurance</b> Enhance cardiovascular fitness and stamina for better performance in endurance activities.	<b>Boost Overall Fitness</b> Improve overall fitness level through a combination of strength training, cardio, and flexibility exercises.	

[Previous](#) [Submit](#)

## Fitness Dashboard

**Current Stats**

**Personal Information**

Current Weight: 140 lbs  
Ideal Weight: 160 lbs  
Body Goals: Build Lean Mass  
Age: 25  
Height: 165 cm  
Sex: Male  
Allergies: Gluten

[Edit Stats](#)

**Daily Nutrients Left**

Daily calories: 1870  
Protein: 140 grams  
Carbohydrate: 234 grams  
Fats: 42 grams

[Edit Nutrition](#)

**Active Workout Regimen**

[Weights](#) [Calisthenics](#) [Cardio](#)

**Monday**  
Chest & Triceps

- Push-ups
  - Equipment: None
  - Instructions: Keep your body straight from head to heels and lower your body until your chest nearly touches the floor. Push back up.
- Dips
  - Equipment: Parallel bars or a sturdy chair
  - Instructions: Grip the bars and straighten your arms. Lower your body until your elbows are at a 90-degree angle, then push back up.

**Tuesday**  
Legs & Core

- Squats
  - Environment: None

**Feeling Hungry?**

**Lunch**



Strawberry-Mango Quinoa Salad

[Eat me!](#) [Show Recipe Details](#)



Spicy Salad with Kidney Beans, Cheddar, and Nuts

[Eat me!](#) [Show Recipe Details](#)

**Dinner**



Butternut Squash Frittata

[Eat me!](#) [Show Recipe Details](#)



Beef Stew

[Enjoy your meal!](#)

**Chatbot**

Here is a delicious breakfast option for you:

**Dish:** Butternut Squash Frittata



Calories: 464.731kcal  
Protein: 24.4417g  
Fat: 3.98554g

Height: 165 cm      Edit Nutrition

Sex: Male      Equipment: Parallel bars or a sturdy chair

Allergies: Gluten

[Edit Stats](#)

Feeling Hungry?

Lunch



Strawberry-Mango Quinoa Salad

[Eat me!](#)      [Show Recipe Details](#)

Dinner



Enjoy your meal!

[Close](#)

**Recipe Details**



**Spicy Salad with Kidney Beans, Cheddar, and Nuts**

Preparation Time: 10 minutes

Servings: 1

Diets: gluten free, lacto ovo vegetarian

Spoonacular Score: 96.8/100.0

**Ingredients:**

- 15 grams almonds
- 1/2 avocado
- 5 ml balsamic vinegar
- 1/4 cup (30 grams) cheddar cheese
- 1/2 cup (113 grams) cooked kidney beans
- 150 grams mixed greens
- 10 ml olive oil
- 15 grams roasted salted cashews
- 2-3 sundried tomatoes
- 2 dashes (or more if you like it hot!) Tabasco

**Instructions:**

1. Rinse and drain the kidney beans, cut the sundried tomatoes, and tear the slice of cheese into small pieces.
2. Put the mixed greens in a bowl and top with kidney beans, sundried tomatoes, cheddar cheese, and nuts.
3. Mix together the olive oil, balsamic vinegar, and hot sauce in a small bowl.
4. Pour the dressing over the salad.
5. Fast, easy, and healthy— one of my favorite lunches!

[Close](#)