

# Health Analysis Report

## Personal Information

Name:	Praniti
Age:	22
Weight:	50.0 kg
Height:	165.0 cm
BMI:	18.37
Daily Calorie Needs:	1953 kcal

## Health Analysis

## Diet Recommendations

### ***Breakfast***

- Whole wheat toast with peanut butter
- Upma with vegetables
- Idli with sambar
- Dosa with coconut chutney
- Poha with vegetables

### ***Lunch***

- Brown rice with dal and vegetables
- Roti with palak paneer
- Quinoa salad with vegetables
- Chapati with mixed vegetable curry
- Jeera rice with dal tadka
- Vegetable pulao with raita

### ***Dinner***

- Vegetable soup with whole wheat bread
- Chapati with dal
- Vegetable khichdi
- Dal rice with ghee
- Moong dal khichdi
- Grilled fish with steamed vegetables

### ***Snacks***

- Yogurt with berries
- Fruit smoothie
- Sprouts chaat
- Roasted makhana
- Fruit salad
- Handful of nuts