

Health Analysis Report

Personal Information

Name:	Praniti
Age:	22
Weight:	150.0 kg
Height:	165.0 cm
BMI:	55.10
Daily Calorie Needs:	3503 kcal

Health Analysis

Diet Recommendations

Breakfast

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

Lunch

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

Dinner

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

Snacks

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