

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

- {'item': 'Whole wheat toast with avocado', 'calories': 250}

Lunch

- {'item': 'Brown rice with dal and vegetables', 'calories': 400}
- {'item': 'Roti with palak tofu', 'calories': 350}
- {'item': 'Quinoa salad with vegetables', 'calories': 380}

Dinner

- {'item': 'Moong dal khichdi', 'calories': 350}
- {'item': 'Vegetable soup with whole wheat bread', 'calories': 300}
- {'item': 'Grilled fish with steamed vegetables', 'calories': 400}

Snacks

- {'item': 'Handful of nuts', 'calories': 150}
- {'item': 'Fruit salad', 'calories': 120}