

AI Diet & Fitness Summary - Rajan Kumar

Estimated Calories: 70.0 kcal

Diet Plan:

Target Calories: ~1935 kcal/day (Weight Loss)

Diet Type: Vegetarian

Suggested Meal Plan:

Breakfast:

- Oats with milk and fruits
- Dry fruits

Lunch:

- 2 chapatis, vegetableless
- Dal, salad

Dinner:

- 2 chapatis or rice
- Dal + veggies

Workout Plan:

Goal: Weight Loss

Experience: Beginner

Equipment: No Equipment

Workout Plan:

Day 1: Cardio + Bodyweight

- Jumping jacks
- Squats
- Push-ups

Day 2: Light Cardio

- Walking / jogging

Day 3: Repeat