

Your Personalized Wellness Plan

User ID: default

Mood: Happy

Diet Recommendations:

Omega-3 fish

Magnesium-rich foods

Quinoa

Cinnamon

Leafy greens

Zinc-rich seeds

Apple cider vinegar water

Lean protein bowls

Buckwheat pancakes

Fermented foods (like kimchi, sauerkraut)

Sprouted legumes

Hummus with veggies

Flaxseed powder smoothies

Exercise Suggestions:

Strength training

Resistance band workouts

Yoga for PCOS

Cardio kickboxing

Weighted squats and lunges

Your Personalized Wellness Plan

Kettlebell swings

Barre workouts

Interval treadmill workouts

TRX suspension training

Glute bridges and core drills