

# AI-Driven Personalized Diet and Workout Recommendation

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User: User | Age: 25 | Gender: Male | Goal: Lose Weight

## Diet Recommendations (per meal approx.)

id	FoodItem	Calories	Protein	Carbs	Fat
0	Peanut burfi (Malli k)	550.91	9.31	0.0	36.84
1	Chicken pakora (Malli ka)	520.06	6.03	0.0	60.98
2	Mustard seeds (Mustard)	550.59	4.73	0.0	54.3
3	Poshtik namak (Poshtik)	510.89	6.49	0.0	56.58
4	Rice murukku	593.99	5.41	0.0	48.22
5	Fish pakora/pakoda	577.03	5.97	0.0	59.52
6	Peas kachori (Malli ka kachori)	534.68	3.21	0.0	57.51
7	Sunflower cookies	520.62	9.49	0.0	36.28
8	Sev (Omapodi) (Sev)	600.14	5.12	0.0	60.08
9	Peas poori (Malli ka poori)	592.89	3.04	0.0	57.69
10	Fish orly	563.7	5.87	0.0	58.18
11	Wheat and grain flour ladoo	500.77	9.38	0.0	29.86
12	Gulab Jamun (Malli ka loda)	586.06	2.03	0.0	53.23
13	Bathua poori	598.79	2.35	0.0	59.14
14	Paneer pulao	581.91	1.98	0.0	59.81
15	Pea kofta curry (Malli ka kofta)	591.66	2.01	0.0	63.39
16	Jackfruit fritters	590.79	2.34	0.0	54.41
17	Veg manchurian	585.64	0.89	0.0	61.65
18	Egg cutlet (Anda bhurji)	575.02	2.45	0.0	60.25
19	Potato samosa	570.39	1.71	0.0	59.19

## Exercise Recommendations (Top)

Activity	Category	Calories_per_kg	Est_Cals_session	demo_link
Running, 10.9 mph (5.5 min mil)	Cardio	3.71	259	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Cross country skiing, uphill	Cardio	3.40	237	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Running, 10 mph (6 min mile)	Cardio	3.29	230	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Cycling, >20 mph, racing	Mixed	3.29	230	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Skin diving, fast	Cardio	3.29	230	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Speed skating, ice, competitive	Mixed	3.09	216	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Running, 9 mph (6.5 min mile)	Cardio	3.09	216	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Running, stairs, up	Cardio	3.09	216	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Cross country skiing, racing	Cardio	2.88	201	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Running, 8.6 mph (7 min mile)	Cardio	2.88	201	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>

## Personalized Tips

- Aim for 300-500 kcal/day deficit.

Disclaimer: This is an AI-based suggestion intended for general purpose only. For medical conditions, consult a certified health professional.