AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 19 | Gender: Male | Goal: Gain Weight

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Cumin seeds baghar (Jeera	736.81	3.34	5.22	78.77	6.01
Soyabean tikki	698.17	3.53	4.39	74.02	2.2
Vegeterian scotch egg	681.67	2.16	4.64	72.77	0.58
Coconut burfi (Nariyal ki	467.64	8.81	32.15	34.63	3.5
Fried fish (Indian style)	658.54	4.35	5.4	68.88	0.61
Potato stuffed poori (Alo	776.74	1.52	9.4	81.35	1.64
Gram flour ladoo (Besan l	476.91	8.93	62.61	22.76	4.43
Fish orly	563.7	5.87	4.27	58.18	0.33
Gram flour poori (Besan p	697.66	2.59	10.93	71.51	1.94
Fish finger	542.9	5.66	4.47	55.82	0.34

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Weight lifting, body buil	Strength	1.23	58	Watch Demo
Pushing stroller or walki	Strength	0.52	24	Watch Demo
Calisthenics, vigorous, p	Strength	1.65	77	Watch Demo
Walking, pushing a wheelc	Strength	0.82	38	Watch Demo
Weight lifting, light wor	Strength	0.62	29	Watch Demo
Golf, walking and pulling	Strength	0.89	41	Watch Demo
Curling	Strength	0.82	38	Watch Demo
Pushing a wheelchair	Strength	0.82	38	Watch Demo

Personalized Tips

- Increase workout frequency to at least 3 days/week for better results.

- Increase calorie intake and train progressively with strength exercises.

Disclaimer: AI suggestions are for educational purposes. Consult a medical professional for medical conditions.