AI-Driven Personalized Diet and Workout Recommendation

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User: Parth patil | Age: 19 | Gender: Male | Goal: Maintain Weight

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Peanut burfi (Moongfali k	550.99	9.31	48.14	36.84	4.09
Mustard seeds baghar (Mus	552.59	4.73	10.45	54.3	9.74
Fish pakora/pakoda	577.03	5.97	4.55	59.52	0.96
Sunflower cookies	520.62	9.49	40.06	36.28	3.95
Fish orly	563.7	5.87	4.27	58.18	0.33
Chicken pakora/pakoda	590.09	6.03	4.55	60.98	0.96
Rice murukku	593.99	5.41	33.29	48.22	2.18
Poshtik namak paras	613.39	6.49	19.52	56.58	4.55
Wheat and gram flour lado	501.7	9.38	50.5	29.86	6.01
Peas kachori (Matar kacho	584.68	3.21	13.25	57.51	2.03

Exercise Recommendations (Top)

Activity	Category	Calories_per_kg	Est_Cals_session
Stair machine	Cardio	1.85	88
Ski machine	Cardio	1.44	69
Aerobics, low impact	Cardio	1.03	49
Calisthenics, vigorous, pushup	Strength	1.65	79
Weight lifting, body building,	Strength	1.23	59

Personalized Tips

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

- Maintain balance of cardio and strength training for overall fitness.

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