

AI-Driven Personalized Diet and Workout Plan

Generated: 2025-11-30 15:36:02
User: User | Goal: lose_weight | Weight: 70kg

Diet Recommendations

| Meal | Food Item | Calories | Protein |
|------------------------------|--------------------------------------|----------|---------|
| Breakfast | Amaranth laddoo (Rajgira laddoo) | 454 | 10 |
| Mid-Morning Snack | Wheat flour and moong dal burfi (At | 441 | 10 |
| Lunch | Wheat and gram flour laddoo (Atta be | 502 | 9 |
| Afternoon Snack | Flan pastry | 446 | 7 |
| Dinner | Milk cookies | 459 | 10 |
| Evening Snack | Coffee drops | 443 | 8 |
| Breakfast (Option 2) | Flaky pastry | 444 | 5 |
| Mid-Morning Snack (Option 2) | Short bread cookies | 443 | 6 |
| Lunch (Option 2) | Finger millet biscuit (Ragi biscuit | 459 | 4 |
| Afternoon Snack (Option 2) | Sunflower cookies | 521 | 9 |
| Dinner (Option 2) | Semolina laddoo with nuts (Suji/Rava | 442 | 5 |
| Evening Snack (Option 2) | Gram flour laddoo (Besan laddoo) | 477 | 9 |
| Breakfast (Option 3) | Saffron biscuit (Kesar biscuit) | 459 | 6 |
| Mid-Morning Snack (Option 3) | Mustard seeds baghar (Mustard seed | 553 | 5 |
| Lunch (Option 3) | Coconut biscuit (Nariyal ke biscuit | 435 | 6 |

Exercise Plan

| Day | Workout | Duration |
|-----------|----------------------------------|------------|
| Monday | Running, 10.9 mph (5.5 min mile) | 30-45 mins |
| Wednesday | Cross country skiing, uphill | 30-45 mins |
| Friday | Skin diving, fast | 30-45 mins |
| Saturday | Running, 10 mph (6 min mile) | 30-45 mins |
| Monday | Running, 9 mph (6.5 min mile) | 30-45 mins |
| Wednesday | Running, stairs, up | 30-45 mins |
| Friday | Running, 8.6 mph (7 min mile) | 30-45 mins |

Personalized Tips

- Stay hydrated and drink at least 3 liters of water daily.
- Ensure you get 7-8 hours of sleep for recovery.
- Follow the calorie deficit consistency.