

AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 18 | Gender: Male | Goal: Lose Weight

Diet Recommendations (per meal approx.)

id	FoodItem	Calories	Protein	Carbs	Fat
0	Poshtik namak	512.39	6.49	0.0	56.58
1	Rice murukku	593.99	5.41	0.0	48.22
2	Sev (Omapodi) (144g)	609.14	5.12	0.0	60.08
3	Peanut burfi (Mithai k)	550.98	9.31	0.0	36.84
4	Chicken pakora (50g)	591.06	6.03	0.0	60.98
5	Mustard seeds (50g) (Mus)	552.59	4.73	0.0	54.3
6	Fish pakora/pakoda	572.03	5.97	0.0	59.52
7	Peas poori (Matar ki poori)	582.83	3.04	0.0	57.69
8	Bathua poori	598.79	2.35	0.0	59.14
9	Jackfruit fritters	597.79	2.34	0.0	54.41
10	Minced meat sandwich (Keema)	620.99	4.43	0.0	64.26
11	Peas kachori (Matar ka kachor)	584.68	3.21	0.0	57.51
12	Pea kofta curry (50g)	595.16	2.01	0.0	63.39
13	Paneer and pea sandwich (Pa)	622.86	4.02	0.0	63.65
14	Sunflower cookies	580.62	9.49	0.0	36.28
15	Fish orly	563.7	5.87	0.0	58.18
16	Spinach paneer (50g)	501.03	1.43	0.0	65.41
17	Wheat and gram flour lado	501.7	9.38	0.0	29.86
18	Tartare sauce	610.93	1.44	0.0	66.12
19	Gulab Jamun with khoya	586.66	2.03	0.0	53.23

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	https://www.youtube.com/watch?v=...
Cross country skiing, uphill	Cardio	3.40	237	https://www.youtube.com/watch?v=...
Running, 10 mph (6 min mile)	Cardio	3.29	230	https://www.youtube.com/watch?v=...
Cycling, >20 mph, racing	Mixed	3.29	230	https://www.youtube.com/watch?v=...
Skin diving, fast	Cardio	3.29	230	https://www.youtube.com/watch?v=...
Speed skating, ice, competitive	Mixed	3.09	216	https://www.youtube.com/watch?v=...
Running, 9 mph (6.5 min mile)	Cardio	3.09	216	https://www.youtube.com/watch?v=...
Running, stairs, up	Cardio	3.09	216	https://www.youtube.com/watch?v=...
Cross country skiing, racing	Cardio	2.88	201	https://www.youtube.com/watch?v=...
Running, 8.6 mph (7 min mile)	Cardio	2.88	201	https://www.youtube.com/watch?v=...

Personalized Tips

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