

AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Patil | Age: 17 | Gender: Male | Goal: Gain Weight

Diet Recommendations (per meal approx.)

| FoodItem | Calories | Protein | Carbs | Fat | Fibre |
|----------------------------|----------|---------|-------|-------|-------|
| Rice moong dal cheela (Ch) | 798.26 | 2.74 | 11.13 | 82.44 | 1.18 |
| Cumin seeds baghar (Jeera) | 736.81 | 3.34 | 5.22 | 78.77 | 6.01 |
| Plain urad dal vada (Uzun) | 745.5 | 4.39 | 9.7 | 76.32 | 2.27 |
| Dal stuffed poori | 785.16 | 2.08 | 10.14 | 81.69 | 1.96 |
| Paneer makhana korma | 775.82 | 3.24 | 4.63 | 82.76 | 0.21 |
| Sweet poori (Meethi poori) | 782.75 | 2.12 | 14.26 | 79.63 | 1.54 |
| Pearl millet mathri (Bajr) | 785.08 | 1.82 | 7.42 | 83.12 | 1.36 |
| Mathri | 805.12 | 1.75 | 12.32 | 83.1 | 0.6 |
| Bhatura | 793.2 | 1.63 | 10.73 | 82.56 | 0.38 |
| Cheese toast | 785.37 | 1.98 | 5.49 | 84.11 | 0.31 |

Exercise Recommendations (Top)

| Activity | Category | Calories_per_kg | Est_Cals_session |
|--------------------------------|----------|-----------------|------------------|
| Calisthenics, vigorous, pushup | Strength | 1.65 | 92 |
| Weight lifting, body building, | Strength | 1.23 | 69 |
| Weight lifting, light workout | Strength | 0.62 | 34 |
| Curling | Strength | 0.82 | 46 |
| Golf, walking and pulling club | Strength | 0.89 | 49 |
| Pushing stroller or walking wi | Strength | 0.52 | 28 |
| Pushing a wheelchair | Strength | 0.82 | 46 |
| Walking, pushing a wheelchair | Strength | 0.82 | 46 |

Personalized Tips

- Increase workout frequency to at least 3 days/week for better results.
- Increase calorie intake and train progressively with strength exercises.
- Diet filtered for medical condition: Diabetes. Consult a doctor for specific advice.

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