

# 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.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Amaranth ladoo (Rajgira l	454.15	10.12	51.33	22.7	5.11
Sago cutlet/vadas (Sabuda	558.76	0.56	11.23	56.97	0.54
Gram flour burfi (Besan b	421.79	11.19	46.59	22.41	3.41
Jackfruit/Kathal (dry)	488.97	0.93	4.56	51.78	1.33
Milk cookies	459.43	10.49	48.43	24.96	0.99
Potato samosa (Aloo ka sa	577.39	1.71	9.21	59.19	1.19
Danish cookies	475.33	5.33	58.0	24.92	1.37
Spicy corn chaat	479.8	4.61	11.45	46.55	2.17
Finger millet biscuit (Ra	458.56	4.03	52.69	25.79	5.97
Semolina ladoo with cocon	464.43	5.68	50.9	27.03	6.69

## Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Rock climbing, ascending	Mixed	2.27	126	<a href="#">Watch</a>
Rowing machine, very vigo	Mixed	2.47	138	<a href="#">Watch</a>
Canoeing, rowing, vigorou	Mixed	2.47	138	<a href="#">Watch</a>
Crew, sculling, rowing, c	Mixed	2.47	138	<a href="#">Watch</a>
Cross country skiing, rac	Cardio	2.88	161	<a href="#">Watch</a>
Running, 8.6 mph (7 min m	Cardio	2.88	161	<a href="#">Watch</a>
Stationary cycling, vigor	Mixed	2.16	121	<a href="#">Watch</a>
Running, 7 mph (8.5 min m	Cardio	2.37	132	<a href="#">Watch</a>
Running, 7.5mph (8 min mi	Cardio	2.57	144	<a href="#">Watch</a>
Running, 10.9 mph (5.5 mi	Cardio	3.71	207	<a href="#">Watch</a>

## Personalized Tips

- Aim for 300-500 kcal/day deficit along with regular exercise.

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