AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 19 | 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
Gram flour ladoo (Besan l	476.91	8.93	62.61	22.76	4.43
Onion tomato uttapam	462.02	1.91	11.32	45.3	1.26
Potato kofta curry (Aloo	455.4	0.56	2.78	49.08	0.56
Maa chaane ki dal	344.67	19.8	43.11	9.5	13.45
Besan bathua chilla/cheel	373.82	11.48	40.65	18.57	7.79
Tutti fruitti biscuit	420.78	5.21	53.12	17.9	5.43
Hazelnut cookies	493.32	6.25	39.44	34.97	2.45
Finger millet biscuit (Ra	458.56	4.03	52.69	25.79	5.97
Almond biscuit (Badam ke	407.74	6.25	52.14	19.7	1.5

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Rock climbing, ascending	Mixed	2.27	106	[Watch Demo]()
Rowing machine, very vigo	Mixed	2.47	116	[Watch Demo]()
Canoeing, rowing, vigorou	Mixed	2.47	116	[Watch Demo]()
Crew, sculling, rowing, c	Mixed	2.47	116	[Watch Demo]()
Cross country skiing, rac	Cardio	2.88	135	[Watch Demo]()
Running, 8.6 mph (7 min m	Cardio	2.88	135	[Watch Demo]()
Stationary cycling, vigor	Mixed	2.16	101	[Watch Demo]()
Running, 7 mph (8.5 min m	Cardio	2.37	111	[Watch Demo]()

Personalized Tips

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

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