

AI-Driven Personalized Diet and Workout Recommendation

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User: User | Age: 25 | Gender: Male | Goal: Lose Weight

Diet Recommendations (per meal approx.)

id	FoodItem	Calories	Protein	Carbs	Fat
0	Peanut burfi (Malli k)	550.99	9.31	0.0	36.84
1	Chicken pakora (Malli ka)	591.09	6.03	0.0	60.98
2	Mustard seeds (Mustard)	559.59	4.73	0.0	54.3
3	Poshtik namak (Poshtik)	510.89	6.49	0.0	56.58
4	Rice murukku	593.99	5.41	0.0	48.22
5	Fish pakora/pakoda	577.03	5.97	0.0	59.52
6	Peas kachori (Malli ka kachori)	534.68	3.21	0.0	57.51
7	Sunflower cookies	520.62	9.49	0.0	36.28
8	Sev (Omapodi) (Sev)	609.14	5.12	0.0	60.08
9	Peas poori (Malli ka poori)	592.89	3.04	0.0	57.69
10	Fish orly	563.7	5.87	0.0	58.18
11	Wheat and grain flour ladoo	501.77	9.38	0.0	29.86
12	Gulab Jamun (Malli ka loda)	586.06	2.03	0.0	53.23
13	Bathua poori	598.79	2.35	0.0	59.14
14	Paneer pulao	581.91	1.98	0.0	59.81
15	Pea kofta curry (Malli ka kofta)	591.66	2.01	0.0	63.39
16	Jackfruit fritters	597.79	2.34	0.0	54.41
17	Veg manchurian	585.64	0.89	0.0	61.65
18	Egg cutlet (Anda bhurji)	575.02	2.45	0.0	60.25
19	Potato samosa	570.39	1.71	0.0	59.19

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

- 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.