

# AI-Driven Personalized Diet and Workout Plan

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User: User | Goal: lose\_weight | Weight: 70kg

## Diet Recommendations

| Meal                         | Food Item                                       | Calories | Protein |
|------------------------------|---|----------|---------|
| Breakfast                    | Amaranth ladoo (Rajgira ladoo)                  | 454      | 10      |
| Mid-Morning Snack            | Wheat flour and moong dal burfi (Atta ki burfi) | 441      | 10      |
| Lunch                        | Wheat and gram flour ladoo (Atta be)            | 502      | 9       |
| Afternoon Snack              | Flan pastry                                     | 446      | 7       |
| Dinner                       | Milk cookies                                    | 459      | 10      |
| Evening Snack                | Coffee drops                                    | 443      | 8       |
| Breakfast (Option 2)         | Flaky pastry                                    | 444      | 5       |
| Mid-Morning Snack (Option 2) | Short bread cookies                             | 443      | 6       |
| Lunch (Option 2)             | Finger millet biscuit (Ragi biscuit)            | 459      | 4       |
| Afternoon Snack (Option 2)   | Sunflower cookies                               | 521      | 9       |
| Dinner (Option 2)            | Semolina ladoo with nuts (Suji/Rava)            | 442      | 5       |
| Evening Snack (Option 2)     | Gram flour ladoo (Besan ladoo)                  | 477      | 9       |
| Breakfast (Option 3)         | Saffron biscuit (Kesar biscuit)                 | 459      | 6       |
| Mid-Morning Snack (Option 3) | Mustard seeds baghar (Mustard seed)             | 553      | 5       |
| Lunch (Option 3)             | Coconut biscuit (Nariyal ke biscuit)            | 435      | 6       |

## Exercise Plan

| Day       | Workout                          | Duration   |
|-----------|----------------------------------|------------|
| Monday    | Running, 10.9 mph (5.5 min mile) | 30-45 mins |
| Wednesday | Cross country skiing, uphill     | 30-45 mins |
| Friday    | Skin diving, fast                | 30-45 mins |
| Saturday  | Running, 10 mph (6 min mile)     | 30-45 mins |
| Monday    | Running, 9 mph (6.5 min mile)    | 30-45 mins |
| Wednesday | Running, stairs, up              | 30-45 mins |
| Friday    | Running, 8.6 mph (7 min mile)    | 30-45 mins |

## Personalized Tips

- Stay hydrated and drink at least 3 liters of water daily.
- Ensure you get 7-8 hours of sleep for recovery.
- Follow the calorie deficit consistency.