

AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 19 | Gender: Male | Goal: Gain Weight

Diet Recommendations (per meal approx.)

| FoodItem | Calories | Protein | Carbs | Fat | Fibre |
|----------------------------|----------|---------|-------|-------|-------|
| Masala urad dal vada | 703.78 | 4.32 | 9.93 | 71.62 | 2.71 |
| Shammi kebab | 685.69 | 4.52 | 3.54 | 72.61 | 1.05 |
| Minced meat samosa (Keema) | 620.99 | 4.43 | 6.14 | 64.26 | 0.39 |
| Cauliflower pakora/pakoda | 671.63 | 1.98 | 4.52 | 71.86 | 1.26 |
| Fermented bengal gram vad | 657.57 | 4.05 | 8.68 | 67.19 | 2.65 |
| Paushtik ladoo | 485.87 | 7.65 | 60.34 | 24.98 | 4.57 |
| Semolina carrot vada (Suj) | 699.53 | 1.56 | 6.52 | 74.07 | 1.07 |
| Spinach poori (Palak poor) | 684.25 | 1.42 | 7.76 | 71.86 | 1.55 |
| Khasta kachori | 712.73 | 2.51 | 12.81 | 72.27 | 0.97 |
| Crispy okra/Crispy lady's | 657.76 | 1.91 | 4.35 | 70.4 | 1.75 |

Exercise Recommendations (Top)

| Activity | Category | Cal/kg | Est_kcal/session | Demo Link |
|---------------------------|----------|--------|------------------|----------------------------|
| Weight lifting, body buil | Strength | 1.23 | 58 | Watch Demo |
| Pushing stroller or walki | Strength | 0.52 | 24 | Watch Demo |
| Calisthenics, vigorous, p | Strength | 1.65 | 77 | Watch Demo |
| Walking, pushing a wheelc | Strength | 0.82 | 38 | Watch Demo |
| Weight lifting, light wor | Strength | 0.62 | 29 | Watch Demo |
| Golf, walking and pulling | Strength | 0.89 | 41 | Watch Demo |
| Curling | Strength | 0.82 | 38 | Watch Demo |
| Pushing a wheelchair | Strength | 0.82 | 38 | Watch Demo |

Personalized Tips

- Increase workout frequency to at least 3 days/week for better results.
- Increase calorie intake and train progressively with strength exercises.

Disclaimer: AI suggestions are for educational purposes. Consult a medical professional for medical conditions.