

# 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
Wheat and gram flour lado	501.7	9.38	50.5	29.86	6.01
Peanut burfi (Moongfali k	550.99	9.31	48.14	36.84	4.09
Coffee drops	443.07	7.57	43.06	27.16	1.88
Short bread cookies	443.09	6.03	64.82	17.98	1.57
Wheat flour and moong dal	441.08	9.84	60.0	18.41	6.02
Banana appam	469.81	1.17	20.06	42.53	0.67
Yam fried (Zimikand/Suran	491.76	0.79	5.47	51.79	1.44
Methi chaman	475.62	1.54	2.78	50.91	0.53
Milk cookies	459.43	10.49	48.43	24.96	0.99
Tutti frutti biscuit	420.78	5.21	53.12	17.9	5.43

## Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Rock climbing, ascending	Mixed	2.27	117	<a href="#">Watch Demo</a>
Rowing machine, very vigo	Mixed	2.47	128	<a href="#">Watch Demo</a>
Canoeing, rowing, vigorou	Mixed	2.47	128	<a href="#">Watch Demo</a>
Crew, sculling, rowing, c	Mixed	2.47	128	<a href="#">Watch Demo</a>
Cross country skiing, rac	Cardio	2.88	149	<a href="#">Watch Demo</a>
Running, 8.6 mph (7 min m	Cardio	2.88	149	<a href="#">Watch Demo</a>
Stationary cycling, vigor	Mixed	2.16	112	<a href="#">Watch Demo</a>
Running, 7 mph (8.5 min m	Cardio	2.37	123	<a href="#">Watch Demo</a>

## Personalized Tips

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

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