

# 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 (Mango laddu)	550.99	9.31	0.0	36.84
1	Chicken pakora/pakora	590.00	6.03	0.0	60.98
2	Mustard seeds (Mustard)	552.50	4.73	0.0	54.3
3	Poshtik namak (Mustard)	618.89	6.49	0.0	56.58
4	Rice murukku	593.99	5.41	0.0	48.22
5	Fish pakora/pakora	572.03	5.97	0.0	59.52
6	Peas kachori (Masala kachori)	584.08	3.21	0.0	57.51
7	Sunflower cookies	520.62	9.49	0.0	36.28
8	Sev (Omapodi/Chana dalia)	609.04	5.12	0.0	60.08
9	Peas poori (Masala poori)	592.83	3.04	0.0	57.69
10	Fish orly	563.7	5.87	0.0	58.18
11	Wheat and gram flour lado	501.7	9.38	0.0	29.86
12	Gulab Jamun with sugar	580.00	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 (Pea kofta)	595.66	2.01	0.0	63.39
16	Jackfruit fritters (Jackfruit)	597.79	2.34	0.0	54.41
17	Veg manchurian	585.64	0.89	0.0	61.65
18	Egg cutlet (Andhra style)	575.02	2.45	0.0	60.25
19	Potato samosa (Potato)	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/res...
Cross country skiing, uphill	Cardio	3.40	237	https://www.youtube.com/res...
Running, 10 mph (6 min mile)	Cardio	3.29	230	https://www.youtube.com/res...
Cycling, >20 mph, racing	Mixed	3.29	230	https://www.youtube.com/res...
Skin diving, fast	Cardio	3.29	230	https://www.youtube.com/res...
Speed skating, ice, competitiv	Mixed	3.09	216	https://www.youtube.com/res...
Running, 9 mph (6.5 min mile)	Cardio	3.09	216	https://www.youtube.com/res...
Running, stairs, up	Cardio	3.09	216	https://www.youtube.com/res...
Cross country skiing, racing	Cardio	2.88	201	https://www.youtube.com/res...
Running, 8.6 mph (7 min mile)	Cardio	2.88	201	https://www.youtube.com/res...

## 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.