

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 |
|-----------------------------|----------|---------|-------|-------|-------|
| Cumin seeds baghar (Jeera) | 736.81 | 3.34 | 5.22 | 78.77 | 6.01 |
| Soyabean tikki | 698.17 | 3.53 | 4.39 | 74.02 | 2.2 |
| Vegetarian scotch egg | 681.67 | 2.16 | 4.64 | 72.77 | 0.58 |
| Coconut burfi (Nariyal ki) | 467.64 | 8.81 | 32.15 | 34.63 | 3.5 |
| Fried fish (Indian style) | 658.54 | 4.35 | 5.4 | 68.88 | 0.61 |
| Potato stuffed poori (Aloo) | 776.74 | 1.52 | 9.4 | 81.35 | 1.64 |
| Gram flour ladoo (Besan l) | 476.91 | 8.93 | 62.61 | 22.76 | 4.43 |
| Fish orly | 563.7 | 5.87 | 4.27 | 58.18 | 0.33 |
| Gram flour poori (Besan p) | 697.66 | 2.59 | 10.93 | 71.51 | 1.94 |
| Fish finger | 542.9 | 5.66 | 4.47 | 55.82 | 0.34 |

Exercise Recommendations (Top)

| Activity | Category | Cal/kg | Est_kcal/session | Demo Link |
|-------------------------------|----------|--------|------------------|----------------------------|
| Weight lifting, body building | 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 wheelch | Strength | 0.82 | 38 | Watch Demo |
| Weight lifting, light work | 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.