AI-Driven Personalized Diet and Workout Recommendation

Generated: 2025-11-25 15:38:53

User: | Age: 25 | Gender: Male | Goal: Lose Weight

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Bathua poori	598.79	2.35	13.85	59.14	1.87
Hazelnut cookies	493.32	6.25	39.44	34.97	2.45
Coconut pickle (Nariyal k	517.26	3.02	11.53	51.71	6.35
Lotus stem kofta curry (K	633.56	0.96	5.01	67.76	1.01
Veg manchurian	585.64	0.89	6.82	61.65	1.16
Fried fish and Chips (Eng	651.75	3.36	2.77	69.69	0.29
Minced meat cutlet	531.86	5.1	5.61	54.47	0.4
Spinach paneer kofta curr	606.03	1.43	2.94	65.41	0.75
Spring roll	623.87	1.81	8.56	64.63	0.67
Potato samosa (Aloo ka sa	577.39	1.71	9.21	59.19	1.19

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Rock climbing, ascending rock	Mixed	2.27	158	Watch
Rowing machine, very vigorous	Mixed	2.47	172	Watch
Canoeing, rowing, vigorous	Mixed	2.47	172	Watch
Crew, sculling, rowing, compet	Mixed	2.47	172	Watch
Cross country skiing, racing	Cardio	2.88	201	Watch
Running, 8.6 mph (7 min mile)	Cardio	2.88	201	Watch
Stationary cycling, vigorous	Mixed	2.16	151	Watch
Running, 7 mph (8.5 min mile)	Cardio	2.37	165	Watch
Running, 7.5mph (8 min mile)	Cardio	2.57	180	Watch
Running, 10.9 mph (5.5 min mil	Cardio	3.71	259	Watch

Personalized Tips

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