AI-Driven Personalized Diet and Workout Recommendation

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

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Spring roll	623.87	1.81	8.56	64.63	0.67
Bread pakora/pakoda	710.99	2.57	8.87	74.2	1.11
Paneer cutlet	672.2	4.59	7.62	69.38	0.39
Banana chips (Kele ke chips)	665.67	0.37	7.32	70.46	0.65
Onion pakora/pakoda (Pyaaz ke	674.61	1.9	5.41	71.84	1.11
Oats burfi	425.19	8.89	62.47	17.27	4.96
Spinach paneer kofta curry (Pa	606.03	1.43	2.94	65.41	0.75
Masala urad dal vada	703.78	4.32	9.93	71.62	2.71
Peas poori (Matar ki poori)	592.83	3.04	14.92	57.69	2.25
Chilli paneer	777.51	2.1	3.31	84.01	0.5
Masala green chilli pakora/pak	668.76	2.22	5.55	71.01	1.34
Dum aloo	682.33	0.7	3.33	74.01	0.68

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Weight lifting, body building	Strength	1.23	64	[Watch Demo]()
Pushing stroller or walking w	Strength	0.52	26	[Watch Demo]()
Calisthenics, vigorous, push u	Strength	1.65	85	[Watch Demo]()
Walking, pushing a wheelchai	Strength	0.82	42	[Watch Demo]()
Weight lifting, light workout	Strength	0.62	32	[Watch Demo]()
Golf, walking and pulling club	Strength	0.89	46	[Watch Demo]()
Curling	Strength	0.82	42	[Watch Demo]()
Pushing a wheelchair	Strength	0.82	42	[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.

- Plan filtered for medical condition: PCOS. Consult your doctor for final approval.