

# AI-Driven Personalized Diet and Workout Recommendation

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User: Parth bele | Age: 17 | Gender: Male | Goal: Lose Weight

## Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Wheat flour and moong dal	441.08	9.84	60.0	18.41	6.02
Flan pastry	445.8	6.72	47.84	25.04	1.58
Cherry and walnut cookies	422.6	5.63	59.35	18.75	1.3
Rice dal porridge (Chawal	383.33	10.8	65.04	8.33	4.51
Semolina laddoo with khoya	428.71	6.71	52.86	21.86	4.68
Pearl millet infant food	362.44	11.98	62.1	6.62	7.84
Olive biscuit	438.29	3.2	55.01	23.75	0.82
Plain dosa	380.91	10.34	64.08	8.43	5.23
Khoa coconut burfi	411.45	9.98	36.55	26.01	4.07
Christmas bell biscuit	404.85	5.66	60.79	15.84	2.33

## Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Rock climbing, ascending	Mixed	2.27	106	<a href="#">Watch Demo</a>
Rowing machine, very vigo	Mixed	2.47	116	<a href="#">Watch Demo</a>
Canoeing, rowing, vigorou	Mixed	2.47	116	<a href="#">Watch Demo</a>
Crew, sculling, rowing, c	Mixed	2.47	116	<a href="#">Watch Demo</a>
Cross country skiing, rac	Cardio	2.88	135	<a href="#">Watch Demo</a>
Running, 8.6 mph (7 min m	Cardio	2.88	135	<a href="#">Watch Demo</a>
Stationary cycling, vigor	Mixed	2.16	101	<a href="#">Watch Demo</a>
Running, 7 mph (8.5 min m	Cardio	2.37	111	<a href="#">Watch Demo</a>

## Personalized Tips

- Increase workout frequency to at least 3 days/week for better results.
- Aim for 300-500 kcal/day deficit along with regular exercise.

Disclaimer: This is an AI-based suggestion intended for general purpose only. For medical conditions, consult a certified health professional.