AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 18 | Gender: Female | Goal: Gain Weight

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Poshtik namak paras	613.39	6.49	19.52	56.58	4.55
Wheat and gram flour lado	501.7	9.38	50.5	29.86	6.01
Paushtik ladoo	485.87	7.65	60.34	24.98	4.57
Spring roll	623.87	1.81	8.56	64.63	0.67
Paneer and pea samosa (Pa	623.81	4.02	8.55	63.65	1.02
Bathua poori	598.79	2.35	13.85	59.14	1.87
Peanut cutlet (Mungfali k	698.77	2.63	5.68	74.0	1.21
Spinach chickpeas cutlet	688.03	1.44	4.93	73.6	0.93
Dahi vadas/Dahi bhalla	667.73	2.96	5.49	70.4	0.97
Jackfruit fritters (Ponsa	597.79	2.34	24.0	54.41	1.5

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Weight lifting, body buil	Strength	1.23	64	Watch Demo
Pushing stroller or walki	Strength	0.52	26	Watch Demo
Calisthenics, vigorous, p	Strength	1.65	85	Watch Demo
Walking, pushing a wheelc	Strength	0.82	42	Watch Demo
Weight lifting, light wor	Strength	0.62	32	Watch Demo
Golf, walking and pulling	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 calorie intake and train progressively with strength exercises.
- Diet & exercise filtered for medical condition: Hypertension. Consult a doctor for specifics.

Disclaimer: AI suggestions are for educational purposes. Consult a medical professional for specific medical conditions.