

AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 18 | Gender: Male | Goal: Lose Weight

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Gram flour burfi (Besan b	421.79	11.19	46.59	22.41	3.41
Semolina laddoo with khoya	428.71	6.71	52.86	21.86	4.68
Plain dosa	380.91	10.34	64.08	8.43	5.23
Olive biscuit	438.29	3.2	55.01	23.75	0.82
Plain burfi (Burfi)	408.32	9.82	30.88	27.96	0.17
Dessicated coconut chutne	346.36	12.88	36.72	15.88	13.16
Rice dal porridge (Chawal	383.33	10.8	65.04	8.33	4.51
Christmas bell biscuit	404.85	5.66	60.79	15.84	2.33
Chocolate walnut cookies	424.8	6.56	47.1	23.62	1.54
Cardamom cookies (Elaichi	400.49	5.1	53.99	19.12	2.79

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Rock climbing, ascending	Mixed	2.27	117	Watch Demo
Rowing machine, very vigo	Mixed	2.47	128	Watch Demo
Canoeing, rowing, vigorou	Mixed	2.47	128	Watch Demo
Crew, sculling, rowing, c	Mixed	2.47	128	Watch Demo
Cross country skiing, rac	Cardio	2.88	149	Watch Demo
Running, 8.6 mph (7 min m	Cardio	2.88	149	Watch Demo
Stationary cycling, vigor	Mixed	2.16	112	Watch Demo
Running, 7 mph (8.5 min m	Cardio	2.37	123	Watch Demo

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