

AI-Driven Personalized Diet and Workout Recommendation

Generated: 2025-11-25 19:08:30

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

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Peanut burfi (Moongfali k)	550.99	9.31	48.14	36.84	4.09
Wheat and gram flour lado	501.7	9.38	50.5	29.86	6.01
Peanut cutlet (Mungfali k)	698.77	2.63	5.68	74.0	1.21
Peas kachori (Matar kacho)	584.68	3.21	13.25	57.51	2.03
Paneer and pea samosa (Pa)	623.81	4.02	8.55	63.65	1.02
Oats burfi	425.19	8.89	62.47	17.27	4.96
Paushtik ladoo	485.87	7.65	60.34	24.98	4.57
Cauliflower kofta curry (641.1	1.04	2.62	69.62	1.0
Minced meat samosa (Keema)	620.99	4.43	6.14	64.26	0.39
Methi pakora/pakoda (Meth)	713.25	2.06	4.68	76.39	1.18

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 workout frequency to at least 3 days/week for better results.
- Increase calorie intake and train progressively with strength exercises.
- Diet & exercise recommendations are filtered for medical condition: **Anemia**. Always consult your physician for personalized guidance.

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