

# 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
Peanut burfi (Moongfali k	550.99	9.31	48.14	36.84	4.09
Fermented bengal gram vad	657.57	4.05	8.68	67.19	2.65
Coconut burfi (Nariyal ki	467.64	8.81	32.15	34.63	3.5
Semolina carrot vada (Suj	699.53	1.56	6.52	74.07	1.07
Paneer potato cutlet (Pan	672.94	2.47	5.23	71.4	0.41
Peas kachori (Matar kacho	584.68	3.21	13.25	57.51	2.03
Crispy okra/Crispy lady's	657.76	1.91	4.35	70.4	1.75
Papdi	708.96	1.83	12.89	72.11	0.56
Rice murukku	593.99	5.41	33.29	48.22	2.18
Spring roll	623.87	1.81	8.56	64.63	0.67

## Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Weight lifting, body buil	Strength	1.23	65	<a href="#">Watch Demo</a>
Pushing stroller or walki	Strength	0.52	27	<a href="#">Watch Demo</a>
Calisthenics, vigorous, p	Strength	1.65	87	<a href="#">Watch Demo</a>
Walking, pushing a wheelc	Strength	0.82	43	<a href="#">Watch Demo</a>
Weight lifting, light wor	Strength	0.62	32	<a href="#">Watch Demo</a>
Golf, walking and pulling	Strength	0.89	46	<a href="#">Watch Demo</a>
Curling	Strength	0.82	43	<a href="#">Watch Demo</a>
Pushing a wheelchair	Strength	0.82	43	<a href="#">Watch Demo</a>

## Personalized Tips

- Increase workout frequency to at least 3 days/week for better results.
- Increase calorie intake and train progressively with strength exercises.
- Recommendations filtered for medical condition: Diabetes. Consult a doctor for specific advice.

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