

# AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Patil | Age: 17 | Gender: Male | Goal: Gain Weight

## Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Rice moong dal cheela (Ch)	798.26	2.74	11.13	82.44	1.18
Cumin seeds baghar (Jeera)	736.81	3.34	5.22	78.77	6.01
Plain urad dal vada (Uzun)	745.5	4.39	9.7	76.32	2.27
Dal stuffed poori	785.16	2.08	10.14	81.69	1.96
Paneer makhana korma	775.82	3.24	4.63	82.76	0.21
Sweet poori (Meethi poori)	782.75	2.12	14.26	79.63	1.54
Pearl millet mathri (Bajr)	785.08	1.82	7.42	83.12	1.36
Mathri	805.12	1.75	12.32	83.1	0.6
Bhatura	793.2	1.63	10.73	82.56	0.38
Cheese toast	785.37	1.98	5.49	84.11	0.31

## Exercise Recommendations (Top)

Activity	Category	Calories_per_kg	Est_Cals_session
Calisthenics, vigorous, pushup	Strength	1.65	92
Weight lifting, body building,	Strength	1.23	69
Weight lifting, light workout	Strength	0.62	34
Curling	Strength	0.82	46
Golf, walking and pulling club	Strength	0.89	49
Pushing stroller or walking wi	Strength	0.52	28
Pushing a wheelchair	Strength	0.82	46
Walking, pushing a wheelchair	Strength	0.82	46

## Personalized Tips

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

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