

# AI-Driven Personalized Diet and Workout Recommendation

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User: Ashish Lokapure | Age: 19 | Gender: Male | Goal: Maintain Weight

## Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Masala urad dal vada	703.78	4.32	9.93	71.62	2.71
Shammi kebab	685.69	4.52	3.54	72.61	1.05
Soyabean tikki	698.17	3.53	4.39	74.02	2.2
Gram flour poori (Besan p	697.66	2.59	10.93	71.51	1.94
Paneer cutlet	672.2	4.59	7.62	69.38	0.39
Peanut cutlet (Mungfali k	698.77	2.63	5.68	74.0	1.21
Scotch egg	676.89	4.05	1.91	72.62	0.36
Cumin seeds baghar (Jeera	736.81	3.34	5.22	78.77	6.01
Fermented bengal gram vad	657.57	4.05	8.68	67.19	2.65
Boondi raita	687.72	2.19	3.96	73.83	0.46

## Exercise Recommendations (Top)

Activity	Category	Calories_per_kg	Est_Cals_session
Stair machine	Cardio	1.85	103
Ski machine	Cardio	1.44	80
Aerobics, low impact	Cardio	1.03	57
Calisthenics, vigorous, pushup	Strength	1.65	92
Weight lifting, body building,	Strength	1.23	69

## Personalized Tips

- Increase workout frequency to at least 3 days/week for better results.
- Maintain balance of cardio and strength training for overall fitness.
- 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.