

# AI-Driven Personalized Diet and Workout Plan

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User: User | Goal: gain\_muscle | Weight: 57kg

## Diet Recommendations

Meal	Food Item	Calories	Protein
Breakfast	Amaranth ladoo (Rajgira ladoo)	454	10
Mid-Morning Snack	Wheat flour and moong dal burfi (Atta ki barfi)	441	10
Lunch	Wheat and gram flour ladoo (Atta be)	502	9
Afternoon Snack	Flan pastry	446	7
Dinner	Milk cookies	459	10
Evening Snack	Coffee drops	443	8
Breakfast (Option 2)	Flaky pastry	444	5
Mid-Morning Snack (Option 2)	Short bread cookies	443	6
Lunch (Option 2)	Finger millet biscuit (Ragi biscuit)	459	4
Afternoon Snack (Option 2)	Sunflower cookies	521	9
Dinner (Option 2)	Semolina ladoo with nuts (Suji/Rava)	442	5
Evening Snack (Option 2)	Gram flour ladoo (Besan ladoo)	477	9
Breakfast (Option 3)	Saffron biscuit (Kesar biscuit)	459	6
Mid-Morning Snack (Option 3)	Mustard seeds baghar (Mustard seed)	553	5
Lunch (Option 3)	Coconut biscuit (Nariyal ke biscuit)	435	6

## Exercise Plan

Day	Workout	Duration
Monday	Running, 10.9 mph (5.5 min mile)	30-45 mins
Wednesday	Cross country skiing, uphill	30-45 mins
Friday	Skin diving, fast	30-45 mins
Saturday	Running, 10 mph (6 min mile)	30-45 mins
Monday	Running, 9 mph (6.5 min mile)	30-45 mins
Wednesday	Running, stairs, up	30-45 mins
Friday	Running, 8.6 mph (7 min mile)	30-45 mins

## Personalized Tips

- Stay hydrated and drink at least 3 liters of water daily.
- Ensure you get 7-8 hours of sleep for recovery.
- Follow the calorie surplus consistency.