

AI-Driven Personalized Diet and Workout Recommendation

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User: | Age: 25 | Gender: Male | Goal: Lose Weight

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Rice murukku	593.99	5.41	33.29	48.22	2.18
Poshtik namak paras	613.39	6.49	19.52	56.58	4.55
Sunflower cookies	520.62	9.49	40.06	36.28	3.95
Paneer and pea samosa (Pa)	623.81	4.02	8.55	63.65	1.02
Peanut burfi (Moongfali k)	550.99	9.31	48.14	36.84	4.09
Gulab Jamun with khoya	586.06	2.03	26.09	53.23	0.07
Vegetable burger	519.93	3.26	13.69	50.63	1.7
Bathua poori	598.79	2.35	13.85	59.14	1.87
Peas poori (Matar ki poori)	592.83	3.04	14.92	57.69	2.25
Potato samosa (Aloo ka sa)	577.39	1.71	9.21	59.19	1.19

Exercise Recommendations (Top)

Activity	Category	Calories_per_kg	Est_Cals_session	Demo Link
Running, 5.2 mph (11.5 min/mile)	Cardio	1.85	129	YouTube
Climbing hills, carrying 21 to 30 kg	Mixed	1.65	115	YouTube
Race walking	Mixed	1.34	93	YouTube
Speed skating, ice, competition	Mixed	3.09	216	YouTube
Martial arts, tae kwan do	Mixed	2.06	144	YouTube
Cycling, 12-13.9 mph, moderate	Mixed	1.65	115	YouTube
Water volleyball	Mixed	0.62	43	YouTube
Ballroom dancing, fast	Mixed	1.13	79	YouTube
Canoeing, rowing, vigorous	Mixed	2.47	172	YouTube
Swimming breaststroke	Cardio	2.06	144	YouTube

Personalized Tips

- Aim for 300-500 kcal/day deficit.

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