

# AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 18 | Gender: Male | Goal: Gain Weight

## Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Cumin seeds baghar (Jeera)	736.81	3.34	5.22	78.77	6.01
Sunflower cookies	520.62	9.49	40.06	36.28	3.95
Mustard seeds baghar (Mus)	552.59	4.73	10.45	54.3	9.74
Pearl millet mathri (Bajr)	785.08	1.82	7.42	83.12	1.36
Gram flour poori (Besan p)	697.66	2.59	10.93	71.51	1.94
Fish orly	563.7	5.87	4.27	58.18	0.33
Ghujia/Lavang latika	768.98	1.86	13.0	78.93	0.52
Potato pakora/pakoda (Alo)	677.19	1.9	6.04	71.84	1.03
Fried fish (Indian style)	658.54	4.35	5.4	68.88	0.61
Mathri	805.12	1.75	12.32	83.1	0.6

## Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Weight lifting, body buil	Strength	1.23	64	<a href="#">Watch Demo</a>
Pushing stroller or walki	Strength	0.52	26	<a href="#">Watch Demo</a>
Calisthenics, vigorous, p	Strength	1.65	85	<a href="#">Watch Demo</a>
Walking, pushing a wheelc	Strength	0.82	42	<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	42	<a href="#">Watch Demo</a>
Pushing a wheelchair	Strength	0.82	42	<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.
- Diet filtered for medical condition: Thyroid. Consult a doctor.

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