AI-Driven Personalized Diet and Workout Recommendation

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

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Cumin seeds baghar (Jeera	736.81	3.34	0.0	78.77	6.01
Plain urad dal vada (Uzun	745.5	4.39	0.0	76.32	2.27
Masala urad dal vada	703.78	4.32	0.0	71.62	2.71
Gram flour and semolina c	758.89	2.08	0.0	80.04	1.39
Chicken kebab	729.41	3.71	0.0	78.89	0.21
Paneer makhana korma	775.82	3.24	0.0	82.76	0.21
Paneer pakora/pakoda	718.12	3.27	0.0	76.05	0.89
Soyabean tikki	698.17	3.53	0.0	74.02	2.2
Spinach peanut namak para	740.16	1.65	0.0	78.51	0.81
Dal stuffed poori	785.16	2.08	0.0	81.69	1.96

Exercise Recommendations (Top)

Activity	Category	Calories_per_kg	Est_Cals_session
Stair machine	Cardio	1.85	129
Ski machine	Cardio	1.44	100
Aerobics, low impact	Cardio	1.03	72
Calisthenics, vigorous, pushup	Strength	1.65	115
Weight lifting, body building,	Strength	1.23	86

Personalized Tips

- Maintain balance of cardio and strength training.