AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 19 | Gender: Male | Goal: Gain 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
Minced meat samosa (Keema	620.99	4.43	6.14	64.26	0.39
Cauliflower pakora/pakoda	671.63	1.98	4.52	71.86	1.26
Fermented bengal gram vad	657.57	4.05	8.68	67.19	2.65
Paushtik ladoo	485.87	7.65	60.34	24.98	4.57
Semolina carrot vada (Suj	699.53	1.56	6.52	74.07	1.07
Spinach poori (Palak poor	684.25	1.42	7.76	71.86	1.55
Khasta kachori	712.73	2.51	12.81	72.27	0.97
Crispy okra/Crispy lady's	657.76	1.91	4.35	70.4	1.75

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Weight lifting, body buil	Strength	1.23	58	[Watch Demo]()
Pushing stroller or walki	Strength	0.52	24	[Watch Demo]()
Calisthenics, vigorous, p	Strength	1.65	77	[Watch Demo]()
Walking, pushing a wheelc	Strength	0.82	38	[Watch Demo]()
Weight lifting, light wor	Strength	0.62	29	[Watch Demo]()
Golf, walking and pulling	Strength	0.89	41	[Watch Demo]()
Curling	Strength	0.82	38	[Watch Demo]()
Pushing a wheelchair	Strength	0.82	38	[Watch Demo]()

Personalized Tips

- Increase workout frequency to at least 3 days/week for better results.

- Increase calorie intake and train progressively with strength exercises.

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