AI-Driven Personalized Diet and Workout Recommendation

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

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Peanut burfi (Moongfali k	550.99	9.31	48.14	36.84	4.09
Fish pakora/pakoda	577.03	5.97	4.55	59.52	0.96
Dessicated coconut chutne	346.36	12.88	36.72	15.88	13.16
Soya chunks sweet and sou	500.94	2.85	3.27	55.99	0.86
Amaranth ladoo (Rajgira l	454.15	10.12	51.33	22.7	5.11
Poshtik cutlet	496.45	2.0	7.39	50.94	1.35
Beetroot poori (Chukandar	527.66	1.91	12.29	52.18	1.4
Coffee drops	443.07	7.57	43.06	27.16	1.88
Minced meat cutlet	531.86	5.1	5.61	54.47	0.4
Sesame toast	495.19	1.9	11.15	49.38	1.32

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Curling	Strength	0.82	42	Watch Demo
Ski machine	Cardio	1.44	74	Watch Demo
Calisthenics, vigorous, p	Strength	1.65	85	Watch Demo
Stair machine	Cardio	1.85	96	Watch Demo
Weight lifting, light wor	Strength	0.62	32	Watch Demo
Aerobics, low impact	Cardio	1.03	53	Watch Demo
Golf, walking and pulling	Strength	0.89	46	Watch Demo
Aerobics, step aerobics	Cardio	1.75	91	Watch Demo

Personalized Tips

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

- Maintain balance of cardio and strength training for overall fitness.

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