

AI-Driven Personalized Diet and Workout Recommendation

Generated: 2025-11-25 13:10:39

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

Diet Recommendations (per meal approx.)

| FoodItem | Calories | Protein | Carbs | Fat | Fibre |
|---------------------------|----------|---------|-------|-------|-------|
| Peanut burfi (Moongfali k | 550.99 | 9.31 | 0.0 | 36.84 | 4.09 |
| Chicken pakora/pakoda | 590.09 | 6.03 | 0.0 | 60.98 | 0.96 |
| Mustard seeds baghar (Mus | 552.59 | 4.73 | 0.0 | 54.3 | 9.74 |
| Poshtik namak paras | 613.39 | 6.49 | 0.0 | 56.58 | 4.55 |
| Rice murukku | 593.99 | 5.41 | 0.0 | 48.22 | 2.18 |
| Fish pakora/pakoda | 577.03 | 5.97 | 0.0 | 59.52 | 0.96 |
| Peas kachori (Matar kacho | 584.68 | 3.21 | 0.0 | 57.51 | 2.03 |
| Sunflower cookies | 520.62 | 9.49 | 0.0 | 36.28 | 3.95 |
| Sev (Omapodi/Karapusa) | 609.14 | 5.12 | 0.0 | 60.08 | 2.35 |
| Peas poori (Matar ki poor | 592.83 | 3.04 | 0.0 | 57.69 | 2.25 |

Exercise Recommendations (Top)

| Activity | Category | Calories_per_kg | Est_Cals_session |
|--------------------------------|----------|-----------------|------------------|
| Running, 10.9 mph (5.5 min mi | Cardio | 3.71 | 259 |
| Cross country skiing, uphill | Cardio | 3.40 | 237 |
| Running, 10 mph (6 min mile) | Cardio | 3.29 | 230 |
| Cycling, >20 mph, racing | Mixed | 3.29 | 230 |
| Skin diving, fast | Cardio | 3.29 | 230 |
| Speed skating, ice, competitiv | Mixed | 3.09 | 216 |
| Running, 9 mph (6.5 min mile) | Cardio | 3.09 | 216 |
| Running, stairs, up | Cardio | 3.09 | 216 |
| Cross country skiing, racing | Cardio | 2.88 | 201 |
| Running, 8.6 mph (7 min mile) | Cardio | 2.88 | 201 |

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.