

# AI-Driven Personalized Diet and Workout Plan

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User: User | Goal: maintain\_weight | Weight: 70kg

## Diet Recommendations

Meal	Food Item	Calories	Protein
Breakfast	Sunflower cookies	521	9
Mid-Morning Snack	Mustard seeds baghar (Mustard seed	553	5
Lunch	Rice murukku	594	5
Afternoon Snack	Poshtik namak paras	613	6
Dinner	Bhel puri	510	4
Evening Snack	Peanut burfi (Moongfali ki burfi)	551	9
Breakfast (Option 2)	Sev (Omapodi/Karapusa)	609	5
Mid-Morning Snack (Option 2)	Coconut pickle (Nariyal ka aachar)	517	3
Lunch (Option 2)	Vegetable burger	520	3
Afternoon Snack (Option 2)	Peas kachori (Matar kachori)	585	3
Dinner (Option 2)	Peas poori (Matar ki poori)	593	3
Evening Snack (Option 2)	Beetroot poori (Chukandar ki poori)	528	2
Breakfast (Option 3)	Potato aigrettes	530	2
Mid-Morning Snack (Option 3)	Fermented bengal gram vada (Khameer	658	4
Lunch (Option 3)	Bathua poori	599	2

## Exercise Plan

Day	Workout	Duration
Monday	Running, 10.9 mph (5.5 min mile)	30-45 mins
Wednesday	Cross country skiing, uphill	30-45 mins
Friday	Skin diving, fast	30-45 mins
Saturday	Running, 10 mph (6 min mile)	30-45 mins
Monday	Running, stairs, up	30-45 mins
Wednesday	Running, 9 mph (6.5 min mile)	30-45 mins
Friday	Running, 8.6 mph (7 min mile)	30-45 mins

## Personalized Tips

- Stay hydrated and drink at least 3 liters of water daily.
- Ensure you get 7-8 hours of sleep for recovery.
- Follow the calorie surplus consistency.