

AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 19 | Gender: Male | Goal: Lose Weight

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Amaranth ladoo (Rajgira l)	454.15	10.12	51.33	22.7	5.11
Gram flour ladoo (Besan l)	476.91	8.93	62.61	22.76	4.43
Onion tomato uttapam	462.02	1.91	11.32	45.3	1.26
Potato kofta curry (Aloo	455.4	0.56	2.78	49.08	0.56
Maa chaane ki dal	344.67	19.8	43.11	9.5	13.45
Besan bathua chilla/cheel	373.82	11.48	40.65	18.57	7.79
Tutti frutti biscuit	420.78	5.21	53.12	17.9	5.43
Hazelnut cookies	493.32	6.25	39.44	34.97	2.45
Finger millet biscuit (Ra	458.56	4.03	52.69	25.79	5.97
Almond biscuit (Badam ke	407.74	6.25	52.14	19.7	1.5

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Rock climbing, ascending	Mixed	2.27	106	Watch Demo
Rowing machine, very vigo	Mixed	2.47	116	Watch Demo
Canoeing, rowing, vigorou	Mixed	2.47	116	Watch Demo
Crew, sculling, rowing, c	Mixed	2.47	116	Watch Demo
Cross country skiing, rac	Cardio	2.88	135	Watch Demo
Running, 8.6 mph (7 min m	Cardio	2.88	135	Watch Demo
Stationary cycling, vigor	Mixed	2.16	101	Watch Demo
Running, 7 mph (8.5 min m	Cardio	2.37	111	Watch Demo

Personalized Tips

- Increase workout frequency to at least 3 days/week for better results.
- Aim for 300-500 kcal/day deficit along with regular exercise.

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