

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.