AI-Driven Personalized Diet and Workout Recommendation

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

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Gram flour burfi (Besan b	421.79	11.19	46.59	22.41	3.41
Semolina ladoo with khoya	428.71	6.71	52.86	21.86	4.68
Plain dosa	380.91	10.34	64.08	8.43	5.23
Olive biscuit	438.29	3.2	55.01	23.75	0.82
Plain burfi (Burfi)	408.32	9.82	30.88	27.96	0.17
Dessicated coconut chutne	346.36	12.88	36.72	15.88	13.16
Rice dal porridge (Chawal	383.33	10.8	65.04	8.33	4.51
Christmas bell biscuit	404.85	5.66	60.79	15.84	2.33
Chocolate walnut cookies	424.8	6.56	47.1	23.62	1.54
Cardamom cookies (Elaichi	400.49	5.1	53.99	19.12	2.79

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Rock climbing, ascending	Mixed	2.27	117	[Watch Demo]()
Rowing machine, very vigo	Mixed	2.47	128	[Watch Demo]()
Canoeing, rowing, vigorou	Mixed	2.47	128	[Watch Demo]()
Crew, sculling, rowing, c	Mixed	2.47	128	[Watch Demo]()
Cross country skiing, rac	Cardio	2.88	149	[Watch Demo]()
Running, 8.6 mph (7 min m	Cardio	2.88	149	[Watch Demo]()
Stationary cycling, vigor	Mixed	2.16	112	[Watch Demo]()
Running, 7 mph (8.5 min m	Cardio	2.37	123	[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.