

AI-Driven Personalized Diet and Workout Recommendation

Generated: 2025-11-25 18:50:18

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

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Cumin seeds baghar (Jeera)	736.81	3.34	5.22	78.77	6.01
Shammi kebab	685.69	4.52	3.54	72.61	1.05
Dal stuffed poori	785.16	2.08	10.14	81.69	1.96
Potato stuffed poori (Alo)	776.74	1.52	9.4	81.35	1.64
Fermented bengal gram vad	657.57	4.05	8.68	67.19	2.65
Vegetable seekh kebab	690.73	1.57	5.32	73.72	0.59
Sweet poori (Meethi poori)	782.75	2.12	14.26	79.63	1.54
French dressing	733.77	0.32	3.68	79.65	0.22
Khasta kachori	712.73	2.51	12.81	72.27	0.97
Cauliflower pakora/pakoda	671.63	1.98	4.52	71.86	1.26

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Weight lifting, body buil	Strength	1.23	64	Watch Demo
Pushing stroller or walki	Strength	0.52	26	Watch Demo
Calisthenics, vigorous, p	Strength	1.65	85	Watch Demo
Walking, pushing a wheelc	Strength	0.82	42	Watch Demo
Weight lifting, light wor	Strength	0.62	32	Watch Demo
Golf, walking and pulling	Strength	0.89	46	Watch Demo
Curling	Strength	0.82	42	Watch Demo
Pushing a wheelchair	Strength	0.82	42	Watch Demo

Personalized Tips

- Increase calorie intake and train progressively with strength exercises.
- Diet & exercise filtered for medical condition: Hypertension. Consult a doctor for specifics.

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