AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 18 | Gender: Female | 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
Soya chikki	423.7	7.18	62.89	15.51	3.55
Pearl millet infant food	362.44	11.98	62.1	6.62	7.84
Creamed spinach and mushr	419.62	2.28	3.17	44.14	1.02
Short crust pastry	422.1	6.11	44.72	23.98	1.58
Walnut chutney (Akhrot ki	370.43	9.44	8.91	33.46	3.04
Coconut burfi (Nariyal ki	467.64	8.81	32.15	34.63	3.5
Raspberry shortbread cook	441.12	3.0	61.25	21.25	0.75
Coconut biscuit (Nariyal	434.98	5.78	42.9	27.16	3.64
Banana cake (Kele ka cake	389.51	5.77	40.0	23.31	1.14

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.

- Diet & exercise recommendations are filtered for medical condition: **Anemia**. Always consult your physician for personalized guidance.