

# AI-Driven Personalized Diet and Workout Recommendation

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User: Parth patil | Age: 19 | Gender: Male | Goal: Gain Weight

## Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Paneer cutlet	672.2	4.59	7.62	69.38	0.39
Scotch egg	676.89	4.05	1.91	72.62	0.36
Shammi kebab	685.69	4.52	3.54	72.61	1.05
Fermented bengal gram vad	657.57	4.05	8.68	67.19	2.65
Fried fish (Indian style)	658.54	4.35	5.4	68.88	0.61
Mutton chops	663.64	4.03	1.48	71.31	0.17
Poshtik namak paras	613.39	6.49	19.52	56.58	4.55
Gunjia	667.34	2.98	5.68	70.28	1.13
Dahi vadas/Dahi bhalla	667.73	2.96	5.49	70.4	0.97
Masala urad dal vada	703.78	4.32	9.93	71.62	2.71

## Exercise Recommendations (Top)

Activity	Category	Calories_per_kg	Est_Cals_session
Calisthenics, vigorous, pushup	Strength	1.65	79
Weight lifting, body building,	Strength	1.23	59
Weight lifting, light workout	Strength	0.62	29
Curling	Strength	0.82	39
Golf, walking and pulling club	Strength	0.89	42
Pushing stroller or walking wi	Strength	0.52	24
Pushing a wheelchair	Strength	0.82	39
Walking, pushing a wheelchair	Strength	0.82	39

## Personalized Tips

- Increase workout frequency to at least 3 days/week for better results.
- Increase calorie intake and train progressively with strength exercises.

Disclaimer: This is an AI-based suggestion intended for general purpose only. For medical conditions, consult a certified health professional.