

# AI-Driven Personalized Diet and Workout Recommendation

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

## Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Peanut burfi (Moongfali k)	550.99	9.31	48.14	36.84	4.09
Mutton chops	663.64	4.03	1.48	71.31	0.17
Egg pakora/pakoda (Ande k)	710.51	2.83	4.48	75.86	0.86
Banana chips (Kele ke chi)	665.67	0.37	7.32	70.46	0.65
Fried fish and Chips (Eng)	651.75	3.36	2.77	69.69	0.29
Papdi	708.96	1.83	12.89	72.11	0.56
Peanut cutlet (Mungfali k)	698.77	2.63	5.68	74.0	1.21
Semolina carrot vada (Suj)	699.53	1.56	6.52	74.07	1.07
Dahi vadas/Dahi bhalla	667.73	2.96	5.49	70.4	0.97
Jackfruit fritters (Ponsa)	597.79	2.34	24.0	54.41	1.5

## Exercise Recommendations (Top)

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

## Personalized Tips

- Increase workout frequency to at least 3 days/week for better results.
- Increase calorie intake and train progressively with strength exercises.
- Diet filtered for medical condition: Diabetes. Consult a doctor.

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