AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 18 | Gender: Male | Goal: Maintain 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
Rice murukku	593.99	5.41	33.29	48.22	2.18
Minced meat samosa (Keema	620.99	4.43	6.14	64.26	0.39
Danish cookies	475.33	5.33	58.0	24.92	1.37
Paushtik ladoo	485.87	7.65	60.34	24.98	4.57
Kashmiri masala	389.02	8.26	23.16	31.03	12.12
Milk cookies	459.43	10.49	48.43	24.96	0.99
Spring roll	623.87	1.81	8.56	64.63	0.67
Sev (Omapodi/Karapusa)	609.14	5.12	12.87	60.08	2.35
Coffee drops	443.07	7.57	43.06	27.16	1.88

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Curling	Strength	0.82	42	[Watch Demo]
Ski machine	Cardio	1.44	74	[Watch Demo]
Calisthenics, vigorous, p	Strength	1.65	85	[Watch Demo]
Stair machine	Cardio	1.85	96	[Watch Demo]
Weight lifting, light wor	Strength	0.62	32	[Watch Demo]
Aerobics, low impact	Cardio	1.03	53	[Watch Demo]
Golf, walking and pulling	Strength	0.89	46	[Watch Demo]
Aerobics, step aerobics	Cardio	1.75	91	[Watch Demo]

Personalized Tips

- Increase workout frequency to at least 3 days/week for better results.

- Maintain balance of cardio and strength training for overall fitness.

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