

# AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 18 | Gender: Male | 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
Amaranth ladoo (Rajgira l	454.15	10.12	51.33	22.7	5.11
Bread roll	435.46	2.85	16.12	40.25	1.45
Saffron biscuit (Kesar bi	458.61	6.05	59.7	22.01	1.9
Milk cookies	459.43	10.49	48.43	24.96	0.99
Masala biscuit	393.64	6.06	45.18	20.75	2.14
Almond biscuit (Badam ke	407.74	6.25	52.14	19.7	1.5
Dessicated coconut chutne	346.36	12.88	36.72	15.88	13.16
Coffee drops	443.07	7.57	43.06	27.16	1.88
Lemon cookies	394.48	5.63	42.19	23.02	0.78

## Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Rock climbing, ascending	Mixed	2.27	117	<a href="#">Watch Demo</a>
Rowing machine, very vigo	Mixed	2.47	128	<a href="#">Watch Demo</a>
Canoeing, rowing, vigorou	Mixed	2.47	128	<a href="#">Watch Demo</a>
Crew, sculling, rowing, c	Mixed	2.47	128	<a href="#">Watch Demo</a>
Cross country skiing, rac	Cardio	2.88	149	<a href="#">Watch Demo</a>
Running, 8.6 mph (7 min m	Cardio	2.88	149	<a href="#">Watch Demo</a>
Stationary cycling, vigor	Mixed	2.16	112	<a href="#">Watch Demo</a>
Running, 7 mph (8.5 min m	Cardio	2.37	123	<a href="#">Watch Demo</a>

## 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.

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