AI-Driven Personalized Diet and Workout Recommendation

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

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Sesame ladoo (Til ke lado	396.96	10.7	43.5	19.64	7.72
Khoa coconut burfi	411.45	9.98	36.55	26.01	4.07
Kashmiri masala	389.02	8.26	23.16	31.03	12.12
Khoa ladoo	396.02	12.21	34.43	24.09	3.08
Wheat flour and nuts lado	391.9	9.46	44.31	19.19	7.3
Plain burfi (Burfi)	408.32	9.82	30.88	27.96	0.17
Cracked wheat and green g	362.16	15.89	64.75	5.11	11.66
Gram flour burfi (Besan b	421.79	11.19	46.59	22.41	3.41
Peanut biscuit	401.05	8.45	46.72	20.41	2.48
Maa chaane ki dal	344.67	19.8	43.11	9.5	13.45

Exercise Recommendations (Top)

Activity	Category	Calories_per_kg	Est_Cals_session
Running, 10.9 mph (5.5 min mil	Cardio	3.71	177
Cross country skiing, uphill	Cardio	3.40	163
Running, 10 mph (6 min mile)	Cardio	3.29	158
Cycling, >20 mph, racing	Mixed	3.29	158
Skin diving, fast	Cardio	3.29	158
Speed skating, ice, competitiv	Mixed	3.09	148
Running, 9 mph (6.5 min mile)	Cardio	3.09	148
Running, stairs, up	Cardio	3.09	148
Cross country skiing, racing	Cardio	2.88	138
Running, 8.6 mph (7 min mile)	Cardio	2.88	138

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.