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
Cumin seeds baghar (Jeera	736.81	3.34	5.22	78.77	6.01
Shammi kebab	685.69	4.52	3.54	72.61	1.05
Dal stuffed poori	785.16	2.08	10.14	81.69	1.96
Potato stuffed poori (Alo	776.74	1.52	9.4	81.35	1.64
Fermented bengal gram vad	657.57	4.05	8.68	67.19	2.65
Vegetable seekh kebab	690.73	1.57	5.32	73.72	0.59
Sweet poori (Meethi poori	782.75	2.12	14.26	79.63	1.54
French dressing	733.77	0.32	3.68	79.65	0.22
Khasta kachori	712.73	2.51	12.81	72.27	0.97
Cauliflower pakora/pakoda	671.63	1.98	4.52	71.86	1.26

Exercise Recommendations (Top)

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

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: Thyroid. Consult a doctor.

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