

# AI-Driven Personalized Diet and Workout Recommendation

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User: | Age: 25 | Gender: Male | Goal: Lose Weight

## Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Peanut burfi (Moongfali k	550.99	9.31	0.0	36.84	4.09
Chicken pakora/pakoda	590.09	6.03	0.0	60.98	0.96
Mustard seeds baghar (Mus	552.59	4.73	0.0	54.3	9.74
Poshtik namak paras	613.39	6.49	0.0	56.58	4.55
Rice murukku	593.99	5.41	0.0	48.22	2.18
Fish pakora/pakoda	577.03	5.97	0.0	59.52	0.96
Peas kachori (Matar kacho	584.68	3.21	0.0	57.51	2.03
Sunflower cookies	520.62	9.49	0.0	36.28	3.95
Sev (Omapodi/Karapusa)	609.14	5.12	0.0	60.08	2.35
Peas poori (Matar ki poor	592.83	3.04	0.0	57.69	2.25

## Exercise Recommendations (Top)

Activity	Category	Calories_per_kg	Est_Cals_session
Running, 10.9 mph (5.5 min mi	Cardio	3.71	259
Cross country skiing, uphill	Cardio	3.40	237
Running, 10 mph (6 min mile)	Cardio	3.29	230
Cycling, >20 mph, racing	Mixed	3.29	230
Skin diving, fast	Cardio	3.29	230
Speed skating, ice, competitiv	Mixed	3.09	216
Running, 9 mph (6.5 min mile)	Cardio	3.09	216
Running, stairs, up	Cardio	3.09	216
Cross country skiing, racing	Cardio	2.88	201
Running, 8.6 mph (7 min mile)	Cardio	2.88	201

## Personalized Tips

- Aim for 300-500 kcal/day deficit.

Disclaimer: This is an AI-based suggestion intended for general purpose only. For medical conditions, consult a certified health professional.