

# AI-Driven Personalized Diet and Workout Recommendation

Generated: 2025-11-25 16:37:43

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

## Diet Recommendations (per meal approx.)

id	FoodItem	Calories	Protein	Carbs	Fat
0	Peanut burfi (M	550.99	9.31	0.0	36.84
1	Chicken pakora (	520.00	6.03	0.0	60.98
2	Mustard seeds (Mu	550.50	4.73	0.0	54.3
3	Poshtik namak (P	510.89	6.49	0.0	56.58
4	Rice murukku (R	593.99	5.41	0.0	48.22
5	Fish pakora/pak	570.03	5.97	0.0	59.52
6	Peas kachori (Ma	530.68	3.21	0.0	57.51
7	Sunflower cookies	520.62	9.49	0.0	36.28
8	Sev (Omapodi) (S	600.14	5.12	0.0	60.08
9	Peas poori (Ma	592.80	3.04	0.0	57.69
10	Fish orly	563.7	5.87	0.0	58.18
11	Wheat and grain	500.70	9.38	0.0	29.86
12	Gulab Jamun (Gul	580.00	2.03	0.0	53.23
13	Bathua poori	598.79	2.35	0.0	59.14
14	Paneer pulao	581.91	1.98	0.0	59.81
15	Pea kofta curry (	590.66	2.01	0.0	63.39
16	Jackfruit fritters	590.79	2.34	0.0	54.41
17	Veg manchurian (	585.64	0.89	0.0	61.65
18	Egg cutlet (And	575.02	2.45	0.0	60.25
19	Potato samosa (P	570.38	1.71	0.0	59.19

## Exercise Recommendations (Top)

Activity	Category	Calories_per_kg	Est_Cals_session	demo_link
Running, 10.9 mph (5.5 min mil	Cardio	3.71	259	<a href="https://www.youtube.com/res...">https://www.youtube.com/res...</a>
Cross country skiing, uphill	Cardio	3.40	237	<a href="https://www.youtube.com/res...">https://www.youtube.com/res...</a>
Running, 10 mph (6 min mile)	Cardio	3.29	230	<a href="https://www.youtube.com/res...">https://www.youtube.com/res...</a>
Cycling, >20 mph, racing	Mixed	3.29	230	<a href="https://www.youtube.com/res...">https://www.youtube.com/res...</a>
Skin diving, fast	Cardio	3.29	230	<a href="https://www.youtube.com/res...">https://www.youtube.com/res...</a>
Speed skating, ice, competitiv	Mixed	3.09	216	<a href="https://www.youtube.com/res...">https://www.youtube.com/res...</a>
Running, 9 mph (6.5 min mile)	Cardio	3.09	216	<a href="https://www.youtube.com/res...">https://www.youtube.com/res...</a>
Running, stairs, up	Cardio	3.09	216	<a href="https://www.youtube.com/res...">https://www.youtube.com/res...</a>
Cross country skiing, racing	Cardio	2.88	201	<a href="https://www.youtube.com/res...">https://www.youtube.com/res...</a>
Running, 8.6 mph (7 min mile)	Cardio	2.88	201	<a href="https://www.youtube.com/res...">https://www.youtube.com/res...</a>

## 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.