

AI-Driven Personalized Diet and Workout Recommendation

Generated: 2025-11-25 17:04:30

User: Parth bele | Age: 17 | Gender: Male | Goal: Maintain Weight

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Poshtik namak paras	613.39	6.49	19.52	56.58	4.55
Sunflower cookies	520.62	9.49	40.06	36.28	3.95
Shammi kebab	685.69	4.52	3.54	72.61	1.05
Gram flour burfi (Besan b	421.79	11.19	46.59	22.41	3.41
Peas kachori (Matar kacho	584.68	3.21	13.25	57.51	2.03
Cauliflower pakora/pakoda	671.63	1.98	4.52	71.86	1.26
Lotus stem kofta curry (K	633.56	0.96	5.01	67.76	1.01
Mal pua	566.68	1.71	17.56	54.64	0.62
Bathua poori	598.79	2.35	13.85	59.14	1.87
Besan bathua chilla/cheel	373.82	11.48	40.65	18.57	7.79

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Curling	Strength	0.82	38	Watch Demo
Ski machine	Cardio	1.44	67	Watch Demo
Calisthenics, vigorous, p	Strength	1.65	77	Watch Demo
Stair machine	Cardio	1.85	87	Watch Demo
Weight lifting, light wor	Strength	0.62	29	Watch Demo
Aerobics, low impact	Cardio	1.03	48	Watch Demo
Golf, walking and pulling	Strength	0.89	41	Watch Demo
Aerobics, step aerobics	Cardio	1.75	82	Watch Demo

Personalized Tips

- Increase workout frequency to at least 3 days/week for better results.
- Maintain balance of cardio and strength training for overall fitness.

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