

AI-Driven Personalized Diet and Workout Recommendation

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

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Amaranth ladoo (Rajgira l)	454.15	10.12	51.33	22.7	5.11
Gram flour ladoo (Besan l)	476.91	8.93	62.61	22.76	4.43
Spicy corn chaat	479.8	4.61	11.45	46.55	2.17
Ginger biscuit (Adarak ke	417.91	5.98	58.44	18.31	1.49
Semolina ladoo with nuts	441.84	5.44	48.02	25.45	4.27
Garlic pickle (Lahasun ka	413.62	3.72	9.75	39.88	5.13
Short crust pastry	422.1	6.11	44.72	23.98	1.58
Bread roll	435.46	2.85	16.12	40.25	1.45
Chicken sweet and sour	445.09	6.92	2.67	47.59	0.58
Dundee cake	396.62	7.78	41.4	22.7	1.81

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Rock climbing, ascending	Mixed	2.27	106	Watch Demo
Rowing machine, very vigo	Mixed	2.47	116	Watch Demo
Canoeing, rowing, vigorou	Mixed	2.47	116	Watch Demo
Crew, sculling, rowing, c	Mixed	2.47	116	Watch Demo
Cross country skiing, rac	Cardio	2.88	135	Watch Demo
Running, 8.6 mph (7 min m	Cardio	2.88	135	Watch Demo
Stationary cycling, vigor	Mixed	2.16	101	Watch Demo
Running, 7 mph (8.5 min m	Cardio	2.37	111	Watch Demo

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.

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