AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 19 | 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
Sev (Omapodi/Karapusa)	609.14	5.12	12.87	60.08	2.35
Paneer and pea samosa (Pa	623.81	4.02	8.55	63.65	1.02
Minced meat samosa (Keema	620.99	4.43	6.14	64.26	0.39
Peanut burfi (Moongfali k	550.99	9.31	48.14	36.84	4.09
Rice murukku	593.99	5.41	33.29	48.22	2.18
Chicken pakora/pakoda	590.09	6.03	4.55	60.98	0.96
Fermented bengal gram vad	657.57	4.05	8.68	67.19	2.65
Mustard seeds baghar (Mus	552.59	4.73	10.45	54.3	9.74
Spring roll	623.87	1.81	8.56	64.63	0.67

Exercise Recommendations (Top)

Activity	Category	Calories_per_kg	Est_Cals_session
Stair machine	Cardio	1.85	88
Ski machine	Cardio	1.44	69
Aerobics, low impact	Cardio	1.03	49
Calisthenics, vigorous, pushup	Strength	1.65	79
Weight lifting, body building,	Strength	1.23	59

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.