

# AI-Driven Personalized Diet and Workout Recommendation

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

## Diet Recommendations (per meal approx.)

id	FoodItem	Calories	Protein	Carbs	Fat
0	Peanut burfi (Malli k)	550.99	9.31	0.0	36.84
1	Chicken pakora (Kodi)	591.09	6.03	0.0	60.98
2	Mustard seeds (Mustard)	559.59	4.73	0.0	54.3
3	Poshtik namak (Poshtik)	510.89	6.49	0.0	56.58
4	Rice murukku (Rice murukku)	593.99	5.41	0.0	48.22
5	Fish pakora/pakoda (Fish)	577.03	5.97	0.0	59.52
6	Peas kachori (Methi kachori)	534.68	3.21	0.0	57.51
7	Sunflower cookies (Sunflower)	520.62	9.49	0.0	36.28
8	Sev (Omapodi) (Sev)	609.14	5.12	0.0	60.08
9	Peas poori (Methi poori)	592.89	3.04	0.0	57.69
10	Fish orly	563.7	5.87	0.0	58.18
11	Wheat and grain burr lado	501.07	9.38	0.0	29.86
12	Gulab Jamun (Gulab jamun)	586.06	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 (Kadai ko)	591.66	2.01	0.0	63.39
16	Jackfruit fritters (Jackfruit)	597.79	2.34	0.0	54.41
17	Veg manchurian (Veg manchurian)	585.64	0.89	0.0	61.65
18	Egg cutlet (Anda)	575.02	2.45	0.0	60.25
19	Potato samosa (Aloo samosa)	570.39	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/watch?v=...">https://www.youtube.com/watch?v=...</a>
Cross country skiing, uphill	Cardio	3.40	237	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Running, 10 mph (6 min mile)	Cardio	3.29	230	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Cycling, >20 mph, racing	Mixed	3.29	230	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Skin diving, fast	Cardio	3.29	230	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Speed skating, ice, competitive	Mixed	3.09	216	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Running, 9 mph (6.5 min mile)	Cardio	3.09	216	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Running, stairs, up	Cardio	3.09	216	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Cross country skiing, racing	Cardio	2.88	201	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>
Running, 8.6 mph (7 min mile)	Cardio	2.88	201	<a href="https://www.youtube.com/watch?v=...">https://www.youtube.com/watch?v=...</a>

## Personalized Tips

- Increase workout frequency to at least 3 days/week.
- 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.