AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 18 | 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
Sago cutlet/vadas (Sabuda	558.76	0.56	11.23	56.97	0.54
Gram flour burfi (Besan b	421.79	11.19	46.59	22.41	3.41
Jackfruit/Kathal (dry)	488.97	0.93	4.56	51.78	1.33
Milk cookies	459.43	10.49	48.43	24.96	0.99
Potato samosa (Aloo ka sa	577.39	1.71	9.21	59.19	1.19
Danish cookies	475.33	5.33	58.0	24.92	1.37
Spicy corn chaat	479.8	4.61	11.45	46.55	2.17
Finger millet biscuit (Ra	458.56	4.03	52.69	25.79	5.97
Semolina ladoo with cocon	464.43	5.68	50.9	27.03	6.69

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Rock climbing, ascending	Mixed	2.27	126	Watch
Rowing machine, very vigo	Mixed	2.47	138	Watch
Canoeing, rowing, vigorou	Mixed	2.47	138	Watch
Crew, sculling, rowing, c	Mixed	2.47	138	Watch
Cross country skiing, rac	Cardio	2.88	161	Watch
Running, 8.6 mph (7 min m	Cardio	2.88	161	Watch
Stationary cycling, vigor	Mixed	2.16	121	Watch
Running, 7 mph (8.5 min m	Cardio	2.37	132	Watch
Running, 7.5mph (8 min mi	Cardio	2.57	144	Watch
Running, 10.9 mph (5.5 mi	Cardio	3.71	207	Watch

Personalized Tips

- Aim for 300-500 kcal/day deficit along with regular exercise.