

AI-Driven Personalized Diet and Workout Recommendation

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

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Wheat flour and moong dal	441.08	9.84	60.0	18.41	6.02
Flan pastry	445.8	6.72	47.84	25.04	1.58
Cherry and walnut cookies	422.6	5.63	59.35	18.75	1.3
Rice dal porridge (Chawal)	383.33	10.8	65.04	8.33	4.51
Semolina ladoo with khoya	428.71	6.71	52.86	21.86	4.68
Pearl millet infant food	362.44	11.98	62.1	6.62	7.84
Olive biscuit	438.29	3.2	55.01	23.75	0.82
Plain dosa	380.91	10.34	64.08	8.43	5.23
Khoa coconut burfi	411.45	9.98	36.55	26.01	4.07
Christmas bell biscuit	404.85	5.66	60.79	15.84	2.33

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