

# AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 18 | Gender: Female | Goal: Gain Weight

## Diet Recommendations (per meal approx.)

| FoodItem                  | Calories | Protein | Carbs | Fat   | Fibre |
|---------------------------|----------|---------|-------|-------|-------|
| 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  |
| Mutton chops              | 663.64   | 4.03    | 1.48  | 71.31 | 0.17  |
| Shammi kebab              | 685.69   | 4.52    | 3.54  | 72.61 | 1.05  |
| Peas poori (Matar ki poor | 592.83   | 3.04    | 14.92 | 57.69 | 2.25  |
| Dahi vadas/Dahi bhalla    | 667.73   | 2.96    | 5.49  | 70.4  | 0.97  |
| Sesame biscuit (Til ke bi | 424.03   | 8.27    | 53.65 | 19.34 | 6.83  |
| Masala onion pakora/pakod | 551.64   | 2.05    | 6.48  | 57.61 | 1.44  |
| Milk cookies              | 459.43   | 10.49   | 48.43 | 24.96 | 0.99  |
| Saffron biscuit (Kesar bi | 458.61   | 6.05    | 59.7  | 22.01 | 1.9   |

## Exercise Recommendations (Top)

| Activity                  | Category | Cal/kg | Est_kcal/session | Demo Link                  |
|---------------------------|----------|--------|------------------|----------------------------|
| Weight lifting, body buil | Strength | 1.23   | 64               | <a href="#">Watch Demo</a> |
| Pushing stroller or walki | Strength | 0.52   | 26               | <a href="#">Watch Demo</a> |
| Calisthenics, vigorous, p | Strength | 1.65   | 85               | <a href="#">Watch Demo</a> |
| Walking, pushing a wheelc | Strength | 0.82   | 42               | <a href="#">Watch Demo</a> |
| Weight lifting, light wor | Strength | 0.62   | 32               | <a href="#">Watch Demo</a> |
| Golf, walking and pulling | Strength | 0.89   | 46               | <a href="#">Watch Demo</a> |
| Curling                   | Strength | 0.82   | 42               | <a href="#">Watch Demo</a> |
| Pushing a wheelchair      | Strength | 0.82   | 42               | <a href="#">Watch Demo</a> |

## Personalized Tips

- Increase workout frequency to at least 3 days/week for better results.
- Increase calorie intake and train progressively with strength exercises.
- Diet filtered for medical condition: PCOS. Consult a doctor.

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