

AI-Driven Personalized Diet and Workout Recommendation

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

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Onion pakora/pakoda (Pyaa	674.61	1.9	5.41	71.84	1.11
Pearl millet mathri (Bajr	785.08	1.82	7.42	83.12	1.36
Cauliflower pakora/pakoda	671.63	1.98	4.52	71.86	1.26
Cauliflower kofta curry (641.1	1.04	2.62	69.62	1.0
Potato pakora/pakoda (Alo	677.19	1.9	6.04	71.84	1.03
Mayonnaise	774.86	1.86	1.65	84.52	0.11
Methi pakora/pakoda (Meth	713.25	2.06	4.68	76.39	1.18
Boondi raita	687.72	2.19	3.96	73.83	0.46
Egg pakora/pakoda (Ande k	710.51	2.83	4.48	75.86	0.86
Fish cutlet (Machli ka cu	654.64	2.77	3.13	70.11	0.54

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Weight lifting, body buil	Strength	1.23	58	Watch Demo
Pushing stroller or walki	Strength	0.52	24	Watch Demo
Calisthenics, vigorous, p	Strength	1.65	77	Watch Demo
Walking, pushing a wheelc	Strength	0.82	38	Watch Demo
Weight lifting, light wor	Strength	0.62	29	Watch Demo
Golf, walking and pulling	Strength	0.89	41	Watch Demo
Curling	Strength	0.82	38	Watch Demo
Pushing a wheelchair	Strength	0.82	38	Watch Demo

Personalized Tips

- Increase workout frequency to at least 3 days/week for better results.
- Increase calorie intake and train progressively with strength exercises.

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