

# AI-Driven Personalized Diet and Workout Recommendation

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User: Parth Bele | Age: 19 | Gender: Male | Goal: Lose Weight

## Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Amaranth laddoo (Rajgira l	454.15	10.12	51.33	22.7	5.11
Gram flour laddoo (Besan l	476.91	8.93	62.61	22.76	4.43
Spicy corn chaat	479.8	4.61	11.45	46.55	2.17
Ginger biscuit (Adarak ke	417.91	5.98	58.44	18.31	1.49
Semolina laddoo with nuts	441.84	5.44	48.02	25.45	4.27
Garlic pickle (Lahasun ka	413.62	3.72	9.75	39.88	5.13
Short crust pastry	422.1	6.11	44.72	23.98	1.58
Bread roll	435.46	2.85	16.12	40.25	1.45
Chicken sweet and sour	445.09	6.92	2.67	47.59	0.58
Dundee cake	396.62	7.78	41.4	22.7	1.81

## Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Rock climbing, ascending	Mixed	2.27	106	<a href="#">Watch Demo</a>
Rowing machine, very vigo	Mixed	2.47	116	<a href="#">Watch Demo</a>
Canoeing, rowing, vigorou	Mixed	2.47	116	<a href="#">Watch Demo</a>
Crew, sculling, rowing, c	Mixed	2.47	116	<a href="#">Watch Demo</a>
Cross country skiing, rac	Cardio	2.88	135	<a href="#">Watch Demo</a>
Running, 8.6 mph (7 min m	Cardio	2.88	135	<a href="#">Watch Demo</a>
Stationary cycling, vigor	Mixed	2.16	101	<a href="#">Watch Demo</a>
Running, 7 mph (8.5 min m	Cardio	2.37	111	<a href="#">Watch Demo</a>

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