

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 | Watch Demo |
| Pushing stroller or walki | Strength | 0.52 | 26 | Watch Demo |
| Calisthenics, vigorous, p | Strength | 1.65 | 85 | Watch Demo |
| Walking, pushing a wheelc | Strength | 0.82 | 42 | Watch Demo |
| Weight lifting, light wor | Strength | 0.62 | 32 | Watch Demo |
| Golf, walking and pulling | Strength | 0.89 | 46 | Watch Demo |
| Curling | Strength | 0.82 | 42 | Watch Demo |
| Pushing a wheelchair | Strength | 0.82 | 42 | 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.
- Diet filtered for medical condition: PCOS. Consult a doctor.

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