

# AI-Driven Personalized Diet and Workout Recommendation

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

## Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
Shammi kebab	685.69	4.52	3.54	72.61	1.05
Masala urad dal vada	703.78	4.32	9.93	71.62	2.71
Paneer cutlet	672.2	4.59	7.62	69.38	0.39
Scotch egg	676.89	4.05	1.91	72.62	0.36
Soyabean tikki	698.17	3.53	4.39	74.02	2.2
Fermented bengal gram vad	657.57	4.05	8.68	67.19	2.65
Gram flour poori (Besan p	697.66	2.59	10.93	71.51	1.94
Fried fish (Indian style)	658.54	4.35	5.4	68.88	0.61
Boondi raita	687.72	2.19	3.96	73.83	0.46
Vegeterian scotch egg	681.67	2.16	4.64	72.77	0.58

## Exercise Recommendations (Top)

Activity	Category	Calories_per_kg	Est_Cals_session
Calisthenics, vigorous, pushup	Strength	1.65	79
Weight lifting, body building,	Strength	1.23	59
Weight lifting, light workout	Strength	0.62	29
Curling	Strength	0.82	39
Golf, walking and pulling club	Strength	0.89	42
Pushing stroller or walking wi	Strength	0.52	24
Pushing a wheelchair	Strength	0.82	39
Walking, pushing a wheelchair	Strength	0.82	39

## 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: Diabetes. Consult a doctor for specific advice.

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