

# 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 |
|---------------------------|----------|---------|-------|-------|-------|
| Peanut burfi (Moongfali k | 550.99   | 9.31    | 48.14 | 36.84 | 4.09  |
| Mutton chops              | 663.64   | 4.03    | 1.48  | 71.31 | 0.17  |
| Egg pakora/pakoda (Ande k | 710.51   | 2.83    | 4.48  | 75.86 | 0.86  |
| Banana chips (Kele ke chi | 665.67   | 0.37    | 7.32  | 70.46 | 0.65  |
| Fried fish and Chips (Eng | 651.75   | 3.36    | 2.77  | 69.69 | 0.29  |
| Papdi                     | 708.96   | 1.83    | 12.89 | 72.11 | 0.56  |
| Peanut cutlet (Mungfali k | 698.77   | 2.63    | 5.68  | 74.0  | 1.21  |
| Semolina carrot vada (Suj | 699.53   | 1.56    | 6.52  | 74.07 | 1.07  |
| Dahi vadas/Dahi bhalla    | 667.73   | 2.96    | 5.49  | 70.4  | 0.97  |
| Jackfruit fritters (Ponsa | 597.79   | 2.34    | 24.0  | 54.41 | 1.5   |

## 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: Diabetes. Consult a doctor.

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