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
Mutton chops	663.64	4.03	1.48	71.31	0.17
Boondi raita	687.72	2.19	3.96	73.83	0.46
Peas kachori (Matar kacho	584.68	3.21	13.25	57.51	2.03
Dahi vadas/Dahi bhalla	667.73	2.96	5.49	70.4	0.97
Vegetarian egg kofta curr	627.41	1.33	4.26	67.24	0.64
Paushtik ladoo	485.87	7.65	60.34	24.98	4.57
Flattened rice cutlet (Ch	701.71	1.76	7.39	73.89	0.86
Gunjia	667.34	2.98	5.68	70.28	1.13
Sesame biscuit (Til ke bi	424.03	8.27	53.65	19.34	6.83

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 & exercise recommendations are filtered for medical condition: **Anemia**. Always consult your physician for personalized guidance.

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