AI-Driven Personalized Diet and Workout Recommendation

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User: Parth bele | Age: 17 | Gender: Male | Goal: Gain Weight

Diet Recommendations (per meal approx.)

FoodItem	Calories	Protein	Carbs	Fat	Fibre
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
Onion pakora/pakoda (Pyaa	674.61	1.9	5.41	71.84	1.11
Spinach pakora/pakoda (Pa	712.62	1.96	4.68	76.38	1.02
Poori	737.63	1.35	8.22	77.61	1.46
Soyabean muthias	839.33	2.46	3.7	90.45	1.47
Potato pakora/pakoda (Alo	677.19	1.9	6.04	71.84	1.03
Spinach chickpeas cutlet	688.03	1.44	4.93	73.6	0.93
Mayonnaise	774.86	1.86	1.65	84.52	0.11
Methi pakora/pakoda (Meth	713.25	2.06	4.68	76.39	1.18

Exercise Recommendations (Top)

Activity	Category	Cal/kg	Est_kcal/session	Demo Link
Weight lifting, body buil	Strength	1.23	58	[Watch Demo]()
Pushing stroller or walki	Strength	0.52	24	[Watch Demo]()
Calisthenics, vigorous, p	Strength	1.65	77	[Watch Demo]()
Walking, pushing a wheelc	Strength	0.82	38	[Watch Demo]()
Weight lifting, light wor	Strength	0.62	29	[Watch Demo]()
Golf, walking and pulling	Strength	0.89	41	[Watch Demo]()
Curling	Strength	0.82	38	[Watch Demo]()
Pushing a wheelchair	Strength	0.82	38	[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.