

```
{  
  "recommendation": {  
    "diet": "Vegetables: (Broccoli, Carrots, Spinach, Lettuce, Onion); Protein Intake: (Cheese, Cattoge  
cheese, Skim Milk, Law fat Milk, and Baru Nuts); Juice: (Fruit Juice, Aloe vera juice, Cold-pressed juice,  
and Watermelon juice)",  
    "exercise": "Squats, deadlifts, bench presses, and overhead presses"  
  },  
  "bmi": 16.83,  
  "bmi_category": "Underweight",  
  "height_used": {  
    "cm": 168.0,  
    "m": 1.68  
  }  
}
```