

NutriFit AI - Consultation Report

Summary:

The client consumes a typical Indian diet with low protein intake. His breakfast includes toast, tea, sprouts, or roasted

Key Health Concerns

- Low Protein Intake — What I can see like you are taking the average Indian food but the quantity of protein is very low
- Unhealthy Snack Choices — the most unhealthy or junk food option is available at the snack time only (conf: 0.80)
- Time Constraints — Actually, I have to go to my college, so I have a time constraint. (conf: 0.70)

Dietary Habits

- Breakfast: Toast, tea, sprouts, or roasted chickpeas, with variations. (conf: 0.80)
- Lunch: Chapattis, seasonal vegetables, dal, and rice. (conf: 0.80)
- Dinner: Similar to lunch, with slight variations like mixed vegetables or egg curry. (conf: 0.70)
- Snacks: Fried foods, noodles, or pasta. (conf: 0.60)
- Low carb diet: Consuming a low carb diet that is good in potassium, magnesium, and healthy fats. (conf: 0.70)

Suggested Improvements

- Increase protein intake with 100g soybeans or 1-2 eggs daily.
- Incorporate 1-2 hours of daily workout routine.

Personalized Nutrition

- Calorie target: N/A
- Macro split: P 30% | C 45% | F 25%
- Hydration: 2.5 L/day
- Breakfast: Sprouts with milk and nuts
- Lunch: 2 chapattis, dal, vegetables, and 100g soybeans