

NutriFit AI - Consultation Report

Summary:

The client describes their daily diet, which consists of a mix of Indian and Western foods with variations throughout the day.

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 snacking habits — The most unhealthy or junk food option is available at the snack time only. (conf: 0.85)
- Inconsistent salad consumption — I have tried to take salad, but I don't think I'm taking it in the right amount of quantity.

Dietary Habits

- Breakfast: Toast, tea, sprouts, or bhuna chana. Sometimes poha. (conf: 0.90)
- Lunch: Indian diet with chapati, seasonal vegetables, dal, and rice. Rice portion: 150-200 grams. Dal: 100-150 ml. (conf: 0.88)
- Snacks: Fried pakoras, bread pakora, Maggi, poha, pasta, macaroni (conf: 0.80)
- Dinner: Similar to lunch, with mixed vegetables or egg curry. Chicken or paneer twice a week. Chana dal, Malka ki dal.

Suggested Improvements

- Increase protein intake through soybeans or eggs.
- Engage in 1-2 hours of workout daily.

Personalized Nutrition

- Calorie target: N/A
- Macro split: P None% | C None% | F None%