

NutriFit AI - Consultation Report

Summary:

The client consults with a dietitian regarding their health and diet. The client reports a daily routine including breakfast

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

Dietary Habits

- Breakfast: Toast/tea or sprouts/chana; variations include banana with milk, peanuts, poha (cooked in less oil) (conf: 0.85)
- Lunch: 2-4 chapati, seasonal vegetable, dal, 150-200g rice (100-150ml dal) (conf: 0.90)
- Snacks: Fried pakoras, bread pakora, Maggi, poha, pasta/macaroni (conf: 0.70)
- Dinner: Similar to lunch with variations (mix veg/egg curry), chicken/paneer twice a week (conf: 0.80)

Suggested Improvements

- Increase protein intake through soybeans (100g) or eggs (1-2)
- Incorporate a 1-2 hour daily workout routine

Personalized Nutrition

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