NutriFit AI - Consultation Report

Summary:
The client consults a dietician about their health and diet. They wake up at 7am, do warm-up exercises, and have bre

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 l
  - Unhealthy snacking — The most unhealthy or junk food option is available at the snack time only (conf: 0.80)

Dietary Habits
  - Breakfast: Toast, chai, sprouts, or bhuna chana; varies daily (conf: 0.70)
  - Lunch: Typical Indian diet: 2-4 chapatis, seasonal vegetables, dal, and rice; 150-200g rice, 100-150ml dal (conf: 0.8
  - Snacks: Fried pakoras, bread pakora, Maggi, poha, pasta; consumed between 4-5 PM (conf: 0.70)
  - Dinner: Similar to lunch, with occasional mixed vegetables, egg curry, chicken, or paneer. Chana dal, Malka ki dal.

Suggested Improvements
  - Increase protein intake by consuming 100g of soybeans (vegetarian) or 1-2 eggs in lunch and dinner.
  - Incorporate 1-2 hours of workout, either at home or at the gym.

Personalized Nutrition
  - Calorie target: N/A
  - Macro split: P None% | C None% | F None%
  - Breakfast: Sprouts with a glass of milk
  - Lunch: 2 chapatis, seasonal vegetables, dal, rice (150g), 100g Soybean