

NutriFit AI - Consultation Report

Summary:

The client describes his daily diet to the dietician. He wakes up at 7 AM, exercises, and has toast/tea or sprouts/bhuna

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/bhuna chana, 7 am. (conf: 0.70)
- Lunch: 2-4 chapatis, seasonal vegetables, dal, and 150-200g of rice, between 12:30 - 1pm. (conf: 0.70)
- Evening Snacks: Unhealthy snacks, like fried pakoras or Maggi, 4-5 pm. (conf: 0.60)
- Dinner: Similar to lunch, with variations like mixed veg or egg curry. (conf: 0.70)
- Low Carb Diet: Consumes a low-carb diet. (conf: 0.60)

Suggested Improvements

- Increase protein intake (100g soybean for lunch and dinner)
- Workout 1-2 hours daily
- Consider gym

Personalized Nutrition

- Calorie target: N/A
- Macro split: P 30% | C 45% | F 25%
- Breakfast: Sprouts with tea
- Lunch: 2 chapattis, 100g soybean, vegetable, dal, 150g rice
- Dinner: 2 chapattis, 100g soybean, vegetable, dal, 100g rice