

# Health AI Report

Name: v

Calories: 1691 kcal

Protein: 127 g

Fat: 47 g

Carbs: 190 g

Water: 2.8 L

Steps Goal: 5000 steps

Diet Plan:

Breakfast: Oats porridge (small portion), Banana, Almonds (5 pcs)

Mid-morning: Green tea, Apple

Lunch: Brown rice (1 cup), Dal, Vegetable curry, Curd

Snack: Buttermilk, Roasted chickpeas

Dinner: 2 Roti, Vegetable soup, Salad