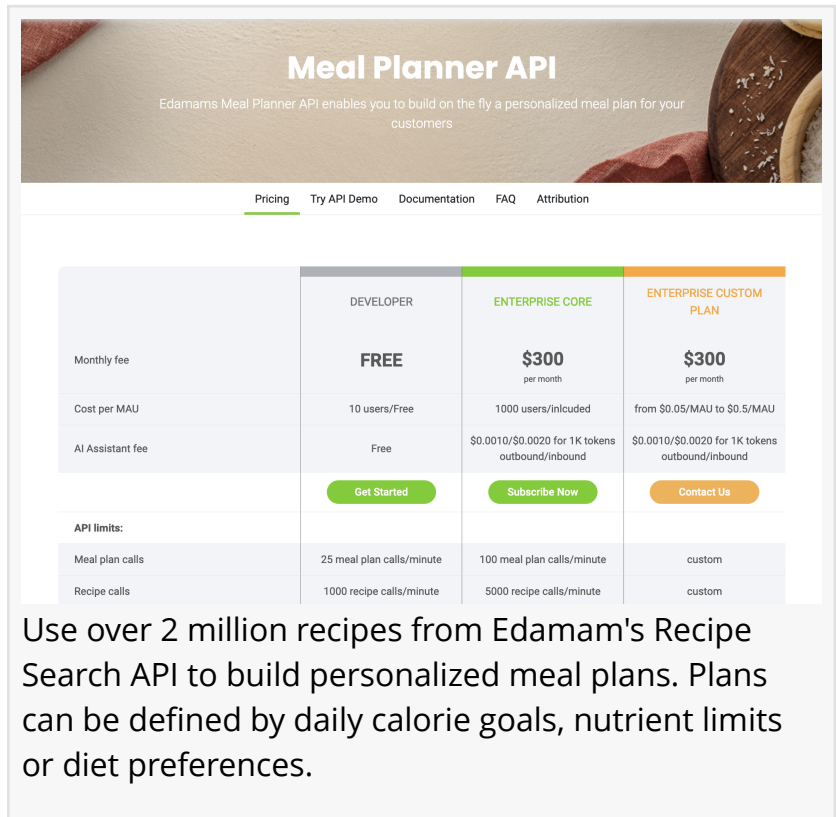


Edamam Offers Meal Planning Solution With 80,000 High Quality Recipes

Edamam launched today a paid plan for its Meal Planner API that leverages the company's proprietary dataset of 80,000 AI-enhanced recipes.

NEW YORK, NY, UNITED STATES, January 2, 2025 /EINPresswire.com/ -- [Edamam](#), the leading provider of food and nutrition data solutions for business in the health, wellness, and food sectors, launched today a version of its [Meal Planner API](#) that leverages a unique dataset of 80,000 high quality [recipes](#). The recipe dataset was developed by Edamam, using proprietary data and AI-enhancement to produce full recipes representing the most commonly eaten meals worldwide. The new Enterprise Core plan for the Meal Planner API allows businesses, dietitians, and coaches to generate highly personalized meal plans without the need to link out to third-party recipe sources.



	DEVELOPER	ENTERPRISE CORE	ENTERPRISE CUSTOM PLAN
Monthly fee	FREE	\$300 per month	\$300 per month
Cost per MAU	10 users/Free	1000 users/included	from \$0.05/MAU to \$0.5/MAU
AI Assistant fee	Free	\$0.0010/\$0.0020 for 1K tokens outbound/inbound	\$0.0010/\$0.0020 for 1K tokens outbound/inbound
<div style="display: flex; justify-content: space-around;"> Get Started Subscribe Now Contact Us </div>			
API limits:			
Meal plan calls	25 meal plan calls/minute	100 meal plan calls/minute	custom
Recipe calls	1000 recipe calls/minute	5000 recipe calls/minute	custom

Use over 2 million recipes from Edamam's Recipe Search API to build personalized meal plans. Plans can be defined by daily calorie goals, nutrient limits or diet preferences.

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Our goal is to make the healthy choice the easy choice when it comes to food.”

Victor Penev

“The new content in our Meal Planner answers the needs of our customers for recipes with high quality images and detailed cooking instructions,” explained Victor Penev, the Edamam’s Founder and CEO.

The dataset of 80,000 recipes is large enough to allow for very targeted personalization of meal plans, based on people’s calorie, nutrient, allergen, lifestyle diet needs and

or diet restrictions dictated by medical needs. In addition, the Meal Planner allows for easy substitution of non-desirable recipes from a large pool of alternatives. A user can also generate a full shopping list for the meal plan and fulfil an order through a seamless integration with Instacart.

“Our goal is to make the healthy choice the easy choice when it comes to food. Using high quality recipes that will motivate people to cook at home is a step in this direction,” added Victor Penev.

Edamam has planned a number of new features and improvements to its Meal Planner, including addition of non-recipe meals and an AI based Meal Planner agent, which can interact and produce a customized meal plan in an intuitive conversation manner, similar to the way a dietitian would create a meal plan. These new features will make the Meal Planner even more useful and will be launched in three to six months.

About Edamam

Edamam organizes the world’s food knowledge and provides nutrition data services and value-added solutions to health, wellness, and food businesses. Using a proprietary semantic technology platform, it delivers real-time nutrition analysis and diet recommendations via APIs. Edamam’s technology helps customers answer their clients’ perennial question: “What should I eat?”

Edamam’s partners and clients include Nestle, Amazon, Microsoft, The Food Network, The New York Times, Hearst, and Barilla. For more information, please visit www.edamam.com or developer.edamam.com.

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EDAMAM

Spinach And Mandarin Orange Salad

194 CALORIES per serving

6 SERVINGS

9 INGREDIENTS

- 7 cups spinach
- 1 cup mandarin oranges
- 1/2 cups onions
- 1/2 cups walnuts
- 1/4 cups olive oil
- 1/4 cups red wine vinegar
- 2 tablespoons sugar
- 1/4 teaspoons salt
- 1/4 teaspoons pepper

PREPARATION

In a large salad bowl, combine 7 cups of spinach, 1 cup of mandarin oranges (drained if canned), 1/2 cup of thinly sliced onions, and 1/2 cup of walnuts in a small bowl, whisk together 1/4 cup of olive oil, 1/4 cup of red wine vinegar, 2 tablespoons of sugar, 1/4 teaspoon of salt, and 1/4 teaspoon of pepper until the sugar is dissolved and the dressing is well combined. Pour the dressing over the salad ingredients in the large bowl. Toss gently until all the ingredients are evenly coated with the dressing. Serve immediately, or chill in the refrigerator for about 30 minutes before serving for a more refreshing taste.

NUTRITION

Low Sodium • Vegan • Vegetarian • Pescatarian • Dairy Free • Gluten Free • Wheat Free • Egg Free • Milk Free • Peanut Free • Soy Free • Fish Free • Shellfish Free • Pork Free • Red Meat Free • Cholesterol Free • Celery Free • Mustard Free • Sesame Free • Lupine Free • Mollusk Free • Alcohol Free • Kosher

FAT	
Saturated	2g
Trans	0g
Monounsaturated	7g
Polysaturated	6g
CARBS	
Carbohydrates (net)	10g
Fiber, total dietary	2g
Sugars	9g
Sugars, added	4g
PROTEIN	
Cholesterol	0mg
Sodium, Na	127mg
Calcium, Ca	61mg
Magnesium, Mg	49mg
Potassium, K	319mg
Iron, Fe	1mg
Zinc, Zn	1mg
Phosphorus, P	63mg
Vitamin A, RAE	175µg
Vitamin C, total ascorbic acid	20mg
Thiamin	0mg
Riboflavin	0mg

Edamam Recipes and Food Data Licensing

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Powering Food Logging and Meal Planning for Food, Health, and Wellness Businesses

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- Recipes for 80,000+ Most Commonly Eaten Meals
- Data and Nutrition For Over 5 Million Web Recipes
- Database of over 1 Million Food Items with Nutrition

License Recipes, Nutrition Data, and Food Data for Meal Planning, Recipe Recommendations, or Food Logging. Accurate and affordable

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