

# Global AI-Driven Meal Planning App Market Insights 2025: Key Trends, Market Size, and Growth Forecast

*The Business Research Company's AI-Driven Meal Planning App Global Market Report 2025 – Market Size, Trends, And Global Forecast 2025-2034*

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AI Driven Meal Planning Apps Global Market Report  
2025

The AI-driven meal planning app market is expanding at an impressive pace, set to grow from \$0.67 billion in 2024 to \$0.83 billion in 2025 at a CAGR of 24.9%, as reported in the "AI Driven

Meal Planning Apps Global Market Report 2025." The Business Research Company's latest report explores this market's drivers, trends, and regional insights, offering projections of growth and key market factors through 2034.

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The Business Research Company's Latest Report Explores Market Driver, Trends, Regional Insights - Market Sizing & Forecasts Through 2034”

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Where Is The AI-Driven Meal Planning App Market Headed In The Future?

The technological advancements and consumer preferences driving this exponential growth are multifaceted. Increasing demand for personalized

nutrition, rising health consciousness among consumers, a surge in time-constrained lifestyles, growing adoption of smart devices, and interest in sustainable and eco-friendly food choices have all played a role in expanding the market. The rise of AI in meal planning apps is expected to continue growing to \$2.00 billion in 2029 at a CAGR of 24.5%, catalyzed by evolving market trends, including the integration of AI with wearable devices, an increase in customer preference for customized meal plans, awareness of chronic health conditions, availability of plant-based ingredients, and demand for on-the-go meal solutions.

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### What's Fueling The [Growth Of The AI-Driven Meal Planning App Market?](#)

One of the key drivers behind this market's growth is the rising health consciousness among consumers. With increased access to digital health information, consumers are taking a more active role in managing their health and well-being. AI-driven meal planning apps are capitalizing on this trend by offering personalized nutrition recommendations, tracking dietary habits, and simplifying healthy food choices based on individual health goals, preferences, and medical needs. Survey data from May 2022 indicates that around 52% of American adults aged 18–80 and Gen Z consumers aged 18-24 followed a specific diet or eating pattern, a significant increase from 39% in 2021.

### Who Are The Key Players In The AI-Driven Meal Planning App Market?

Major companies are taking center stage in driving these trends. Among the key players in the market are Noom Inc., Meelio, Tastemade, MyFitnessPal Inc., Allrecipes, Ovia Health, Lifesum AB, Nutrino, PlateJoy LLC, Kitchen Stories, Green Kitchen Stories, SideChef, Forks Over Knives, Mealime, BigOven, Plan to Eat LLC, MealPrepPro Inc., MyNetDiary Inc., SPOKIN INC., and Mealboard.

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### What's The Latest Trend In The AI-Driven Meal Planning App Market?

These companies are continually innovating to offer AI-powered personalization. By tailoring meal recommendations based on users' dietary preferences, health goals, and ingredient availability, these players are enhancing user engagement and convenience. A notable example is MyFoodPlanit's launch of its all-in-one food management AI-powered feature, Orion, which provides a comprehensive suite of services like generating customized meal plans, grocery lists, and tracking nutritional information.

### How Is The [AI-Driven Meal Planning App Market Segmented?](#)

The report segments the AI-driven meal planning app market covering mobile apps, web-based platforms, and desktop applications. It further narrows down the segmentation by diet type, business model, and end-user categories. All these segments highlight the various facets of this growing market.

### What Are The Regional Insights Of The AI-Driven Meal Planning App Market?

In term of regional insights, North America was the largest contributor in the AI-driven meal planning apps market in 2024. However, the market is truly global, covering Asia-Pacific, Western Europe, Eastern Europe, South America, Middle East, and Africa.

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