

# Edamam Releases an AI Meal Planner Agent

*Edamam's AI Meal Planner Agent is the first step in building a full virtual nutritionist to assist people in their food journeys.*

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[Edamam](#), a trusted provider of food and nutrition data solutions to health, wellness, and food businesses, unveiled today a new product, which makes meal planning intuitive and easy. The [AI Meal Planner](#) Agent combines the natural conversation capabilities of Large Language Models

("LLM") with Edamam's proprietary [Meal Planner API](#). The combination leverages the best of both technologies, by making it easier for people to share in a free-flowing conversation details about diet needs and restrictions, while providing a deterministic meal plan with real recipes, thus avoiding potential hallucinations and made-up recipes by the LLM.

“

We envision the AI Meal Planner as the trusted sidekick of dietitians.”

*Victor Penev*

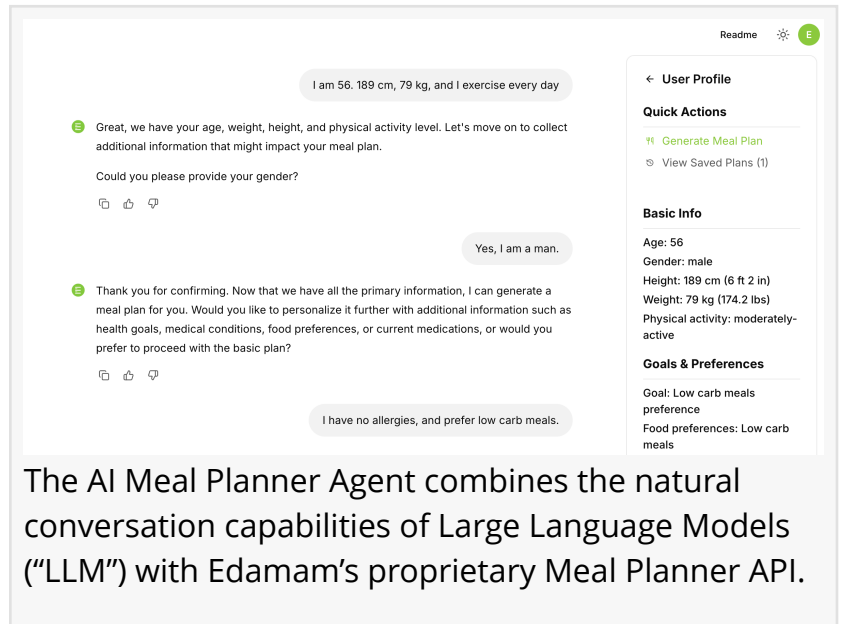
“We are driven by our passion to help everyone on the planet make the best food choices for their health. Generative AI technologies are a game changer in this respect, as they make true personalization possible and

easy,” commented Victor Penev, Edamam's Founder and CEO.

The AI Meal Planner Agent is initially intended to help dietitians, nutritionists, and lifestyle medicine doctors in their work. It makes customer onboarding and keeping of relevant personal data quite easy, saving time with questionnaires and intake forms. The AI Meal Planner Agent also produces a full meal plan that matches all requirements for specific diet need or goal, taking off the plate of professionals for developing such meal plans.

“We envision the AI Meal Planner as the trusted sidekick of dietitians,” elaborated Victor Penev.

Edamam's AI Meal Planner Agent is in an early beta and available only by invitation to potential



clients. It is the first of many AI agents that will be coordinated and collaborate to build the full spectrum of dietitian services provided by human dietitians. This virtual nutritionist will eventually integrate with third party agents, such as wearable device and grocery shopping agents.

The Edamam AI Meal Planner is available currently as a private beta on <https://www.nutritionwizard.com/> . Developers or companies interested in testing the new AI Meal Planner can join a wait list.

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](http://www.edamam.com) or [developer.edamam.com](http://developer.edamam.com).

Victor Penev

Edamam

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### Meal Planner API

Edamams Meal Planner API enables you to build on the fly a personalized meal plan for your customers

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#### Developer

**FREE**

[Get Started](#)

Unlimited Trial period

- ✓ Cost per MAU - 10 users/Free
- ✓ Meal plan calls per user - 20 meal plan calls/day
- ✓ Recipe calls per user - 300 recipe calls/minute
- ✓ AI Assistant fee - Free

#### Enterprise Core

**\$300** per month

[Subscribe now](#)

10 days Trial period

- ✓ Cost per MAU - 1000 users/included
- ✓ Meal plan calls per user - 30 meal plan calls/day
- ✓ Recipe calls per user - 5000 recipe calls/minute
- ✓ AI Assistant fee - \$0.0010/\$0.0020 for 1K tokens outbound/inbound

#### Enterprise Custom

**\$300+** per month

[Contact Us](#)

NO Trial period

- ✓ Cost per MAU - from \$0.05/MAU to \$0.5/MAU
- ✓ Meal plan calls per user - Custom
- ✓ Recipe calls per user - Custom
- ✓ AI Assistant fee - \$0.0010/\$0.0020 for 1K tokens outbound/inbound

### Comparison table


	Developer	Enterprise Core	Enterprise Custom
Recipe Content:			
Recipe Type	Web Recipes from third parties	Edamam owned content	Custom

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

Breakfast

Day 1

Pretzel Rolls (a.k.a. Laugen Broetchen) recipes




4 servings  
**466** kcal

- PROTEIN 14 g
- FAT 1 g
- CARB 96 g

Lunch

Bihari Kabab Recipe




6 servings  
**500** kcal

- PROTEIN 35 g
- FAT 36 g
- CARB 6 g

Dinner

Roasted Garlic-Herb Mushrooms and Butternut Mash




4 servings  
**499** kcal

- PROTEIN 10 g
- FAT 34 g
- CARB 50 g

Day 2


Buttermilk Blueberry Oat Flour Pancakes



5 servings  
**466** kcal

- PROTEIN 11 g
- FAT 20 g
- CARB 62 g


Caramel Apple Pork Chops



4 servings  
**500** kcal

- PROTEIN 42 g
- FAT 28 g
- CARB 17 g

Stuffed Chicken with Apples, Gouda, and Kale recipes




4 servings  
**499** kcal

- PROTEIN 58 g
- FAT 17 g
- CARB 24 g

Day 3


Flaky Sriracha Pancakes recipes



4 servings  
**466** kcal

- PROTEIN 12 g
- FAT 6 g
- CARB 87 g


Jacket potatoes with pork and mushroom ragu



6 servings  
**500** kcal

- PROTEIN 23 g
- FAT 24 g
- CARB 46 g

Lemongrass Pork & Spaghetti Squash Noodle Bowl with Peanut Sauce



4 servings  
**499** kcal

- PROTEIN 33 g
- FAT 30 g
- CARB 29 g

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