# 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.*

NEW YORK, NY, UNITED STATES, October 10, 2025 /EINPresswire.com/ -- 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



The AI Meal Planner Agent combines the natural conversation capabilities of Large Language Models ("LLM") with Edamam's proprietary Meal Planner API.

("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.

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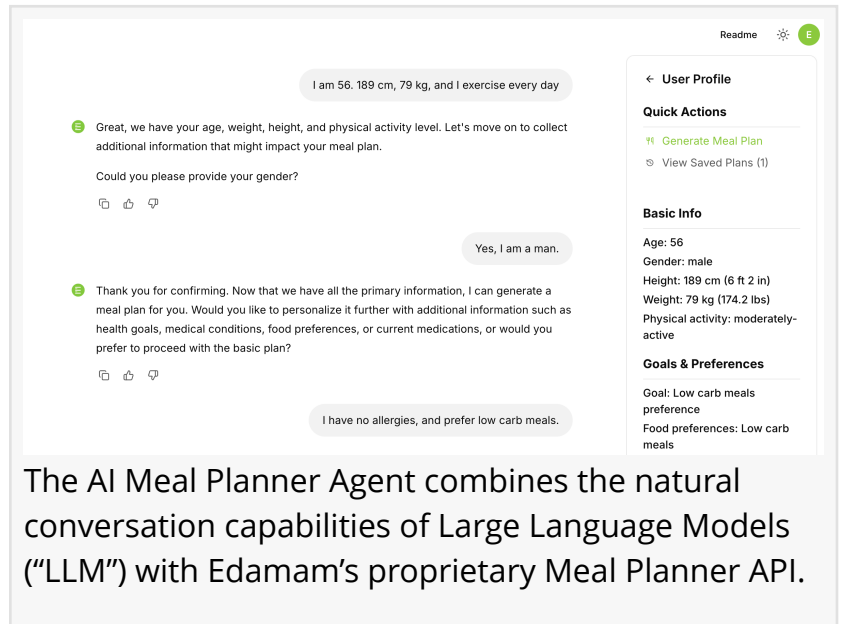> We envision the AI Meal Planner as the trusted sidekick of dietitians."
>
> *Victor Penev*

"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 or developer.edamam.com.

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



Edamam's Meal Planner API allows you to create fully customizeable meal plans for up to 14 days.

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