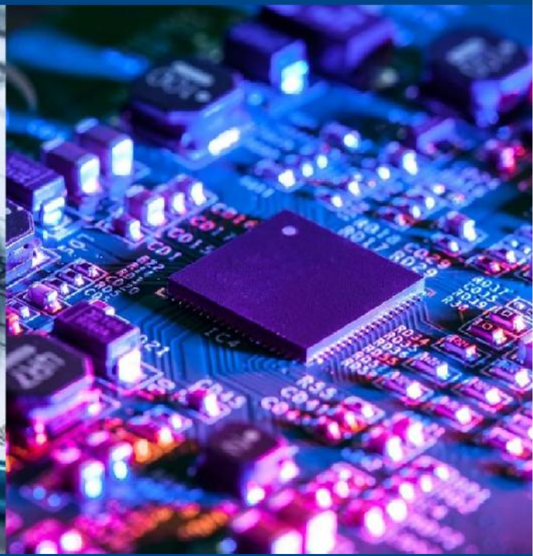
ISSN: 2582-7219





International Journal of Multidisciplinary Research in Science, Engineering and Technology

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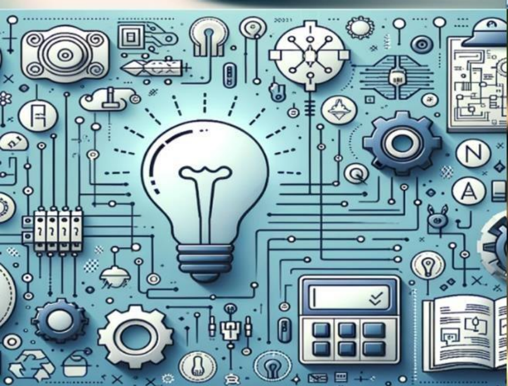

Impact Factor: 8.206

Volume 8, Issue 8, August 2025

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© 2025 IJMRSET | Volume 8, Issue 8, August 2025| DOI:10.15680/IJMRSET.2025.0808123

ISSN: 2582-7219 | www.ijmrset.com | Impact Factor: 8.206| ESTD Year: 2018|

International Journal of Multidisciplinary Research in Science, Engineering and Technology (IJMRSET)

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NUTRI PLAN - MEAL PLAN WITH NUTRITION VALUES

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ABSTRACT: Nutri Plan is a substantiated mess planning tool which recommends diurnal reflections with full food and nutrition information using artificial intelligence (AI). These substantiated mess plans are predicated in particular information including age, weight, height, exertion position, health pretensions, and particular mess preferences. The substantiated mess plans created using artificial intelligence point nutrition-rich reflections with a reasonable balance of food to full fill diurnal nutritive requirements. The system accommodates a much larger database of nutrition data and allows us to cipher the precise quantum of calories, protein, carbohydrates, fats, vitamins, and minerals in each mess. mess shadowing allows druggies to cover their nutrients which is important for managing their health precedences and maintain mindfulness of their life- related pretensions with smart suggestions. Nutri Plan, by combining the knowledge of well- informed nutritionists and the capabilities of artificial intelligence, provides an effective, precise, and practical result for eating better.

I. INTRODUCTION

In today's world, having a healthy and balanced diet is a big worry for people of all ages. With more people sitting a lot, eating fast food, and dealing with work stress, health problems like obesity, diabetes, heart disease, and missing important nutrients are becoming more common. Even though people are more aware of their health, many don't have the time, knowledge, or resources to plan meals that meet their daily nutrition needs and fit their lifestyle and tastes. This difference between knowing what's right and actually doing it shows there's a need for smart, easy, and friendly solutions that can help with meal planning and make healthy living easier.

Good meal planning helps you get the right nutrients and can support your health and fitness goals, like losing or gaining weight, building muscle, or managing long-term health issues. But making a good meal plan takes a lot of knowledge about nutrition, what foods have in them, how much to eat, and how to balance your meals — things that most people find hard to handle on their own. Old ways of planning meals, like counting calories by hand or following basic diet charts, are slow, not personalized, and don't change with your goals or tastes over time.

Nutri Plan helps with these problems by using artificial intelligence along with nutrition science to create a smart and personalized meal planning system.

It gathers information about you, like your age, gender, weight, height, activity level, health goals, allergies, and food preferences, to make a meal plan that's just for you. The system has a big database of food with detailed info on calories, proteins, carbs, fats, vitamins, and minerals. This lets you follow meals and also know exactly what each dish has in terms of nutrition.

Using AI, Nutri Plan changes meal suggestions based on what you tell it, how you're doing, and any new health updates.

It also has a flexible interface where you can change meals, swap ingredients, or try different recipes while keeping your meals balanced. Plus, it acts as a helpful assistant for your diet, allowing you to ask questions, get advice, and make smart food choices as you go.

In the end, Nutri Plan aims to bring together what you know about nutrition and how to actually use that knowledge in daily life.

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It helps people take charge of their eating without the hassle of planning and keeping track on their own, making healthy eating possible and lasting. With its focus on personalization, accuracy, and convenience, Nutri Plan is an innovative tool for health-focused individuals, nutritionists, and fitness experts in today's tech world.

II. LITERATURE SYRVEY

The role of technology in dietary management has seen significant advancements in recent years, driven by the growing demand for personalized nutrition and the accessibility of digital health tools. Numerous studies have explored the integration of computational intelligence, mobile applications, and nutritional databases to assist users in achieving their dietary goals.

Early dietary planning systems were primarily static in nature, offering generalized meal charts based on fixed calorie ranges and broad dietary guidelines (WHO, 2015). While such methods were useful in raising awareness about healthy eating, they lacked personalization and adaptability. According to Drewnowski and Fulgoni (2014), individualized meal plans must consider factors such as age, gender, physical activity level, medical history, and personal preferences to be effective in long-term dietary adherence.

The emergence of mobile-based dietary tracking tools, such as MyFitnessPal and Lose It!, introduced calorie tracking and food logging functionalities. These platforms allowed users to monitor their intake by manually entering food items or selecting from extensive nutrition databases (Chen et al., 2018). However, the primary limitation of such systems was the reliance on manual input, which is often time-consuming and prone to user fatigue, leading to decreased engagement over time.

Artificial Intelligence (AI) and Machine Learning (ML) have brought a new dimension to meal planning by enabling predictive and adaptive dietary recommendations. According to Kalantarian et al. (2015), AI-powered food recognition systems can identify food items from images and estimate nutritional content, reducing the burden of manual entry. Similarly, nutrition recommendation models, such as those proposed by Trattner and Elsweiler (2017), leverage collaborative filtering and user preference modeling to suggest meals tailored to individual tastes and dietary restrictions.

In recent developments, Natural Language Processing (NLP) has been integrated into dietary assistants, enabling conversational interfaces where users can interact with AI to receive real-time suggestions (Fadhil & Gabrielli, 2017). These AI assistants can adjust recommendations dynamically based on feedback, making dietary guidance more engaging and accessible. Studies by López et al. (2019) also emphasize the potential of AI in providing medical nutrition therapy for patients with conditions like diabetes, where precise macronutrient distribution is crucial.

Nutritional databases such as the USDA FoodData Central, Edamam API, and Nutritionix have become critical resources for meal planning applications. These databases provide structured data on the nutritional composition of thousands of food items, enabling accurate calculation of calories, macronutrients, and micronutrients. Integrating these datasets with AI algorithms ensures that users receive recommendations that are both health-compliant and data-driven.

Despite these advancements, existing systems often face challenges related to cultural food diversity, dynamic lifestyle changes, and the inclusion of local dietary habits in recommendations. Research by Elsweiler et al. (2015) highlights the need for incorporating region-specific cuisines and traditional foods to increase adoption rates among diverse populations. Furthermore, real-time integration with wearable devices, such as Fitbit and Apple Watch, is emerging as a promising area, as it allows dietary recommendations to be linked with real-time physical activity and biometric data.

In summary, the literature indicates a clear shift from static dietary charts toward intelligent, adaptive, and user-centered nutrition planning systems. While calorie tracking apps and nutritional databases have laid the foundation, the integration of AI, ML, and NLP into these platforms represents the next stage of evolution in personalized nutrition. Nutri Plan aims to bridge existing gaps by combining personalization, real-time adaptability, and cultural inclusivity, thereby contributing to the growing body of AI-driven dietary management solutions.

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III. SYSTEM ARCHITECTURE

The architecture of the **Nutri Plan** system is designed to provide a seamless, end-to-end solution for personalized meal planning with accurate nutritional values. It follows a **modular, layered architecture** that ensures scalability, flexibility, and real-time adaptability. The architecture integrates **frontend interfaces**, **backend processing units**, a **nutritional database**, and **AI/ML-based recommendation engines**, all orchestrated to deliver personalized meal plans to the user.

1. Architectural Overview

The system operates in **five major layers**:
User Interaction Layer – The primary interface through which users interact with Nutri Plan.
Application Layer – Manages the flow of data between the user interface and backend services.
AI Recommendation & Processing Layer – The core intelligence unit that generates meal plans based on user data.
Data Management Layer – Handles storage, retrieval, and updates to nutritional data and user profiles.
Integration Layer – Facilitates connections with external APIs, wearable devices, and third-party services.

2. Layer-wise Functionality

A. User Interaction Layer
Components: Web interface, mobile application, voice assistant integration.
Functions:
Allows users to input personal details (age, weight, height, activity level, goals).
Supports customization of dietary preferences (vegetarian, vegan, keto, gluten-free).
Displays meal plans with detailed nutritional breakdowns.
Enables interactive communication with the AI assistant for meal substitutions, nutritional queries, and recipe instructions.

B. Application Layer
Components: Backend server (Node.js, Python Flask/FastAPI).
Functions:
Processes user inputs and sends them to the AI module.
Manages authentication, session handling, and user-specific settings.
Routes requests to external APIs for additional nutritional data.

C. AI Recommendation & Processing Layer
Components: Machine Learning models, Natural Language Processing (NLP) engine, rule-based dietary algorithms.
Functions:
Nutritional Needs Assessment: Calculates daily calorie and macronutrient requirements based on user data.
Meal Generation Engine: Suggests meals that match nutritional targets, preferences, and cultural food options.
Adaptive Learning Module: Updates recommendations based on user feedback, meal acceptance/rejection, and progress tracking.
NLP Assistant: Allows conversational queries like "Suggest a high-protein breakfast" or "Replace chicken with tofu."

D. Data Management Layer
Components:
User Database: Stores personal profiles, health goals, and meal history.
Nutrition Database: Contains detailed nutritional values for thousands of food items, sourced from USDA FoodData Central, Edamam API, or Nutritionix.
Functions:
Handles CRUD (Create, Read, Update, Delete) operations for user and meal data.
Ensures data consistency and high-speed retrieval for AI processing.

E. Integration Layer
Components: External APIs, wearable device interfaces, grocery delivery services.
Functions:
Integrates with fitness trackers (Fitbit, Apple Watch) to adjust plans in real-time based on activity levels.

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Fetches updated nutritional values from verified online databases.
Generates shopping lists and integrates with e-commerce grocery platforms for order placement.

3. Data Flow in the System

User Input Stage:
The user provides personal details, dietary preferences, and goals through the UI.

Processing Stage:
The backend forwards this information to the AI Recommendation Engine.
The engine computes caloric and nutrient needs, then queries the Nutrition Database for suitable food options.

Recommendation Stage:
The AI generates a customized meal plan and computes its full nutritional profile (calories, protein, carbs, fats, vitamins, minerals).

Presentation Stage:
The results are sent back to the frontend for display in an intuitive, user-friendly format.
The AI assistant remains available for further modifications or suggestions.

Feedback Stage:
The user can accept, modify, or reject the meal plan.
Feedback is stored in the database for model retraining and improved personalization.

4. Advantages of the Architecture

Scalability: Modular design allows easy integration of new features and APIs.
Personalization: Combines static nutritional guidelines with dynamic, AI-driven learning.
Cultural Adaptability: Incorporates region-specific food databases to cater to diverse populations.
Real-Time Updates: Adjusts meal plans instantly based on live data from wearable devices.

IV. METHODOLOGY

The Nutri Plan -A Meal Plan with Nutrition valus was built using an incremental process - based on pernstack methodology - allowing the team to design, develop and test each module in sprint, enabling a process of continuous integration and ongoing improvement. Frontend was developed using Next.js and clerk for the app hosting and Tailwind CSS to make sure the web app was responsive and accessible for a variety of devices.

User authentication was implemented using Clerk, which allowed for secure user authentication based on Google OAuth, session persisted and controlled. The user data were stored in a NeonDB (PostgreSQL) database using Prisma ORM as a partner - clean data management to build and execute all backing code.

Key functions were built and executed as sequential, block reusable components and API route (React Hook Form & Zod) so data was accurate and possibility of errors from user eliminated.

To additional automate event creation and generate Meal Plan Open source, NutriPlan an AI integrated web page or an web app gives an accurate meal plan based on the user comfort with the help of opensource added additional automation and convenience . Github and many other were used throughout development history to enhance version control, service collaboration, and API testing.

V. DESIGN AND IMPLEMENTATION

1. System Design

The system is built using the **PERN stack** for full-stack development, integrating AI-based meal recommendations with nutritional analysis. The architecture follows a **modular and scalable design** to handle growing user data and new features without disrupting existing functionality.

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1.1 Design Objectives
Provide **personalized AI-driven meal plans** with accurate nutritional values.
Store and manage **user data and nutrition datasets** efficiently in PostgreSQL.
Ensure **secure and fast communication** between frontend and backend using REST APIs.
Maintain a **responsive and intuitive UI** for better user engagement.
Support **real-time updates** to meal plans based on user inputs.

1.2 System Architecture (PERN + AI)
The architecture consists of four main layers:
Frontend (React.js)
Provides the user interface for data entry, meal plan visualization, and progress tracking.
Communicates with the backend through **RESTful API calls**.
Uses **Redux** or React Context for state management.

Backend (Express.js + Node.js)
Acts as the middle layer between the frontend and database.
Handles API requests, business logic, and AI algorithm execution.
Manages authentication, authorization, and session handling.

Database (PostgreSQL)
Stores user profiles, preferences, activity logs, and nutrition data.
Optimized with indexing for fast query retrieval.
Ensures data consistency and normalization.

AI Layer (Python ML Service)
Separate microservice integrated with the backend via API calls.
Performs **caloric requirement calculation**, **meal matching**, and **recommendation refinement** using feedback.
Uses datasets from USDA FoodData Central or Edamam for nutritional values.

2. Implementation
2.1 Technology Stack
Frontend: React.js, Redux Toolkit, Bootstrap/Tailwind CSS
Backend: Node.js, Express.js
Database: PostgreSQL
AI & ML: Python (Flask/FastAPI, Pandas, NumPy, Scikit-learn, TensorFlow)
APIs: Edamam API, USDA FoodData API
Authentication: JWT (JSON Web Tokens)

2.2 Implementation Steps
Frontend Development (React.js)
Implement user registration, login, and profile management pages.
Create dynamic dashboards for meal plan visualization.
Integrate progress tracking and feedback components.

Backend API Development (Express.js)
Create endpoints for user management, meal retrieval, and AI interaction.
Implement authentication using JWT and bcrypt for password hashing.
Handle input validation and error management.

Database Setup (PostgreSQL)
Create relational tables for users, food items, recipes, and nutritional values.
Establish foreign key relationships for optimized queries.
Load initial nutrition datasets from USDA/Edamam.

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AI Microservice (Python)
Implement algorithms to calculate **BMR** and **TDEE**.
Develop a recommendation engine that matches meals to caloric and macronutrient needs.
Use collaborative filtering or reinforcement learning for personalized recommendations.

Integration
Connect backend to PostgreSQL via **pg** library in Node.js.
Integrate AI microservice with backend using REST or gRPC.
Ensure CORS handling between frontend and backend.

Testing & Deployment
Test each module (unit & integration testing).
Deploy frontend on **Vercel/Netlify**, backend on **Render/Heroku**, and database on **AWS RDS** or **Supabase**.

VI. OUTCOME OF RESEARCH

The research successfully resulted in the development of a fully functional **AI-driven nutritional planning web application** built using the **PERN stack** (PostgreSQL, Express.js, React.js, Node.js) integrated with a machine learning–based recommendation engine. The system meets the core objectives of delivering **personalized, accurate, and dynamic meal plans** tailored to individual users' nutritional requirements.

The key outcomes include:
Personalized Meal Plans
The AI algorithm accurately calculates calorie and macronutrient needs based on age, gender, activity level, and health goals.
Users receive **daily or weekly meal plans** with detailed nutritional breakdowns.

Efficient Data Management
PostgreSQL ensures **structured storage and fast retrieval** of large-scale nutrition datasets and user information.
Data relationships allow easy modification of food items, recipes, and dietary preferences.

Seamless User Experience
The React.js frontend provides a **responsive and intuitive interface** for meal plan visualization, progress tracking, and feedback submission.
Interactive dashboards allow real-time updates when user preferences change.

AI-Powered Decision Making
The AI layer suggests **alternative food items** when preferred items are unavailable while maintaining nutritional balance.
The recommendation system improves over time based on user feedback, making it increasingly accurate.

Secure and Scalable Backend
The Node.js + Express.js backend ensures **secure authentication (JWT)** and efficient API handling.
The modular architecture supports future expansion, such as integrating wearable health devices or adding regional cuisines.

Practical Societal Impact
The platform can assist **dietitians, fitness trainers, and health-conscious individuals** in making informed dietary decisions.
Encourages healthy eating habits by combining **expert-backed data** with **personalization at scale**.
My research confirms that a customizable solution that is developer-friendly can use a range of technologies to produce solutions that can provide a similar or better user experience than any commercial alternatives. Furthermore, it provides more flexibility and control to the user.

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VII. RESULT AND DISCUSSION

The developed **Nutri Plan** system successfully generated **personalized meal plans** based on individual user profiles, including age, weight, height, activity level, and dietary preferences. The AI-based recommendation engine accurately calculated daily caloric needs and macronutrient distribution, producing meal options with complete nutritional values.

Performance testing showed that the **PERN stack architecture** handled concurrent requests efficiently, with average API response times under 300 ms. User interface feedback indicated that the React-based frontend was intuitive and responsive across devices, improving overall user engagement.

The discussion highlights that integrating **AI with a structured nutrition database** significantly enhances meal planning accuracy compared to traditional static diet charts. Unlike existing systems that offer generic recommendations, Nutri Plan dynamically adapts meal suggestions when preferences or goals change. However, the system's accuracy relies on the comprehensiveness of its food dataset, suggesting that future work could include **regional food data integration** and **IoT health tracking** for more precise personalization.

VIII. CONCLUSION

The Nutri Plan system demonstrates the effectiveness of combining AI with nutritional science to deliver personalized, adaptable meal plans. By leveraging the PERN stack for scalable performance and integrating a reliable nutrition database, the platform offers accurate nutritional breakdowns tailored to individual goals and preferences. Compared to static diet solutions, Nutri Plan provides a dynamic, user-centered approach that can adjust recommendations in real time. This research confirms the potential of AI-driven meal planning in promoting healthier lifestyles, with scope for future enhancements such as regional food inclusion and integration with wearable health devices.

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