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(57) Abstract :

The present invention provides a system (100) for providing personalized dietary menu plans. The system comprises an input unit to receive a set of attributes from a plurality of users, a processor to compare the attributes with a dataset of dietary and health-related information, and a learning engine (208) to determine personalized dietary menu plans for users. The system also includes a natural language processing module, a tracking module, and is accessible by a computing device (108). The system (100) also provides users with a list of recommended meals and snacks based on their nutritional needs. These claims aim to offer a user-friendly and tailored solution to dietary planning and management, promoting healthier habits and improved health outcomes.

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