

Nutritional AI Expert Makes Sustainable Weight Loss Accessible To Everyone

EatingLove.com Launches Personalized Weight Loss Recipe Program Combining Advanced AI Technology with Evidence-Based Nutrition Science



Oakland, California Oct 2, 2025 ([Issuewire.com](https://www.issuewire.com)) - EatingLove.com announces the launch of its innovative weight loss solution that leverages artificial intelligence to augment your personal library of low-calorie recipes. The platform is customized to individual dietary needs and makes [AI nutritional guidance accessible for everyone who desires sustainable weight loss](#).

The Nutritional AI Expert resolves a common challenge in weight management: selecting ingredients that support a calorie deficit while enjoying flavor-filled, satisfying meals. Cutting-edge AI technology combined with evidence-based nutritional science, undergirds customized guidance to reduce caloric intake without sacrificing satisfaction.

"Reducing calories is the most effective approach to weight loss, but it shouldn't mean boring food," said Eating Love's spokesperson. "Our AI-powered platform creates recipes perfectly calibrated for weight loss goals while ensuring delicious, filling meals. It's about feeling good, and living life to the fullest, not feeling hungry or deprived."

Here are some of Eating Love's key features:

Personalized Recipe Creation: Advanced AI analyzes individual preferences, dietary restrictions, to augment your personal library of low-calorie recipes.

Science-Based Approach: Built on proven nutritional principles that prioritize caloric deficit to reach your ideal weight.

Sustainable Results: Focus on long-term gradual lifestyle changes rather than restrictive fad diets.

Satisfaction Guaranteed: Recipes designed to be both filling and flavorful, eliminating the common struggle of hunger and cravings.

Affordable Access: Premium nutritional guidance at just \$5 per month, making professional-level AI and weight loss support accessible to everyone.

This platform addresses the reality that achieving and maintaining an ideal weight contributes to increased energy levels, improved overall health, and enhanced quality of life. By removing the guesswork from meal planning and recipe selection, Eating Love empowers users to take control of their nutrition with confidence.

Unlike traditional diet programs that rely on one-size-fits-all meal plans, Eating Love's AI technology adapts to each user's unique tastes and requirements, creating a personalized experience that supports adherence and long-term success.

Eating Love diet plan is now available at <https://eatinglove.com/landing/weight-loss-recipes>

About [Eating Love](#):

Eating Love was launched by [Chef Auset Shridevi](#) with a goal to help people find health and nutrition through good diet choices. Chef Auset has over 20 years of experience in the food services industry including experience in Michelin star kitchens, working as an executive chef, pastry chef, personal chef, dietician, and health coach. Eating Love offers a simple-to-use, yet feature-rich platform for creating a library of high satiety, low-calorie meals that align perfectly with personal preferences, and support weight loss efforts.

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