

Global Meal Planning App for Healthy Eating Market Growth (Status and Outlook) 2026-2032

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Abstracts

The global Meal Planning App for Healthy Eating market size is predicted to grow from US\$ million in 2025 to US\$ million in 2032; it is expected to grow at a CAGR of % from 2026 to 2032.

A meal planning app is a digital tool designed to assist users in organizing, selecting, and preparing their meals for a specified period, typically a week or month. These apps offer various features, such as customizable meal plans, recipe suggestions, grocery lists, and nutritional information. Users can input their dietary preferences, restrictions, and health goals, and the app generates meal plans that cater to these criteria. Meal planning apps often integrate with grocery delivery services and provide step-by-step cooking instructions, making it easier for users to stick to their planned meals. They are particularly beneficial for individuals seeking to maintain a balanced diet, save time on meal preparation, manage food budgets, and reduce food waste. The convenience and personalization offered by meal planning apps make them popular among busy professionals, families, fitness enthusiasts, and anyone looking to streamline their meal preparation process. This report counts the revenue generated by the meal planning app itself, and does not count the revenue generated by free App through advertising.

United States market for Meal Planning App for Healthy Eating is estimated to increase from US\$ million in 2025 to US\$ million by 2032, at a CAGR of % from 2026 through 2032.

China market for Meal Planning App for Healthy Eating is estimated to increase from US\$ million in 2025 to US\$ million by 2032, at a CAGR of % from 2026 through 2032.

Europe market for Meal Planning App for Healthy Eating is estimated to increase from

US\$ million in 2025 to US\$ million by 2032, at a CAGR of % from 2026 through 2032.

Global key Meal Planning App for Healthy Eating players cover Noom, Francisco Partners, MyNetDiary, Yazio, Forks Over Knives, etc. In terms of revenue, the global two largest companies occupied for a share nearly % in 2025.

LPI (LP Information)' newest research report, the 'Meal Planning App for Healthy Eating Industry Forecast' looks at past sales and reviews total world Meal Planning App for Healthy Eating sales in 2025, providing a comprehensive analysis by region and market sector of projected Meal Planning App for Healthy Eating sales for 2026 through 2032. With Meal Planning App for Healthy Eating sales broken down by region, market sector and sub-sector, this report provides a detailed analysis in US\$ millions of the world Meal Planning App for Healthy Eating industry.

This Insight Report provides a comprehensive analysis of the global Meal Planning App for Healthy Eating landscape and highlights key trends related to product segmentation, company formation, revenue, and market share, latest development, and M&A activity. This report also analyses the strategies of leading global companies with a focus on Meal Planning App for Healthy Eating portfolios and capabilities, market entry strategies, market positions, and geographic footprints, to better understand these firms' unique position in an accelerating global Meal Planning App for Healthy Eating market.

This Insight Report evaluates the key market trends, drivers, and affecting factors shaping the global outlook for Meal Planning App for Healthy Eating and breaks down the forecast by Type, by Application, geography, and market size to highlight emerging pockets of opportunity. With a transparent methodology based on hundreds of bottom-up qualitative and quantitative market inputs, this study forecast offers a highly nuanced view of the current state and future trajectory in the global Meal Planning App for Healthy Eating.

This report presents a comprehensive overview, market shares, and growth opportunities of Meal Planning App for Healthy Eating market by product type, application, key players and key regions and countries.

Segmentation by Type:

Individual Version

Professional Version

Segmentation by Application:

16-29 Years Old

30-49 Years Old

50-69 Years Old

70 Years Old+

This report also splits the market by region:

Americas

United States

Canada

Mexico

Brazil

APAC

China

Japan

Korea

Southeast Asia

India

Australia

Europe

Germany

France

UK

Italy

Russia

Middle East & Africa

Egypt

South Africa

Israel

Turkey

GCC Countries

The below companies that are profiled have been selected based on inputs gathered from primary experts and analyzing the company's coverage, product portfolio, its market penetration.

Noom

Francisco Partners

MyNetDiary

Yazio

Forks Over Knives

Evolution Nutrition

Paprika

Mealime

Nibble Apps

FitOn

Samsung Food?Whisk?

BigOven

Plan To Eat

Favoreats

Pepperplate

Clean Life

PlateJoy

Lasta

Cronometer

Prepear

Eat This Much

FitNow, Inc

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