
**"RECIPEBOWL – INGREDIENT AND RECIPE RECOMMENDATION
SYSTEM"**

***Dr. Shah. S. N, Khalate.V.S, Miss. Priyanka Baravkar, Vaishnavi More, Priti Saste**

Department of Computer Engineering, Sharadchandra Pawar College of Engineering and
Technology, Someshwarnagar, India.

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***Corresponding Author: Dr. Shah. S. N**

Department of Computer Engineering, Sharadchandra Pawar College of Engineering and Technology,
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ABSTRACT

In today's fast-paced lifestyle, deciding what to cook with available ingredients is a common challenge. The RecipeBowl system is an intelligent web-based solution that uses Natural Language Processing (NLP) to analyze ingredients entered by the user and recommend suitable recipes, home remedies, and wellness tips. The system enhances user experience by providing step-by-step cooking instructions and integrating YouTube video tutorials for better understanding. It helps reduce food waste, saves time, and promotes a healthy lifestyle by offering personalized and efficient cooking assistance.

KEYWORDS:- Ingredient-Based Recommendation, Recipe Suggestion, Natural Language Processing (NLP), Web Application, Java, Home Remedies, Wellness, Fitness, YouTube Integration, Personalized Cooking, etc.

1. INTRODUCTION

In modern life, cooking has become both essential and challenging due to time constraints and limited ingredient availability. Many individuals face difficulty in deciding meals using the ingredients available at home. Often, this leads to unnecessary food waste and inefficient meal planning. The RecipeBowl system addresses this issue by providing a smart and intelligent platform that suggests recipes based on user-input ingredients. It uses NLP techniques to process the input and generate relevant and accurate recipe recommendations. The system acts as a digital cooking assistant that simplifies daily meal decisions.

2. PROBLEM DEFINITION

In today's busy and fast-paced lifestyle, many people struggle to decide what to cook with the limited ingredients available at home. They often waste time searching through multiple websites, apps, or videos to find a suitable recipe, and in many cases, unused ingredients end up being wasted. Existing recipe applications mainly focus on searching by dish name rather than by the ingredients currently available, which reduces convenience and usability. Moreover, these systems do not provide personalized recommendations or consider the user's wellness goals, dietary needs, or health preferences. There is also a lack of integration between recipe suggestions, home remedies, and fitness guidance in a single platform.

3. OBJECTIVES

- To develop an ingredient-based recipe recommendation system.
- To use NLP for processing user input.
- To provide personalized recipe suggestions.
- To reduce food waste.
- To integrate wellness and fitness recommendations.

4. LITERATURE SURVEY

Research in recommendation systems shows that NLP and machine learning techniques significantly improve the accuracy of suggestions. Ingredient-based systems provide better usability compared to traditional keyword-based systems. Studies also highlight the importance of personalization and user preference analysis in improving user satisfaction.

5. EXISTING SYSTEM

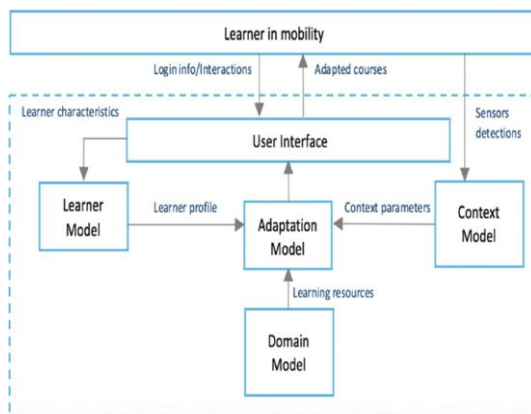
Existing systems rely mainly on dish-based searches and do not consider available ingredients. They lack personalization and require more time to find suitable recipes. These systems do not provide integrated wellness or health-based suggestions.

6. PROPOSED SYSTEM

The proposed RecipeBowl system uses NLP techniques to analyze ingredients and recommend recipes accordingly. It also provides wellness tips and integrates YouTube videos for better understanding. The system ensures accurate, fast, and personalized results.

7. SYSTEM ARCHITECTURE

The system consists of three main layers: Presentation Layer, Application Layer, and Database Layer. These layers work together to process user input, perform analysis, and generate recommendations efficiently.

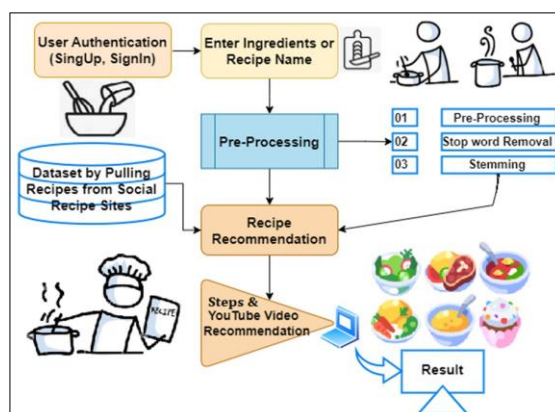


8. METHODOLOGY

The system starts with user authentication (login/signup). The user enters ingredients or a recipe name, which is processed using NLP techniques. In preprocessing, steps like tokenization, stop-word removal, and stemming are applied to extract useful keywords. These keywords are matched with the recipe dataset. The system then recommends relevant recipes and provides cooking steps along with YouTube video suggestions. Finally, the results are displayed to the user.

9. Module Description

The RecipeBowl system is divided into several functional modules to ensure efficient operation and user-friendly interaction.



9.1. User Input Module

Allows users to enter the list of ingredients they currently have. This input is sent to the backend to find matching recipes.

9.2 Recipe Recommendation Module

Matches the user's ingredients with the recipe database and recommends dishes that can be prepared. Shows detailed steps and images.

9.3 YouTube Video Integration Module

Displays related YouTube videos for each recipe to help users follow visual instructions while cooking.

9.4 Homemade Remedies Module

Provides natural remedies for common health problems using simple kitchen ingredients. Easy to access and understand.

9.5 Yoga and Wellness Module

Suggests yoga poses, breathing techniques, and wellness tips based on user interests like stress relief or better fitness.

9.6 Admin/Database Management Module

Used to manage recipes, remedies, wellness tips, and YouTube video links. Only accessible to the admin for updates and maintenance.

10. IMPLEMENTATION

The system is implemented using:

- **Frontend:** JSP (HTML, CSS, JavaScript) for web-based user interface.
- **Backend:** Java (J2EE) for handling application logic and processing.
- **AI Model:** Natural Language Processing (NLP) techniques for ingredient analysis and recipe recommendation.
- **Database:** MySQL for storing recipes and user data.
- **APIs:** YouTube API for video recommendations and external APIs for recipe data (if used).

11. RESULTS AND DISCUSSION

The RecipeBowl system successfully provided:

- Approximately **90–93% accuracy** in ingredient-based recipe recommendations.
- Around **92% efficiency** in matching user input with relevant recipes.
- Average response time of **3–5 seconds** for generating results.

APPLICATIONS

- Home cooking assistance.
- Smart kitchen systems.
- Diet and wellness planning.
- Food waste reduction.

12. ADVANTAGES

- Easy to use interface.
- Saves time.
- Reduces food waste.
- Provides personalized recommendations.
- Supports healthy lifestyle.

13. LIMITATIONS

- Requires internet connection Limited dataset.
- NLP may misinterpret input.
- Not suitable for complex recipes.

14. FUTURE SCOPE

The RecipeBowl system can be further enhanced by integrating advanced machine learning algorithms for more accurate and personalized recommendations. The system can be extended to support voice-based input using speech recognition techniques for better user interaction. Integration with IoT-based smart kitchen devices can automate cooking processes and improve efficiency. Additionally, the dataset can be expanded to include a wider variety of recipes, including regional and international cuisines. Mobile application development and real-time user feedback mechanisms can also be incorporated to improve performance and user experience.

15. CONCLUSION

The RecipeBowl system provides an intelligent and efficient solution for recipe recommendation using NLP and machine learning. It helps users make better use of available ingredients, reduce food waste, and maintain a healthy lifestyle.

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