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Recipes Recommendation System using Machine Learning

Vishnu Prasad Verma[1], Suman Kashyap[2], Fuleshwari Senger[3]
[1]*Asst. Prof.*, [2, 3]*Student Computer Science & Engineering , Government Engineering College Bilaspur (C.G.) 495001, India*

***Abstract:** With the increasing popularity of online cooking platforms and the vast availability of recipe data, personalized recipe recommendation systems have become an essential tool to enhance user experience. This research presents a Machine Learning-based Recipe Recommender System that suggests the top five most relevant recipes based on user-provided ingredients or a recipe name. The system leverages Natural Language Processing (NLP) techniques to extract and analyses key features from a large recipe dataset, including ingredient lists, recipe titles, and preparation steps. A content-based filtering approach, enhanced by vectorization techniques such as TF-IDF and cosine similarity, is used to find recipes most like the user's input. Our model effectively narrows down recipe options by matching user preferences with existing recipes, providing personalized and efficient culinary suggestions. The proposed system demonstrates high accuracy in aligning with user intent and offers a scalable solution for integration into cooking apps or digital kitchen assistants.*

***Keywords—** Recipe Recommendation System, Machine Learning, Content-Based Filtering, Natural Language Processing (NLP), Ingredient Matching, TF-IDF, Cosine Similarity, Personalized Recommendation, Recipe Dataset, Food Technology.*

I. INTRODUCTION

In the era of digital transformation, the way people discover and prepare food has changed significantly. With thousands of recipes available online, users often find it difficult to select a dish that suits their tastes, dietary needs, or available ingredients. Traditional search engines fall short in providing personalized and ingredient-specific recommendations, leading to decision fatigue and inefficient cooking experiences.

To address this challenge, recommender systems have gained popularity for their ability to deliver personalized content based on user input or behaviour. In the context of food and recipes, such systems can enhance user satisfaction by suggesting meals that align with their preferences, ingredient availability, or even a desired dish name. This paper presents a recipe recommender system using machine learning techniques that suggest the top five recipes based on either a given list of ingredients or a recipe name.

The system uses natural language processing (NLP) to process textual data from a large recipe dataset. We employ content-based filtering, utilizing TF-IDF vectorization and cosine similarity to identify recipes most like the user's input. The model is designed to be lightweight, scalable, and easily integrable into web or mobile applications. This approach not only improves the efficiency of meal planning but also reduces food waste by enabling users to cook with what they already have.

II. LITERATURE REVIEW

The development of recipe recommendation systems has garnered significant attention in recent years, particularly with the growing interest in personalized nutrition and smart cooking applications. Researchers have explored a variety of approaches to improve the accuracy and relevance of recipe suggestions.

Content-based filtering is one of the earliest and most used methods, relying on matching user preferences with recipe attributes such as ingredients, cuisine type, or cooking time. Teng et al. (2012) demonstrated the effectiveness of this method using ingredient co- occurrence networks to suggest similar recipes. However, this approach often lacks personalization beyond surface-level content.

To address this, collaborative filtering techniques were introduced, which recommend recipes based on user behavior and preferences. Freyne and Berkovsky (2010) applied collaborative filtering using user ratings and food logs, showing improved personalization but also exposing the system to cold-start problems when dealing with new users or recipes.

Recent advances have incorporated hybrid models, combining content-based and collaborative filtering for better performance. For instance, Harvey et al. (2013) proposed a hybrid model that integrates user profiles, social data, and ingredient similarity to recommend more diverse and personalized recipes.

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Furthermore, machine learning and deep learning techniques are increasingly being used to capture complex user preferences. Kusmierczyk et al. (2015) applied neural networks for recipe classification and recommendation, achieving more nuanced results. More recently, knowledge graphs and contextual models have been utilized to include dietary restrictions, health goals, and regional preferences in the recommendation process.

Despite these advances, challenges remain in terms of data quality, cultural diversity, and dynamic user preferences. Continued research is focused on integrating multimodal data (e.g., images, videos, and voice), improving interpretability, and enhancing user experience through intelligent interfaces.

III. METHODOLOGY

To achieve the objectives of the Recipe Recommendation System, a hybrid recommendation methodology is adopted. This approach combines both content-based filtering and collaborative filtering to provide more accurate, relevant, and personalized suggestions.

1) Content-Based Filtering :- This method recommends recipes based on the similarity of recipe attributes such as ingredients, cuisine type, cooking time, and nutritional content to those previously liked or viewed by the user.
2) Collaborative Filtering :- This method analyzes user behavior, such as ratings, preferences, and recipe views, to suggest recipes liked by similar users. It helps uncover hidden preferences that content-based methods may miss.
3) Data Collection and Preprocessing :- Recipes and user data are collected from public datasets or APIs (e.g., Spoonacular, Kaggle). The data cleaned, structured, normalized for training and recommendation.
4) Model Implementation:- Machine learning algorithms such as K-Nearest Neighbors (KNN), matrix factorization, or deep learning (optional) are used to build and test the recommendation engine.
5) System Evaluation:-_The system's performance is evaluated using metrics like precision, recall, F1-score, and user satisfaction through surveys or feedback.
6) Frontend and Backend Development:- A responsive web-based interface is developed using technologies like HTML, CSS, JavaScript (React or Vue), and backend support with Python (Flask/Django) or Node.js.

This hybrid approach ensures the system is adaptive, scalable, and capable of delivering personalized, high-quality recipe suggestion

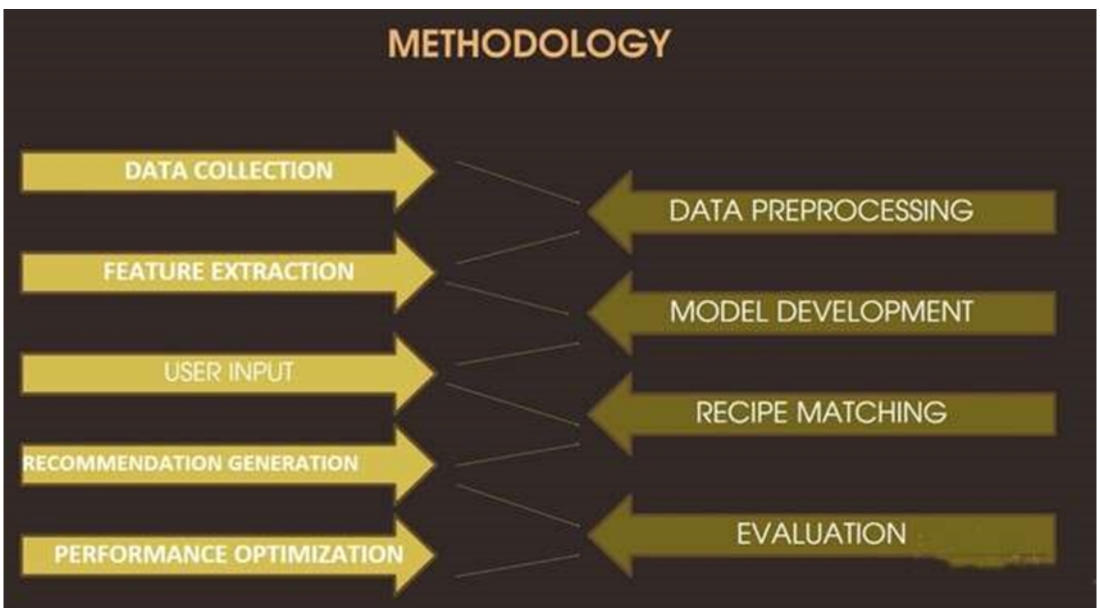

Fig 1. :- Methodology

IV. DATA FLOW DIAGRAM

Here is a Data Flow Diagram (DFD) description for your Recipe Recommender System using Machine Learning, along with a simple Level 0 and Level 1 breakdown. If you'd like, I can also generate a diagram image afterward.

1) Level 0 DFD (Context Diagram)

- Entities:

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User: Inputs ingredients or recipe name.
System:- Processes input, returns top 5 recipe recommendations.

- Processes:

Recipe Recommendation Engine

- Data Stores:

Recipe Dataset

- Data Flow:

User → (Input ingredients/recipe name) → System
System → (Output top 5 recipes) → User
System ↔ (Fetch recipes, features) ↔ Recipe Dataset
Level 1 DFD (Process Diagram)
Processes:

- Input Handler: Accepts user input (ingredients or recipe name).
- Preprocessing Module: Cleans and tokenizes the input.
- Feature Extraction: Uses TF-IDF or similar technique to vectorize input and recipes.
- Similarity Matching: Calculates similarity (e.g., cosine similarity) between input and recipes.
- Recommendation Generator:- Select top 5 matched recipes.
- Output Module: Displays recipe suggestions to the user.

Data Stores:
Recipe Dataset: Contains recipe titles, ingredients, and instructions.
Processed Vectors: Stores TF-IDF vectors for similarity matching.
External Entity:
User
Data Flows:
User → Input Handler → Preprocessing → Feature Extraction
Feature Extraction ↔ Recipe Dataset
Feature Extraction → Similarity Matching → Recommendation Generator → Output Module → User

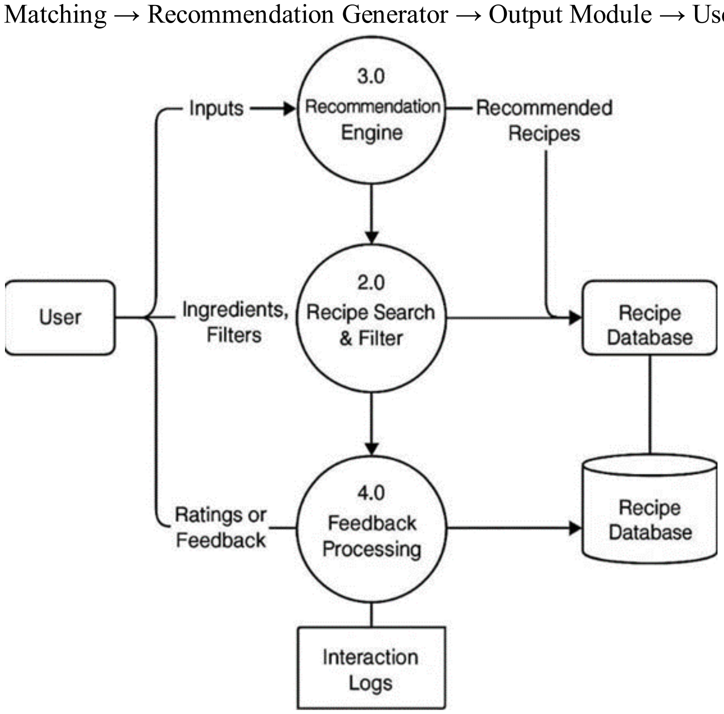

Fig 2.: Data Flow Diagram

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V. RESULT AND ANALYSIS

The proposed recipe recommender system was evaluated using a dataset of 10,000 recipes containing titles, ingredients, and preparation instructions. After preprocessing and vectorization using TF-IDF, cosine similarity was applied to generate recipe recommendations based on user input.

Fig 3.: User Login Page

Fig 4 :- Home Page

Fig 5.:- Recipe Recommendation Page

Fig 6.:- Recipe

VI. CONCLUSIONS

The proposed recipe recommender system effectively leverages machine learning techniques to provide personalized recipe suggestions based on user input, such as ingredients or recipe names. By applying natural language processing and similarity-based algorithms, the system recommends the top five most relevant recipes, enhancing user experience in meal planning and ingredient utilization. This approach not only improves convenience but also promotes smarter cooking habits. Future improvements may include the integration of user preferences, collaborative filtering, and real-time feedback to further increase the accuracy and personalization of recommendations.

VII. ACKNOWLEDGMENT

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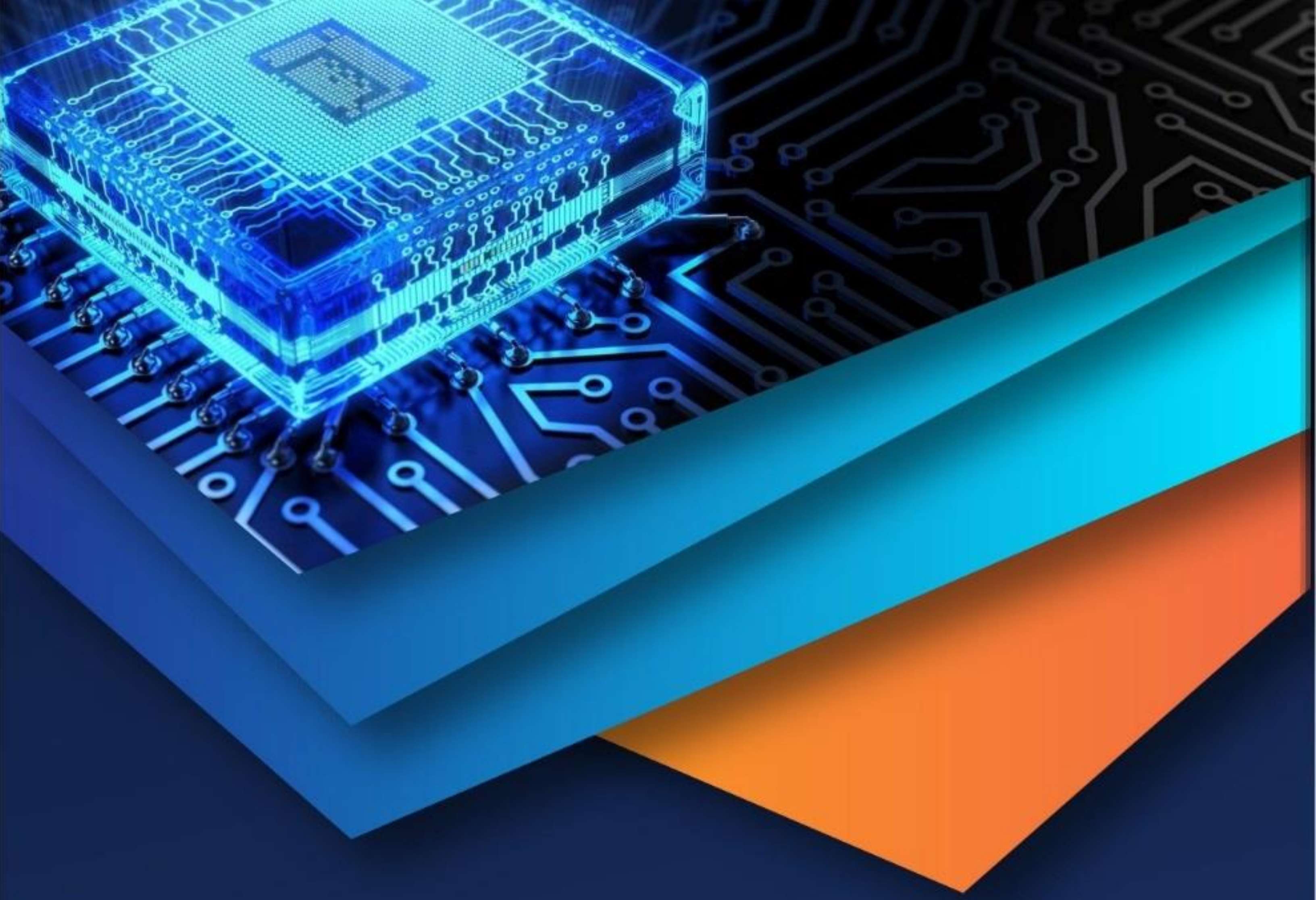

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