

# CSIRO study links meal planning to greater weight loss, launching new AI innovation



A new study from CSIRO, Australia's national science agency, has revealed that people who use meal plans more frequently lose more weight, highlighting the power of planning - and potential for personalisation in driving better health outcomes for Australians.

The study of nearly **78,000 CSIRO Total Wellbeing Diet members** found those who used meal plans 3 times per day or more achieved greater weight loss.



Those who used meal plans the most

**lost an average of 6.4 kg at 12 weeks**

24% more than those who used it less frequently.



Members who used meal plans from the start

**lost 6.9 kg after a year**

48% more than those who used them the least.

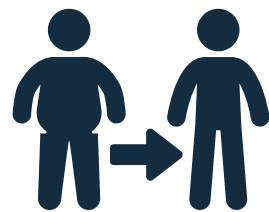
“This research shows just how powerful meal planning can be. It provides the know-how of what to eat and helps build the habits of planning ahead, which we know are essential for long-term weight loss success.”

- Dr. Gilly Hendrie



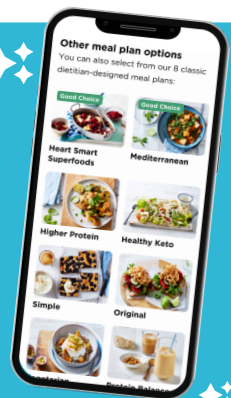
To gain deeper insight into members' experiences with meal planning, an additional survey of **1,300 past and present CSIRO Total Wellbeing Diet members** revealed...

**90% of those who achieved their weight loss goals used the meal plan.**



Additionally, 89% of members who lost more than 10 kg said that **having a meal plan was crucial to their success.**

In response to the findings, the **CSIRO Total Wellbeing Diet** has launched a new AI-powered personalised meal planning tool, called **My Plan**.



**My Plan** creates meal plans tailored to each member's individual needs, considering:

likes  
dislikes  
allergies

intolerances  
dieting styles

It's also tailored to support conditions like:

✓ high blood pressure  
✓ type 2 diabetes  
✓ menopause



On top of that, the tool learns over time, becoming even more personalised as it's used.



[totalwellbeingdiet.com](https://totalwellbeingdiet.com)

Citation: Hendrie GA and Baird DL (2026) Personalisation of meal planning within the CSIRO Total Wellbeing Diet. CSIRO, Australia.