

Fridge-to-Meal AI Prompt

Attach a photo of your fridge and turn what you already have into realistic meals, nutrition guidance, and a practical pre-sleep option.

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Analyze the attached photo of my fridge carefully and help me understand what I can cook and how the available foods fit into my nutrition.

First, create an inventory of everything you can confidently identify. Separate clearly visible ingredients from uncertain or partially hidden items. Do not invent ingredients - if you cannot identify something, describe its location and say that you are unsure.

Assume I also have basic pantry staples such as salt, pepper, cooking oil, butter, flour, sugar, garlic, onions, dried herbs, basic spices, rice and pasta.

1. Create 20 meals I could realistically make now

Try to be creative and combine ingredients in ways I may not normally consider. Rank the meals from "I can make this immediately" to "requires a little more effort."

For every meal, include:

- Name of the dish
- Ingredients from my fridge
- Pantry ingredients it uses
- Any additional ingredients I would need to buy
- Approximate cooking time
- Difficulty from 1-5
- Main protein, carbohydrate and fat sources
- Approximate protein content per serving, if reasonably possible
- Clear step-by-step cooking instructions
- One optional upgrade that would make it taste significantly better

Prioritize meals that use ingredients likely to spoil first. Include breakfast, lunch, dinner and lighter snack options. Avoid giving me 20 minor variations of the same dish.

Point out any unusual ingredient combinations that surprisingly work well, and briefly explain why the flavours or textures complement each other.

2. Analyse the macronutrients in my fridge

Organize the visible foods into these categories:

- Main protein sources

- Main carbohydrate sources
- Main fat sources
- Foods containing a mixture of protein, carbohydrates and fat
- Low-calorie vegetables and other foods that contribute relatively few macronutrients

For major foods, estimate the protein, carbohydrates, fat and calories per normal serving. If a nutrition label or package size is visible, use it, but clearly label estimates and do not pretend to read information that is illegible.

Tell me whether my fridge is currently strongest in protein, carbohydrates, fats or vegetables, and identify any obvious nutritional gaps.

3. Recommend the best food before sleep

Using only the food visible in the photo and the assumed pantry ingredients, recommend the best pre-sleep meal or snack.

Include:

- Exact ingredients and approximate portions
- Estimated protein, carbohydrates, fat and calories
- Why it is suitable before sleep
- How long before going to bed I should eat it
- A lighter option if I am only slightly hungry
- An option for after an evening workout
- An option if my goal is fat loss
- Foods from my fridge that may be better avoided immediately before bed because they are heavy, spicy, acidic or likely to trigger reflux

If eating before sleep is unnecessary in my situation, explain when I should simply skip it. Keep the recommendations practical rather than giving generic nutrition advice.