

"I have nothing to eat." You *do*.

Take one photo of your open fridge, send it to Claude (free plan), and paste one of the prompts below. You get a recipe from what you already have, a plan for the week, and a list that stops you buying a fourth cheese.

Before you start (1 minute, free):

- 1. **Open the fridge and take 1-2 clear photos** (open the drawers and door shelves too). Good light helps.
- 2. **Open the Claude app or claude.ai** (the free plan works), tap + and add the photos.
- 3. **Paste a prompt below.** Add your diet, allergies and how much time you have.

1 What can I cook *tonight*?

COPY THIS

Here's my fridge. List what you can see. Then give me 3 dinners I can make in 20 minutes or less using mostly these, with simple steps. I have basics like oil, salt, pepper and pasta. [Add: vegetarian / no nuts / etc.]

2 Use it *before* it goes bad

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Which items in this photo look like they'll go bad first? Give me one recipe that uses as many of them as possible.

3 A week of *dinners*

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Make me a 5-day dinner plan that starts with what's in this fridge, reuses leftovers, and keeps each meal under 30 minutes. Put it in a simple table.

4 The *no-repeat* shopping list

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Based on my fridge and that plan, write my shopping list grouped by store aisle. Leave out anything I already have (yes, including cheese).

5 Leftovers *rescue*

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I have these leftovers: [list or photo]. Turn them into a different meal for tomorrow's lunch. 10 minutes max.

Claude can misread blurry labels. Check dates yourself before you eat anything, and tell it about allergies every time.