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"What's in my fridge?" — dinner from what you already have

What this is for

This is the ideal very first time. No personal information, no accounts to worry about, no money — and if the answer is silly, nothing is lost except five minutes. You open your fridge, type what you see, and get a real dinner recipe back. Most people who try this finally understand, in one moment, what all the fuss is about.

What you need

A computer, tablet, or phone with a web browser. We use the **free version of ChatGPT** — you don't need to install anything. Go to **chatgpt.com** in your browser. You can ask your first questions without even creating an account.

Step by step

1

Open your fridge and write down 5–8 things you see

Don't tidy it first. Half an onion and some old cheese are perfect — that's the point.

2

Go to chatgpt.com and type this

Copy this exactly, but replace the list with your own ingredients:

COPY THIS PROMPT

"I have: half an onion, two eggs, some spinach, feta cheese, rice, and butter. I'm cooking for one person. Give me a simple dinner recipe using these. I'm an ordinary home cook — keep it easy, and explain each step in plain language."

3

Read the recipe — then talk back to it

This is the part that surprises everyone: you can answer it. Don't like spinach? Type *"I don't like spinach — give me another option."* Want it faster? Type *"Make it under 20 minutes."* It remembers the conversation and adjusts.

4

Now ask the second question

Every guide on this site ends the same way, because this habit is the heart of everything we teach. Once you have your answer, ask:

THE SECOND QUESTION

"Now be critical of your own answer. What did you assume? What might be wrong or missing? What should I double-check?"

Watch what happens. The machine will tell you its own weak points — maybe it assumed you have salt, or gave a cooking time that's optimistic for rice. **First: solve my problem. Second: doubt the solution.** That's "ask twice smarter," and it works on everything you'll ever ask it.

What never to share — even here

This guide needs nothing personal, and that's exactly why it's first. As a rule for everything you'll ever do with these tools: **no full name, no address, no personal ID numbers, no passwords, no bank or card details.** A machine that never sighs also never forgets — so we teach it as little about us as necessary.

If it went wrong

If your first answer was odd, unhelpful, or in the wrong language — that's normal, and it happened to all of us. Tell it so: *"That wasn't what I meant. Let me try again..."* You cannot break it, and you cannot embarrass yourself. Then come tell us in the comments on the channel — I read every one, and Winston has been known to answer. He doesn't sleep, you know.

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