ORBIT · FREE SAMPLE

Fridge Roulette

Can't decide what's for dinner? Roll for it. The meal-builder wheel and its cook-it guide from The Weeknight Kitchen 2027, free.

IN THIS FREE SAMPLE

01 The Fridge Roulette wheel: roll four dice for 1,296 dinner combinations

02 Format finder, safe protein temperatures and four rolls to try first

THE FULL GUIDE — THE WEEKNIGHT KITCHEN 2027 (41 PAGES)

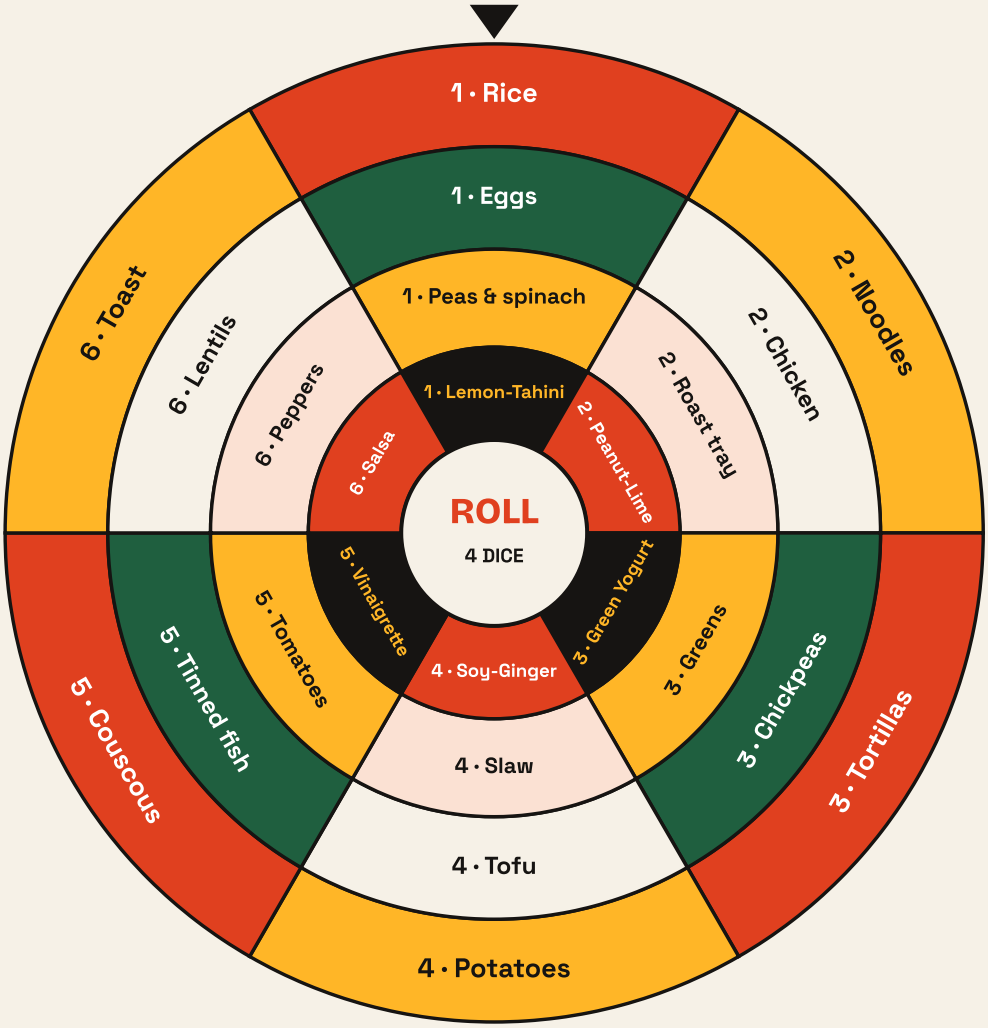
- 30 fast recipes (pan, sheet-pan, one-pot, no-cook, remix)
- The 3-2-1 formula, the 60-minute Power Hour and six 5-minute sauces
- 2026 in numbers, the Jan 2026 US Dietary Guidelines in practice, 2027 price forecasts and 3 scenarios
- Pantry map, smarter shopping and a sample week
- Printable planners, shopping list, inventory and checklists

© 2026 Orbit. Free to share unmodified with credit. General cooking information, not medical or dietary advice.

(!) FRIDGE ROULETTE · THE MEAL-BUILDER WHEEL

Can't decide? Roll for it.

Roll four dice (or one die four times), outer ring to inner: base, protein, veg, sauce. That's 6 × 6 × 6 × 6 = **1,296 dinners** from one prepped fridge. Then turn the next page to cook it.



Die 1 · BASE

1 Rice · **2** Noodles · **3** Tortillas · **4** Potatoes · **5** Couscous · **6** Toast

Die 2 · PROTEIN

1 Eggs · **2** Chicken · **3** Chickpeas · **4** Tofu · **5** Tinned fish · **6** Lentils

Die 3 · VEG

1 Peas & spinach · **2** Roast tray · **3** Greens · **4** Slaw · **5** Tomatoes · **6** Peppers

Die 4 · SAUCE

1 Lemon-Tahini · **2** Peanut-Lime · **3** Green Yogurt · **4** Soy-Ginger · **5** Vinaigrette · **6** Salsa

HOUSE RULES

One free re-roll per night. Allergy, diet or empty shelf? Swap within the same ring. Kids roll the sauce.

(!) FRIDGE ROULETTE · COOK WHAT YOU ROLLED

Your base picks the format. Your sauce picks the cuisine.

Format finder

BASE	MAKE IT A…	TIME
Rice	Bowl, or fried rice with day-old rice	8–12 min
Noodles	Stir-fry: sauce goes in last 1 min	10–15 min
Tortillas	Tacos, wraps or a crisp quesadilla	8–12 min
Potatoes	Sheet-pan hash, or jacket with toppings	10 (prepped) / 40 min
Couscous	Herby grain salad, warm or cold	10 min
Toast	Open sandwich, everything on top	5–8 min

Protein, done safely

Eggs	Cook until white and yolk are firm, or to 71°C / 160°F in mixed dishes
Chicken	To 74°C / 165°F; reheat leftovers to 74°C / 165°F
Chickpeas & lentils	Rinse tinned; warm with spices in oil for 3 min
Tofu	Press, cube, pan-fry until golden, add sauce at the end
Tinned fish	Ready to eat; flake in last, add lemon

FOUR ROLLS TO TRY FIRST

2 · 3 · 6 · 1	Noodles, chickpeas, peppers, lemon-tahini
1 · 1 · 1 · 4	Rice, egg, peas & spinach, soy-ginger: fried rice
3 · 2 · 4 · 6	Tortillas, chicken, slaw, salsa: tacos
6 · 5 · 5 · 5	Toast, tinned fish, tomatoes, vinaigrette

MAKE YOUR OWN WHEEL

Cross out what you never buy and write in what's actually in your fridge this week. The best wheel is the one that matches your shopping list.

Why these proteins Beef & veal prices were forecast to rise 8.7% in 2026 while egg prices were forecast to fall 29.3% (USDA ERS, Oct 2026). Our wheel leans on eggs, pulses, chicken and tofu for that reason.