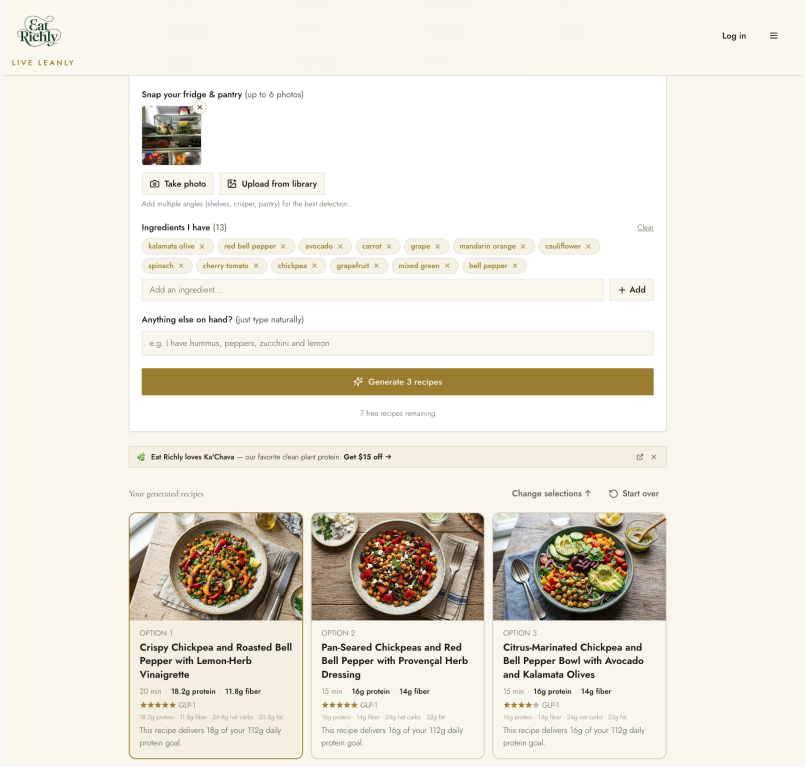
Eat Richly Launches AI Meal Planning Platform With a Six-Ingredient Limit on Every Recipe

The platform builds recipes either from a photograph of ingredients the user selects, and displays no calorie counters.



Eat Richly Live Leanly

LAKEWOOD RANCH, FL, UNITED STATES, August 25, 2026 /EINPresswire.com/ -- Eat Richly, an AI-powered food and meal planning platform, has opened beta access at eatrichly.com. The platform generates recipes under a fixed constraint: six ingredients or fewer per dish, and protein, fiber and healthy fat in every meal.

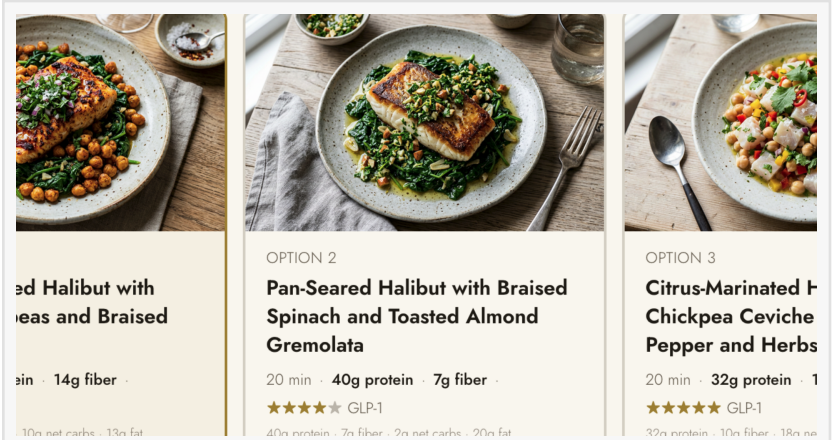
Eat Richly offers two ways to reach a recipe. Users can photograph the inside of a refrigerator or pantry, and the platform identifies what is there and builds from it. Users who prefer to start from what they want to eat can instead select ingredients from the platform's food categories, and the platform returns a dish built around those selections along with the short list of what to buy.

The two paths address different moments. One answers the question of what to make with what is already in the house. The other answers what to make when the kitchen is empty or when a user is shopping ahead.

The platform does not build a recipe from everything available to it. Ingredients are filtered against a fixed standard that excludes seed oils, grains and refined sugars. Items falling outside the standard are set aside, and the platform returns the strongest dish it can construct from what remains. Where the available ingredients cannot complete a meal that meets the standard, the platform names the single ingredient that would.

That produces three tiers of output: dishes that can be made immediately, dishes that are one ingredient away, and the full version of the dish as written. Onboarding also accounts for cooking skill level and household size.

The six-ingredient cap applies to the entire recipe library. Sample dishes include seared salmon with charred lemon and white bean puree, lamb meatballs over herbed cauliflower, and roasted chicken thighs with blistered tomatoes and torn basil.



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The platform began as a solution to a problem in its founder's own kitchen.

> My husband told me he did not know how to cook for me anymore. That was the moment. I decided I was going to eliminate the excuse. For him and for me."
>
> *Lisa Lieberman-Wang, founder of Eat Richly*

"My husband told me he did not know how to cook for me anymore," said Lisa Lieberman-Wang, founder of Eat Richly. "That was the moment. I was standing in my kitchen at six o'clock staring at a fridge full of food, and I decided I was going to eliminate the excuse. For him and for me. I love food. I was never going to eat steamed chicken and broccoli for the rest of my life."

"Now it takes a photograph or thirty seconds of tapping," Lieberman-Wang said. "Tell it what is in the house, or tell it what you are in the mood for. Either way dinner is on the counter in twenty minutes, and it will not build a meal around the things that do not belong there."

Eat Richly displays no calorie counts. The platform tracks four values only: protein, fiber, fat and net carbs. The omission is a deliberate design decision rather than an oversight.

The recipe library draws on Mediterranean cooking traditions and whole-food ingredients. Fruit serves as the primary sweetener across dessert and breakfast recipes.

Eat Richly was designed as a household planning tool rather than an individual one. The platform supports multiple profiles under a single plan, producing one shared meal that meets the composition standard for everyone at the table.

"Every plan I ever tried made me the woman eating something different at her own dinner

table," Lieberman-Wang said. "My husband was not going to eat a separate meal, and honestly, neither was I. So I built the one plan that works for both of us. Same dinner, same table."

Eat Richly is currently in open beta and free during the testing period. A public launch is planned for later this year. More information is available at eatrichly.com.

About Eat Richly

Eat Richly is an AI-powered food and meal planning platform built on a single composition standard: protein, fiber and healthy fat in every meal, with every recipe using six ingredients or fewer. Users build recipes either by photographing their refrigerator or pantry or by selecting ingredients from the platform's food categories, and all input is filtered against a fixed ingredient standard. The platform displays no calorie counts and matches recipes to a household's cooking skill level. The recipe library draws on Mediterranean cooking traditions and whole-food ingredients. Eat Richly is based in Sarasota, Florida.

About Lisa Lieberman-Wang

Lisa Lieberman-Wang is a behavior change specialist, speaker, and an expert in artificial intelligence for business and marketing. She is the founder of FINE to FAB, a program launched in 2010 that helps people move from a life that is merely fine to one that is fabulous, personally and professionally. She is the founder of Eat Richly.

Lisa Lieberman-Wang
FINE to FAB
+1 973-868-9100
email us here

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