

Facebook + Instagram *auto-posting setup pack*

Companion to the free n8n template "Generate and publish AI image posts to Facebook and Instagram from Telegram". Tick every box, keep the cheat sheet open, and your first post goes out in about 30 to 45 minutes.

N8N TEMPLATE #20734

TELEGRAM → FB + IG

3 PARTS

PART 1

Pre-flight checklist

Tick every box before your first test.

#	CHECK	DONE
META ACCOUNTS		
01	Instagram is a Business or Creator account	☐
02	Instagram is linked to your Facebook Page	☐
03	You are an admin of that Page	☐
04	Meta app created (Development mode is fine for your own Page)	☐
05	Permissions requested: <code>pages_show_list</code> <code>pages_read_engagement</code> <code>pages_manage_posts</code> <code>instagram_basic</code> <code>instagram_content_publish</code> <code>business_management</code>	☐
06	Long-lived Page access token generated	☐
07	Facebook Page ID copied	☐
08	Instagram Business account ID copied	☐
AI KEYS		
09	Gemini API key saved as Header Auth (<code>x-goog-api-key</code>)	☐
10	Cloudflare Workers AI token saved as Header Auth (<code>Authorization: Bearer ...</code>)	☐
11	Cloudflare account ID pasted into the Generate Image URL	☐
TELEGRAM, GOOGLE AND N8N		
12	Telegram bot token from @BotFather saved	☐
13	Google Drive and Google Sheets connected	☐
14	Sheet has a tab named <code>Log</code> with columns <code>timestamp</code> <code>prompt</code> <code>image_url</code> <code>status</code>	☐
15	n8n is on an HTTPS URL	☐
16	First test sent to a test Page, not your live one	☐

Token and ID cheat sheet

Where each value comes from and where it goes in the workflow.

WHAT	WHERE TO FIND IT	PASTE INTO
Page access token	Graph API Explorer, call <code>me/accounts</code> , copy the <code>access_token</code> of your Page	n8n Facebook Graph API credential
Page ID	<code>me/accounts</code> response (<code>id</code>)	Set Brand Context > <code>fb_page_id</code>
Instagram Business ID	<code>GET {page-id}?fields=instagram_business_account</code>	Set Brand Context > <code>ig_user_id</code>
Gemini key	aistudio.google.com > Get API key	Header Auth, name <code>x-goog-api-key</code>
Cloudflare token	Cloudflare dashboard > Workers AI > API token	Header Auth, name <code>Authorization</code> , value <code>Bearer TOKEN</code>
Cloudflare account ID	Cloudflare dashboard sidebar	Generate Image node URL
Telegram token	@BotFather > <code>/newbot</code>	n8n Telegram credential

Quick error decoder

ERROR	MEANING	FIX
Permission (#10) or (#200)	Missing permission or wrong token type	Regenerate the Page token with all permissions in Part 1
Invalid image / media type	Not JPEG or wrong ratio	Keep the Convert to JPEG node and 1:1 images
Container never FINISHED	Image not reachable or too large	Check the Drive file is public, keep 1440 px
Token expired	Short-lived token	Extend to long-lived, regenerate the Page token

Safety: Drive images are shared with "anyone with the link" so Meta can fetch them. Use a dedicated folder, delete old images, and never paste tokens into a shared workflow.

20 prompt starters

Paste one into your Telegram bot and change the details.

- | | |
|--|---|
| 01 Spring AC tune-up special, 20% off this month | 11 Fresh bakery batch every morning at 7 |
| 02 New patient welcome offer at our dental clinic | 12 Car wash: interior detailing offer for monsoon season |
| 03 Friday lunch special: two slices and a drink | 13 Yoga class: new beginner batch starts next week |
| 04 Before and after: kitchen renovation finished this week | 14 Boutique: new festive collection just arrived |
| 05 Reminder: free parking behind the salon on weekends | 15 Plumber tip of the week: how to stop a dripping tap |
| 06 Meet our new stylist, available from Monday | 16 Photography studio: family portrait mini sessions |
| 07 Gym: 7 day free trial for new members | 17 Accounting firm: tax deadline reminder and how we help |
| 08 Back to school tutoring slots now open | 18 Cafe: cold coffee two for one till 6 pm |
| 09 Pet grooming: book before Sunday and get a free nail trim | 19 Electronics repair: free diagnosis this week |
| 10 Real estate: open house this Saturday, 2 to 5 pm | 20 Thank you post: celebrating 500 happy customers |

Tip: put the offer, the date and your tone in one sentence. The brand description lives in the Set Brand Context node, so you never repeat it.

Get the workflow: n8n.io/workflows/20734 · Full guide: uzzaman.dev/guides

Want this built around your business?

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