**Significance statement**

Intraguild predation (IGP) is ubiquitous in ecosystems and plays a critical role in food web dynamics, yet quantitative understanding of IGP remains lacking. This paper aims to address this gap by proposing an experimental framework to quantify the degree/intensity of IGP in the field. The proposed framework leverages the strengths of previous approaches to studying trophic interactions: (1) controlled feeding trials, which can yield an accurate standard IGP curve for IGP estimation, and (2) stable isotope analysis of field samples, which can better reflect IGP in natural settings. The framework can be applied to examine IGP patterns in various systems as well as to test hypotheses regarding the effects of different abiotic and biotic factors on IGP interactions in the field. Moreover, the framework can be useful for real-world applications, for example, evaluation of the effectiveness of biocontrol agents. Thus, the paper will serve a dish for both basic and applied ecologists. The *Forum* in *Oikos* is a place for developing new ideas and integrative approaches, which I believe this paper possesses and it will certainly facilitate further discussion and inspire future work.