

# HOME-COOKED DIET

FOR A 100 POUND DOG

## SAMPLE RECIPE

1 1/4 lb skinless chicken

5 cups cooked brown rice

2.5 to 5 cups of peas & carrots

1 1/4 teaspoon of salt substitute (potassium  
chloride)

5 tablespoon vegetable oil\*

1,250mg calcium citrate

Daily multivitamin/mineral supplement  
(subject to label instructions)

\*best recommendation: Udo's Oil 3-6-9 Blend  
by Flora (essential fatty acids)

### ***Special notes:***

*Use a feeding guideline ONLY. Recipe can be halved for a 50-pound dog or doubled for a 200-pound dog. You MUST check your pet's weight often. Adjust food amounts up or down to keep your pet at their ideal body weight! Ask your vet to determine your pet's ideal body weight.*



# HOME-COOKED DIET

FOR A 100 POUND DOG  
**ALTERNATIVE FOOD TYPE  
OPTIONS:**

**Meat Protein Source: 1 1/4 to 2/3 lb of**  
Skinless chicken, boneless fish, lean ground turkey or  
beef, lamb

**Non-meat Protein Source: 2 1/2 to 3 1/3 cups**

Cooked eggs any style: 15 to 20 eggs

Low-fat cottage cheese

**Carbohydrate Source: 5 to 10 cups of cooked**  
brown/white rice, potatoes, yams/sweet potatoes, pasta

**Vegetable Source: 2 1/2 to 5 cups cooked for best  
absorption, offer a variety of veggies fresh or frozen is  
preferred over canned.**

green beans, squash, broccoli, cauliflower, peas, &  
carrots

## **Supplements:**

**2.5 teaspoon or 1,250mg: Bonemeal powder or calcium  
citrate** (must be provided when feeding meat to prevent a  
calcium deficiency.

**1 human adult dose or a vet recommended  
supplement:** daily multiple vitamin/mineral

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