

HOME-COOKED DIET

FOR A 10 POUND DOG

SAMPLE RECIPE

1/8 lb skinless chicken

0.5 cup cooked brown rice

1/4 to 1/2 cup of peas & carrots

1/8 teaspoon of salt substitute (potassium
chloride)

1/2 tablespoon vegetable oil*

125mg 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 5-pound dog or doubled for a 20-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.



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FOR A 10 POUND DOG ALTERNATIVE FOOD TYPE OPTIONS:

Meat Protein Source: 1/8 to 1/6 lb of

Skinless chicken, boneless fish, lean ground turkey or
beef, lamb

Non-meat Protein Source: 1/4 to 1/3 cup

Cooked eggs any style: 1.5 to 2 eggs
Low-fat cottage cheese

Carbohydrate Source: 0.5 to 1 cup cooked

brown/white rice, potatoes, yams/sweet potatoes, pasta

**Vegetable Source: 1/4 to 1/2 cup cooked for best
absorption, offer a variety of veggies fresh or frozen is
preferred over canned.**

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

Supplements:

**1/4 teaspoon or 125mg: Bonemeal powder or calcium
citrate** (must be provided when feeding meat to prevent a
calcium deficiency.

**1/4 human adult dose or a vet recommended
supplement:** daily multiple vitamin/mineral

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