

Meal Plan for Kayra

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Information	Value	Information	Value
Name	Kayra	Weight	35.9 kg
Life Stage	adult	Activity Level	NORMAL

Two Meals Per Day (2 meals per day)

Daily Amount: 718g

Amount per Meal: 359g

Meal 1: Nutribowl Delight

A balanced and nutritious homemade dog food recipe with protein-rich meat, fiber-filled vegetables, and essential oils for a complete meal.

Ingredient	Amount	Description
Lean Meat	290 g	Options: boneless chicken breast, lean turkey, or lean goat meat. Cook thoroughly and chop finely.
Vegetables	18 g	Select only 1-2 options from: carrots, green beans, pumpkin, bottle gourd, or spinach. Steam until tender but not mushy.
Extra Virgin Oil	1 tsp	Extra virgin olive oil or coconut oil, added after cooking for essential fatty acids.
Cooked Carbohydrates	55 g	Options: sweet potato (boiled and mashed), brown rice, or quinoa. Cook until soft.
Egg	1	Fresh whole egg, can be served raw or lightly cooked. Include shell if ground to powder.
Ground Eggshell	1	Clean eggshells ground to fine powder. Essential source of calcium.

Step	Instructions
Step 1	If using minced meat: Add 1 tsp of oil per 1 kg of food into a pan. Lightly cook the meat without burning
Step 2	If using meat chunks: Chop the meat into small pieces and boil gently until cooked
Step 3	Grate or finely chop your selected 1-2 vegetables to retain fiber. Avoid juicing them
Step 4	In a large mixing bowl, mix the cooked meat with the grated vegetables and carbohydrates

Step	Instructions
Step 5	Add the raw egg and finely ground eggshell for calcium
Step 6	Add your choice of oil for healthy fats
Step 7	Mix everything thoroughly and portion into servings for storage

Recipe Notes

Higher protein content (80%) supports muscle development and energy requirements. A moderate amount of carbohydrates (15%) provides sustainable energy, while a small but nutritious portion of vegetables (5%) delivers essential vitamins and minerals without overloading digestion. Using only 1-2 vegetables keeps digestion simpler and more efficient. Oils help maintain a shiny coat and healthy skin. Store in the fridge for up to one week or freeze for longer storage.

Meal 2: Vitality Feast

A nutrient-rich meal featuring lean meat, organ meat, vegetables, and probiotics to support overall dog health.

Ingredient	Amount	Description
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Ingredient	Amount	Description
Lean Meat	270 g	Preferably boneless chicken breast, trimmed of fat and cooked thoroughly. Can also use lean turkey.
Organ Meat	35 g	Mix of cooked liver, heart, and kidney. Liver should not exceed 50% of organ meat portion.
Vegetables	18 g	Select only 1-2 options from: green beans, carrots, bottle gourd, or spinach. Steam until tender but still firm.
Cooked Rice / Sweet Potatoes	35 g	Either brown rice (fully cooked) or sweet potatoes (boiled and mashed). Ensure no seasonings added.
Blueberries	1 handful	Fresh or frozen blueberries (thawed). Rich in antioxidants. Can substitute with diced apple (no seeds).
Cooked Egg	1	Hard-boiled egg, including the shell (if ground to powder). Rich in protein and nutrients.
Olive Oil or Coconut Oil	1 tsp	Extra virgin olive oil or unrefined coconut oil. Add after cooking for best nutritional value.
Plain Yogurt	2 tbsp	Plain, unsweetened yogurt with live cultures. Provides probiotics for gut health.
Pumpkin & Sunflower Seeds	1 tbsp	Ground seeds only. Rich in minerals and healthy fats. Must be ground to aid digestion.

Step	Instructions
Step 1	Cook all meats thoroughly and chop finely once cooled
Step 2	Steam or boil your selected 1-2 vegetables until soft, then mash or puree

Step	Instructions
Step 3	Mix meats, vegetables, cooked rice/sweet potatoes and blueberries in a large bowl
Step 4	Stir in the mashed egg
Step 5	Pour the olive or coconut oil over the mixture and blend well
Step 6	Mix in the yogurt for a probiotic boost
Step 7	Add the ground seeds and mix thoroughly
Step 8	Let the mixture cool completely before serving

Recipe Notes
Lean meat and organ meat (85%) provide essential protein for muscle health and energy, along with vital vitamins and minerals. The carbohydrate portion (10%) supplies sustained energy, while a small amount of vegetables (5%) delivers targeted nutrition without overwhelming digestion. The oils provide essential fatty acids for a healthy coat. Yogurt gives a probiotic boost, promoting gut health.

General Instructions

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Divide the prepared recipe into two equal portions. Serve one portion in the morning and one in the evening.

Storage & Safety Tips

- Store prepared meals in airtight containers in the refrigerator for up to 3 days.
- Freeze portions for up to 2 months in freezer-safe containers.
- Thaw frozen portions in the refrigerator overnight.
- Always serve food at room temperature.
- Wash all preparation surfaces and utensils thoroughly.
- Monitor your dog's response to the new meal and adjust portions if needed.
- Introduce new foods gradually over 7-10 days to prevent digestive issues.
- Keep a food diary to track your dog's response to the new meal.