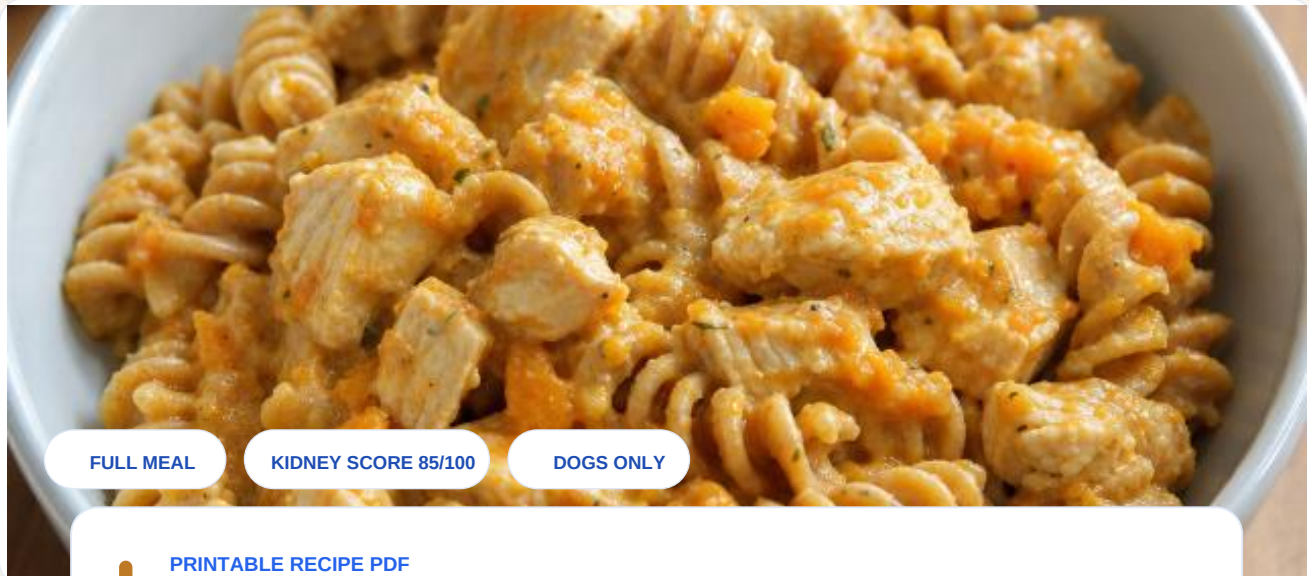




FULL MEAL

KIDNEY SCORE 85/100

DOGS ONLY

[PRINTABLE RECIPE PDF](#)

Creamy Chicken & Pumpkin Pasta Plate

Creamy Chicken & Pumpkin Pasta Plate is a homemade Full Meal idea for dogs needing kidney-conscious meal planning. This printable recipe includes the ingredient list,

TYPE

Full Meal

COOK

30 minutes

PHOSPHORUS

200 mg

SCORE

85/100

SHOPPING LIST

Ingredients

- 1 cup whole wheat pasta (uncooked)
- 1 lb skinless, boneless chicken breast
- 1 cup canned pumpkin (unsweetened)
- 1/2 cup low-sodium chicken broth
- 1 tablespoon olive oil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon black pepper (optional)
- 1/4 cup water

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Creamy Chicken & Pumpkin Pasta Plate is a homemade Full Meal idea for dogs needing kidney-conscious meal planning. This printable recipe includes the ingredient list, step-by-step preparation, kidney-focused nutrient estimates and veterinary safety guidance. Nutrient values are estimates; confirm ingredients, portions and supplements with

IMPORTANT

This is an AI-generated educational recipe idea, not veterinary advice or a complete prescription diet. Confirm ingredients, portions and supplements with your veterinarian before feeding.

METHOD

Step-by-step instructions

1

1. Cook the pasta: Bring a large pot of water to a boil. Add the whole wheat pasta and cook according to package instructions until al dente. This provides a good carbohydrate source while still being gentle on your dog's kidneys. After cooking, drain and set aside.

2

2. Prepare the chicken: While the pasta is cooking, heat 1 tablespoon of olive oil in a skillet over medium heat. Add the skinless, boneless chicken breast and cook for about 7-10 minutes per side or until fully cooked (no longer pink inside). Chicken is a high-quality protein source that's moderate for kidney health, supporting your dog's dietary needs.

3

3. Make the sauce: In the same skillet, add the canned pumpkin and low-sodium chicken broth, stirring to combine. This adds creaminess while keeping the phosphorus in check. Bring the mixture to a gentle simmer and let it cook for about 5-7 minutes. This method preserves nutrients and flavors, making it appetizing for your dog.

4

4. Shred the chicken: Once the chicken is cooked, remove it from the skillet and shred it into bite-sized pieces. Mixing it into the sauce adds flavor and protein that supports your dog's health.

5

5. Combine pasta and sauce: Add the cooked pasta to the skillet with the pumpkin sauce and shredded chicken. Stir gently to combine everything together. This ensures that the pasta is coated with the creamy sauce, enhancing palatability without adding harmful ingredients.

6

6. Season carefully: Sprinkle with dried thyme and black pepper if desired, keeping in mind that we're avoiding excess sodium. Herbs can enhance flavor without compromising kidney health.

7

7. Serve: Allow the mixture to cool before serving to your dog. This ensures it's safe to eat and helps prevent any burns.

KEY NUTRIENT ESTIMATES

Phosphorus

200 mg

Sodium

50 mg

Protein

30 g

Kidney-Friendly Score

85/100**SUPPLEMENTS TO DISCUSS WITH YOUR VETERINARIAN**

- omega-3 (fish oil)
- B-complex vitamins
- calcium source

VETERINARY SAFETY NOTE

Confirm with your vet - ideally a board-certified veterinary nutritionist DACVN - before feeding this recipe. Transition gradually to prevent digestive upset and monitor your dog closely for any adverse reactions.

PERSONALIZED KIDNEY-FRIENDLY RECIPES POWERED BY AI**KidneyDogDiet.com**