



FULL MEAL

KIDNEY SCORE 85/100

DOGS ONLY

[PRINTABLE RECIPE PDF](#)

Egg White Omelet with Zucchini and Carrots

Egg White Omelet with Zucchini and Carrots is a homemade Full Meal idea for dogs needing kidney-conscious meal planning. This printable recipe includes the ingredient

TYPE

Full Meal

COOK

15 minutes

PHOSPHORUS

Approx. 120 mg

SCORE

85/100

SHOPPING LIST

Ingredients

- 4 large egg whites
- 1 medium zucchini, finely chopped
- 1 medium carrot, grated
- 1 tablespoon olive oil
- Fresh parsley (optional, for garnish)

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Egg White Omelet with Zucchini and Carrots 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

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. Heat the olive oil in a non-stick skillet over medium heat. This cooking method is gentle, helping to preserve the nutrients in the vegetables and egg whites, which is important for your dog's kidney health.

2

2. Add the finely chopped zucchini and grated carrot to the skillet. Sauté for about 3-4 minutes until the vegetables are softened. Cooking these vegetables lightly helps to further reduce their phosphorus content, making them safer for your dog's kidneys.

3

3. In a bowl, whisk the egg whites until frothy. Egg whites are a great source of high-quality protein that is lower in phosphorus compared to whole eggs, making them kidney-friendly.

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4. Pour the whisked egg whites over the sautéed vegetables in the skillet. Allow it to cook undisturbed for about 3-4 minutes, until the egg whites are set. This step ensures that the omelet cooks evenly and maintains a fluffy texture, which can be more palatable for your dog.

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5. Carefully flip the omelet or fold it in half if it is too large to flip. Cook for an additional 1-2 minutes to ensure it is fully cooked through but still moist. Properly cooking the omelet helps avoid any raw egg risks while providing your dog with a tasty meal.

6

6. Once cooked, allow the omelet to cool for a few minutes before serving. Cooling it ensures that it is safe for your dog to eat and prevents any mouth burns.

KEY NUTRIENT ESTIMATES

Phosphorus

Approx. 120 mg

Sodium

Approx. 40 mg

Protein

Approx. 15 g

Kidney-Friendly Score

85/100

SUPPLEMENTS TO DISCUSS WITH YOUR VETERINARIAN

- Omega-3 fish oil
- Calcium source
- B-complex vitamins

VETERINARY SAFETY NOTE

AI-generated homemade dog food idea for educational planning only. Confirm ingredients, portions and supplements with your veterinarian before feeding.

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