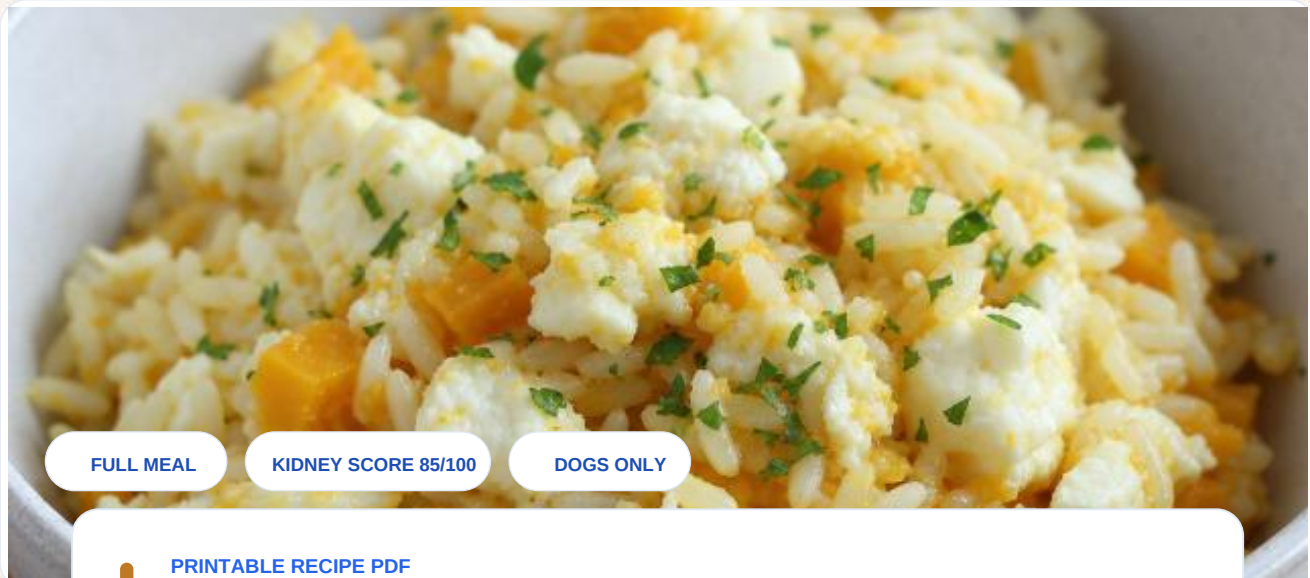




FULL MEAL

KIDNEY SCORE 85/100

DOGS ONLY

[PRINTABLE RECIPE PDF](#)

Egg White Rice and Pumpkin Meal

Egg White Rice and Pumpkin Meal 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

0.06% (approx.)

SCORE

85/100

SHOPPING LIST

Ingredients

- 4 large egg whites
- 1 cup cooked white rice
- 1/2 cup canned pumpkin (unsweetened)
- 1 tablespoon olive oil
- 1/4 teaspoon dried parsley (optional)

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Egg White Rice and Pumpkin Meal 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

Start by cooking the white rice according to package instructions. Use a low-sodium broth or water to prevent excess sodium intake. Cooking rice helps with digestibility and prevents phosphorus build-up, which is beneficial for your dog's kidney health.

2

In a non-stick skillet, heat the olive oil over medium heat. Gently add the egg whites to the skillet. Cooking egg whites separately allows for better control over protein quality and quantity, which is important for your dog since he has CKD.

3

Scramble the egg whites gently until they are fully cooked but still moist. Avoid overcooking to preserve the protein quality that your dog needs in moderation. Egg whites are a high-quality protein source and are lower in phosphorus than whole eggs.

4

Once the egg whites are cooked, mix in the cooked white rice and canned pumpkin. Pumpkin is a good source of fiber and can help with digestion, while also being low in phosphorus. This combination will help provide a balanced meal for your dog.

5

Optional: Sprinkle the dried parsley for flavor and added nutrients. Parsley can be a good source of vitamins, but it should be used sparingly and only after discussing with your vet.

6

Allow the mixture to cool to a safe temperature before serving it to your dog. This will help avoid any burns and ensure he enjoys his meal comfortably.

KEY NUTRIENT ESTIMATES

Phosphorus

0.06% (approx.)

Sodium

0.02% (approx.)

Protein

20% (approx.)

Kidney-Friendly Score

85/100

SUPPLEMENTS TO DISCUSS WITH YOUR VETERINARIAN

- omega-3/fish oil
- calcium source
- B-complex

VETERINARY SAFETY NOTE

Confirm with your vet or a board-certified veterinary nutritionist DACVN before feeding this meal.
Always transition gradually and monitor your dog for any adverse reactions.

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