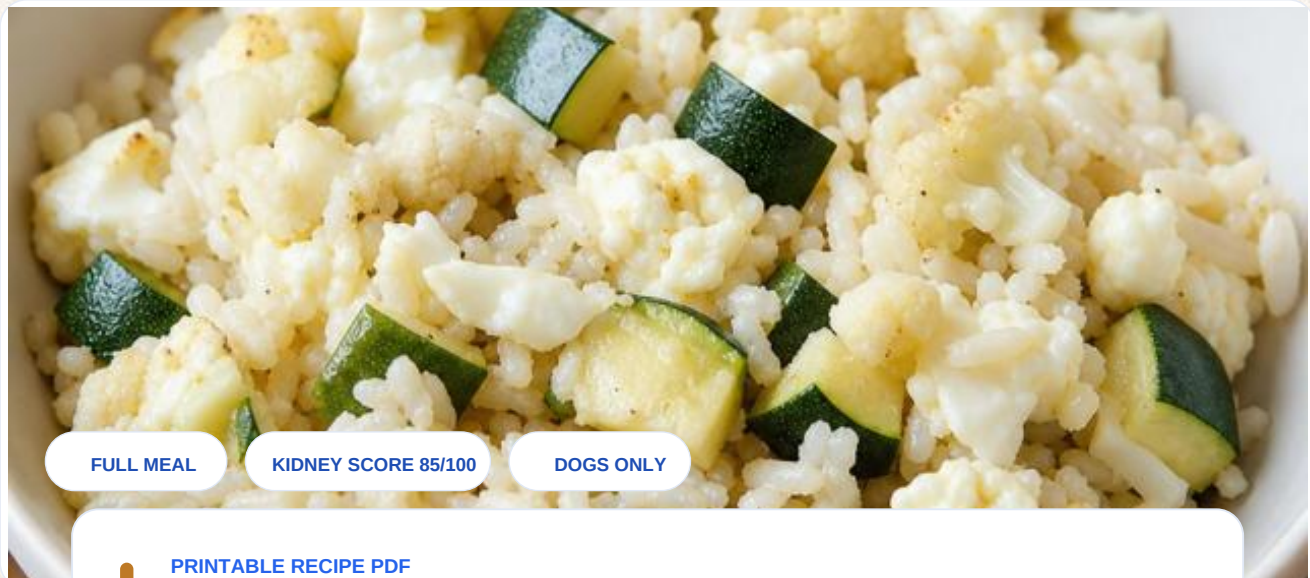




FULL MEAL

KIDNEY SCORE 85/100

DOGS ONLY

[PRINTABLE RECIPE PDF](#)

Egg White Scramble with Cauliflower, Zucchini, and White

Egg White Scramble with Cauliflower, Zucchini, and White Rice is a homemade Full Meal idea for dogs needing kidney-conscious meal planning. This printable recipe includes

TYPE

Full Meal

COOK

25 minutes

PHOSPHORUS

0.24 g

SCORE

85/100

SHOPPING LIST

Ingredients

- 4 large egg whites
- 1 cup cauliflower, chopped
- 1 cup zucchini, diced
- 1 cup cooked white rice
- 1 tablespoon olive oil (optional for added omega-3)

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Egg White Scramble with Cauliflower, Zucchini, and White Rice 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

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. Start by preparing your ingredients. Chop the cauliflower and zucchini into small, uniform pieces. This is important because smaller pieces cook evenly and help retain nutrients, which is particularly beneficial for your dog's kidney health.

2

2. In a medium saucepan, bring a small amount of water to a boil. Add the chopped cauliflower and zucchini, and steam them for about 5-7 minutes until they are tender. Steaming helps to soften these vegetables while minimizing nutrient loss and reducing phosphorus content.

3

3. While the vegetables are steaming, whisk the egg whites in a bowl. This adds protein, which is essential for your dog's muscle maintenance without overloading on phosphorus.

4

4. In another pan, heat the olive oil over medium heat. Adding olive oil provides healthy fats and omega-3 fatty acids, which can be beneficial for kidney health and inflammation.

5

5. Once the oil is warm, add the egg whites to the pan and cook them gently, stirring frequently to prevent sticking. Cooking the egg whites gently ensures they maintain their structure and nutritional value, which is important for your dog's overall health.

6

6. After the egg whites are mostly set, fold in the steamed cauliflower and zucchini. Stir gently until everything is combined and heated through. Mixing the vegetables with the egg whites not only adds flavor but also provides a variety of nutrients while keeping the dish light on phosphorus.

7

7. Finally, serve the mixture over the cooked white rice. White rice is easy to digest and provides a source of carbohydrates without adding excess phosphorus or sodium. Make sure to let the meal cool to room temperature before serving it to your dog.

KEY NUTRIENT ESTIMATES

Phosphorus

0.24 g

Sodium

0.05 g

Protein

24 g

Kidney-Friendly Score

85/100

SUPPLEMENTS TO DISCUSS WITH YOUR VETERINARIAN

- omega-3/fish oil
- B-complex

VETERINARY SAFETY NOTE

It's important to confirm with your veterinarian or a board-certified veterinary nutritionist DACVN before feeding your dog this meal. Always transition gradually to new foods and monitor for any changes in health or appetite.

PERSONALIZED KIDNEY-FRIENDLY RECIPES POWERED BY AIKidneyDogDiet.com