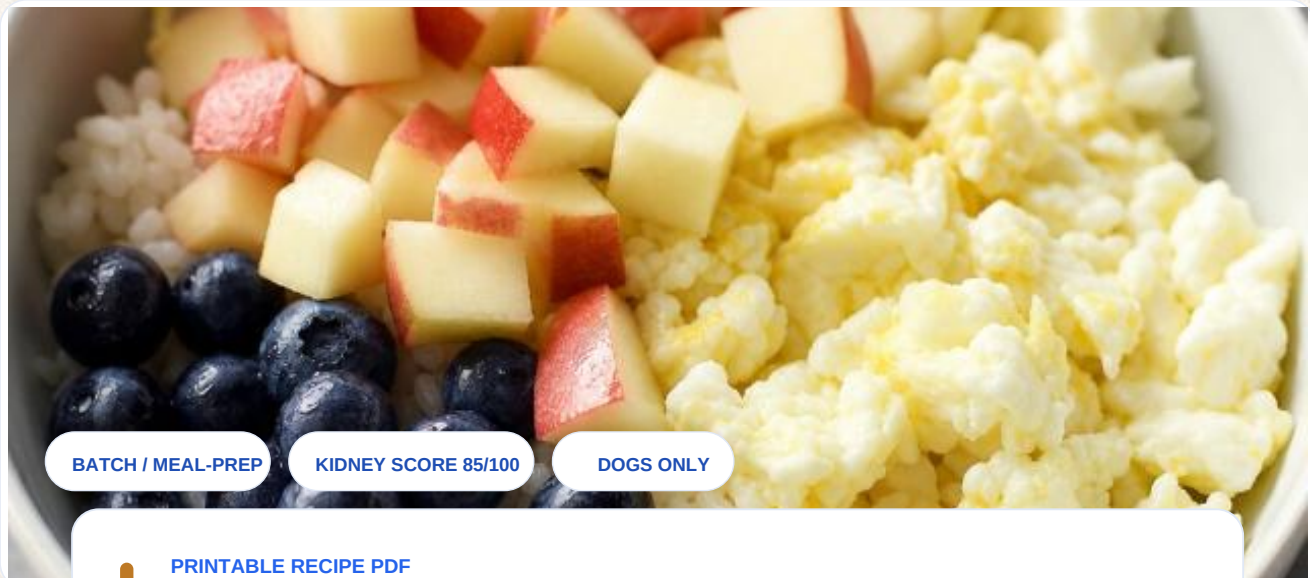




BATCH / MEAL-PREP

KIDNEY SCORE 85/100

DOGS ONLY

[PRINTABLE RECIPE PDF](#)

Egg Whites with White Rice, Apple, and Blueberries

Egg Whites with White Rice, Apple, and Blueberries is a homemade Batch / Meal-prep idea for dogs needing kidney-conscious meal planning. This printable recipe includes

TYPE

Batch / Meal-prep

COOK

30 minutes

PHOSPHORUS

0.15% (est.)

SCORE

85/100

SHOPPING LIST

Ingredients

- 4 large egg whites
- 1 cup cooked white rice
- 1/2 cup peeled, diced apple (no seeds)
- 1/2 cup fresh blueberries

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Egg Whites with White Rice, Apple, and Blueberries is a homemade Batch / Meal-prep 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

In a medium saucepan, bring water to a boil. Add the white rice and cook according to package instructions until tender. This gentle cooking method helps make the rice easily digestible and minimizes the risk of phosphorus release, which is beneficial for kidney health.

2

In a separate bowl, whisk the egg whites until they are frothy. Cooking egg whites without the yolk reduces the phosphorus content, making them more suitable for your dog's kidney condition.

3

Heat a non-stick skillet over medium-low heat. Pour in the whisked egg whites and cook gently, stirring occasionally until fully cooked. Avoid high heat to prevent the formation of harmful compounds and to ensure that the proteins remain high-quality and easily digestible.

4

While the eggs are cooking, peel and dice the apple, making sure to remove any seeds, which are toxic to dogs. Combine the apple and blueberries in a bowl. Blueberries are low in phosphorus and provide antioxidants, which can support overall health.

5

Once the rice is cooked and the egg whites are done, mix everything together in a large bowl. This step ensures that your dog gets a balanced mix of carbohydrates from the rice and fruits along with the protein from the eggs in every bite.

KEY NUTRIENT ESTIMATES

Phosphorus

0.15% (est.)

Sodium

0.02% (est.)

Protein

18% (est.)

Kidney-Friendly Score

85/100

SUPPLEMENTS TO DISCUSS WITH YOUR VETERINARIAN

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

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 AIKidneyDogDiet.com