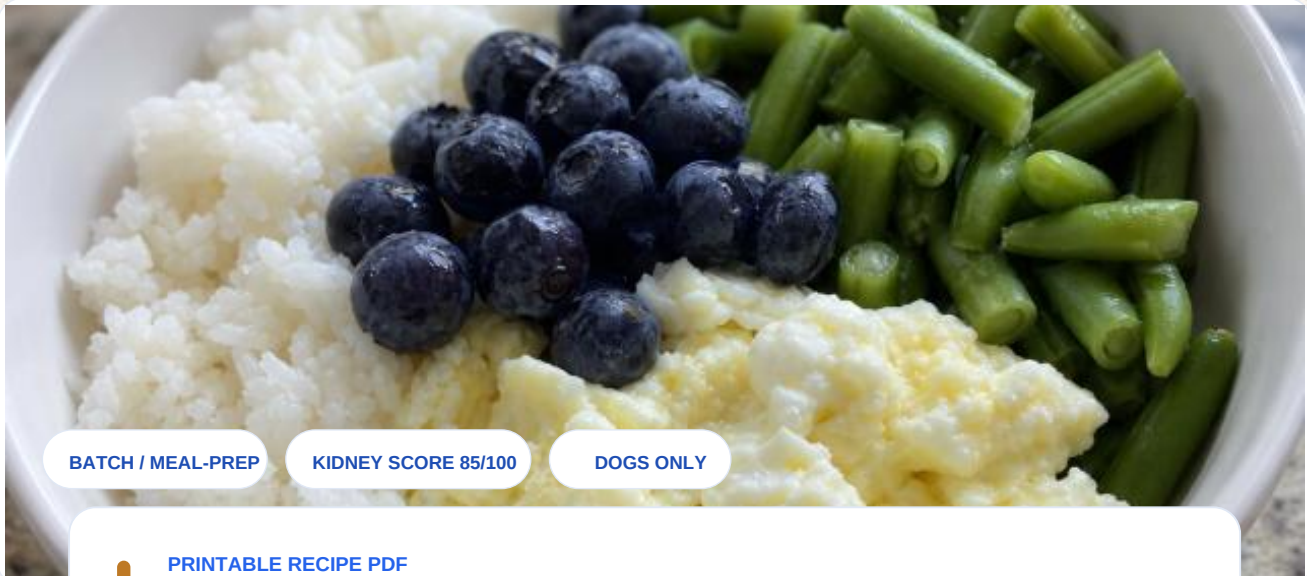




BATCH / MEAL-PREP

KIDNEY SCORE 85/100

DOGS ONLY

[PRINTABLE RECIPE PDF](#)

Egg Whites with White Rice, Green Beans, and Blueberries

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

TYPE

Batch / Meal-prep

COOK

30 minutes

PHOSPHORUS

approx. 125 mg

SCORE

85/100

SHOPPING LIST

Ingredients

- 4 egg whites
- 1 cup white rice, cooked
- 1 cup green beans, chopped and steamed
- 1/2 cup blueberries, fresh or frozen

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Egg Whites with White Rice, Green Beans, 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

1. Cook the white rice according to package instructions. Use water without added salt. This will provide a source of carbohydrates while keeping sodium levels low, which is essential for kidney health.

2

2. While the rice is cooking, rinse the green beans under cold water to remove any possible residue. Then, chop them into small, bite-sized pieces. Steam the green beans for about 5-7 minutes until they are tender. Steaming helps retain nutrients and keeps the phosphorus level lower than boiling would.

3

3. In a non-stick skillet over medium heat, gently cook the egg whites. Stir occasionally until they are fully cooked and no longer translucent. Using egg whites provides high-quality protein with lower phosphorus content compared to whole eggs, which is beneficial for CKD management.

4

4. If using frozen blueberries, thaw them by rinsing them under warm water. Fresh blueberries can be added directly. Blueberries are a good source of antioxidants and are low in phosphorus, making them a kidney-friendly treat.

5

5. Combine the cooked rice, steamed green beans, and cooked egg whites in a large mixing bowl. Gently fold in the blueberries. This combination offers a balanced meal while focusing on kidney-friendly ingredients.

KEY NUTRIENT ESTIMATES

Phosphorus

approx. 125 mg

Sodium

approx. 10 mg

Protein

approx. 25 g

Kidney-Friendly Score

85/100

SUPPLEMENTS TO DISCUSS WITH YOUR VETERINARIAN

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

VETERINARY SAFETY NOTE

Please confirm with your veterinarian or a board-certified veterinary nutritionist DACVN before feeding.
Transition gradually and monitor your dog for any changes in appetite or health.

PERSONALIZED KIDNEY-FRIENDLY RECIPES POWERED BY AIKidneyDogDiet.com