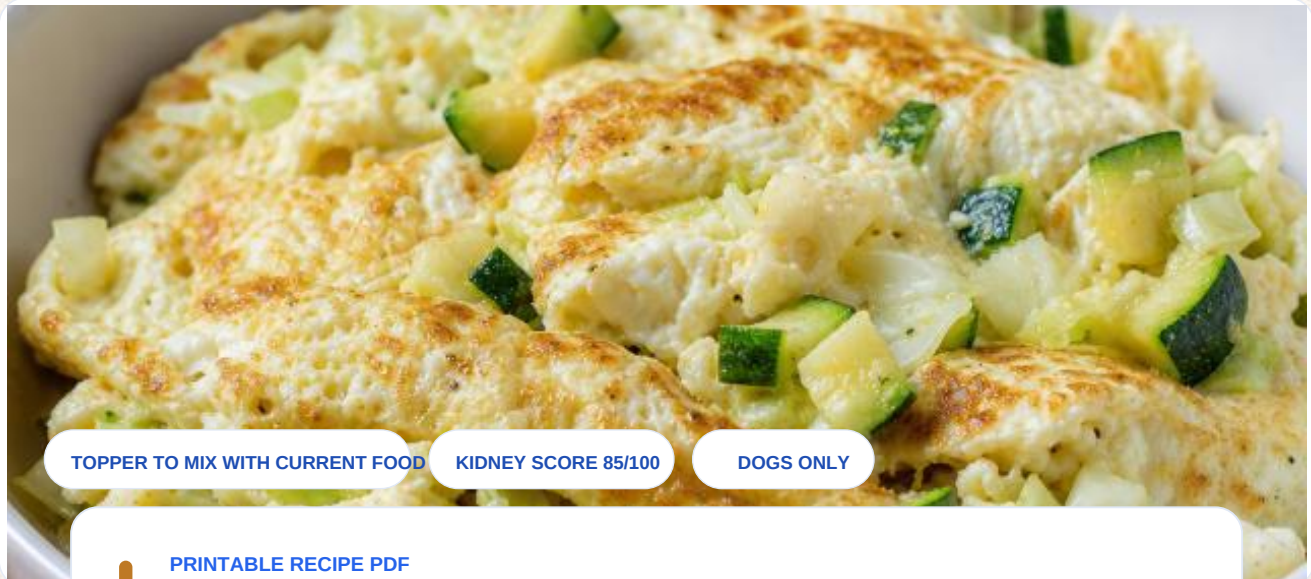




TOPPER TO MIX WITH CURRENT FOOD

KIDNEY SCORE 85/100

DOGS ONLY

[PRINTABLE RECIPE PDF](#)

Kidney-Friendly Egg White Omelet with Cabbage, Cauliflower, and

Kidney-Friendly Egg White Omelet with Cabbage, Cauliflower, and Zucchini is a homemade Topper To Mix With Current Food idea for dogs needing kidney-conscious meal

TYPE

Topper To Mix With Current...

COOK

20 minutes

PHOSPHORUS

Approx. 80 mg

SCORE

85/100

SHOPPING LIST

Ingredients

- 4 large egg whites
- 1/2 cup finely chopped cabbage
- 1/2 cup grated cauliflower
- 1/2 cup diced zucchini
- 1 tablespoon olive oil (for cooking)

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Kidney-Friendly Egg White Omelet with Cabbage, Cauliflower, and Zucchini is a homemade Topper To Mix With Current Food 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

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. Prepare the ingredients: Start by washing the cabbage, cauliflower, and zucchini thoroughly under running water. This helps remove any dirt or pesticides. Chop the cabbage finely, grate the cauliflower, and dice the zucchini into small pieces. Cutting them small helps them cook evenly and makes it easier for your dog to eat.

2

2. Whisk the egg whites: In a bowl, whisk the egg whites until they are frothy. This introduces air into the egg whites, making the omelet light and fluffy. Egg whites are a great source of high-quality protein with lower phosphorus content compared to whole eggs, making them kidney-friendly.

3

3. Cook the vegetables: In a non-stick skillet, heat the olive oil over medium heat. Add the chopped cabbage, grated cauliflower, and diced zucchini. Sauté the vegetables for about 5-7 minutes until they are tender but still have a slight crunch. Cooking them gently helps to preserve their nutrients while making them easier for your dog to digest.

4

4. Combine and cook the omelet: Pour the whisked egg whites over the sautéed vegetables in the skillet. Allow the mixture to cook undisturbed for a few minutes until the edges start to set. Gently lift the edges with a spatula and tilt the pan to let any uncooked egg whites flow to the edges. This method ensures an even cook while keeping the omelet light and fluffy.

5

5. Finish cooking: Once the omelet is mostly set but still slightly runny on top, you can cover the skillet with a lid for a minute to help cook the top. Remove from heat when fully cooked, and let it cool down before serving to your dog. Cooling is crucial to ensure the omelet is safe to eat and to avoid burns.

KEY NUTRIENT ESTIMATES

Phosphorus

Approx. 80 mg

Sodium

Approx. 25 mg

Protein

Approx. 20 g

Kidney-Friendly Score

85/100

SUPPLEMENTS TO DISCUSS WITH YOUR VETERINARIAN

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

VETERINARY SAFETY NOTE

Always confirm with your vet or a board-certified veterinary nutritionist DACVN before introducing new foods, and transition gradually to avoid gastrointestinal upset. Monitor your dog for any adverse reactions.

PERSONALIZED KIDNEY-FRIENDLY RECIPES POWERED BY AIKidneyDogDiet.com