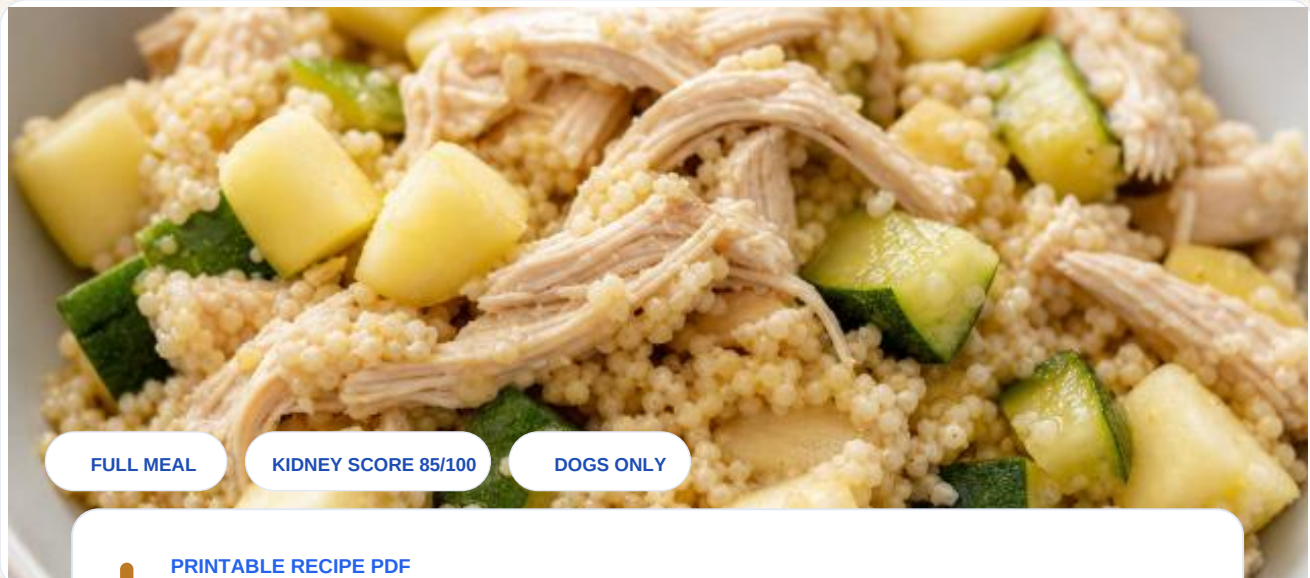


[PRINTABLE RECIPE PDF](#)

Kidney-Supportive Chicken with Couscous, Zucchini, and Apple

Kidney-Supportive Chicken with Couscous, Zucchini, and Apple is a homemade Full Meal idea for dogs needing kidney-conscious meal planning. This printable recipe includes

TYPE

Full Meal

COOK

30 minutes

PHOSPHORUS

approx. 150 mg

SCORE

85/100

SHOPPING LIST

Ingredients

- 1 cup cooked chicken breast, shredded
- 1 cup cooked couscous
- 1 medium zucchini, diced
- 1/2 medium apple, peeled and diced (remove seeds)
- 1 tablespoon fish oil (for omega-3)

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Kidney-Supportive Chicken with Couscous, Zucchini, and Apple 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. Begin by cooking the chicken breast: Place the chicken in a pot of boiling water and cook for about 15-20 minutes or until fully cooked. This gentle cooking method helps preserve the protein and minimizes the formation of harmful compounds. Once cooked, shred the chicken into small, manageable pieces for your dog.

2

2. Cook the couscous: In a separate pot, bring water to a boil and stir in the couscous. Remove from heat, cover, and let it sit for about 5-10 minutes until the water is absorbed. Couscous is a low-phosphorus carbohydrate option that provides energy without overloading your dog's kidneys.

3

3. Prepare the zucchini: While the couscous is resting, steam or lightly sauté the diced zucchini in a small amount of water until tender (about 5 minutes). This method retains nutrients while making it easier for your dog to digest. Zucchini is also low in phosphorus and a good source of hydration.

4

4. Combine the ingredients: In a large mixing bowl, combine the shredded chicken, cooked couscous, and steamed zucchini. Gently mix them together to ensure an even distribution of ingredients.

5

5. Add the apple: Finally, fold in the diced apple. Apples provide vitamins and fiber, and they can be appealing to your dog's taste. Make sure to remove all seeds, as they can be harmful.

6

6. Drizzle the fish oil: Add the fish oil to the mixture, which is beneficial for adding omega-3 fatty acids that can support kidney health and reduce inflammation. Mix well to ensure even distribution.

7

7. Portion the meal: Based on your dog's weight of 50 lbs, serve approximately 1.5 cups of this mixture, adjusting based on his specific dietary needs and appetite.

KEY NUTRIENT ESTIMATES

Phosphorus

approx. 150 mg

Sodium

approx. 50 mg

Protein

approx. 30 g

Kidney-Friendly Score

85/100**SUPPLEMENTS TO DISCUSS WITH YOUR VETERINARIAN**

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

VETERINARY SAFETY NOTE

Confirm with your vet or a board-certified veterinary nutritionist DACVN before feeding this recipe. Transition gradually and monitor your dog's response to the new diet.

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