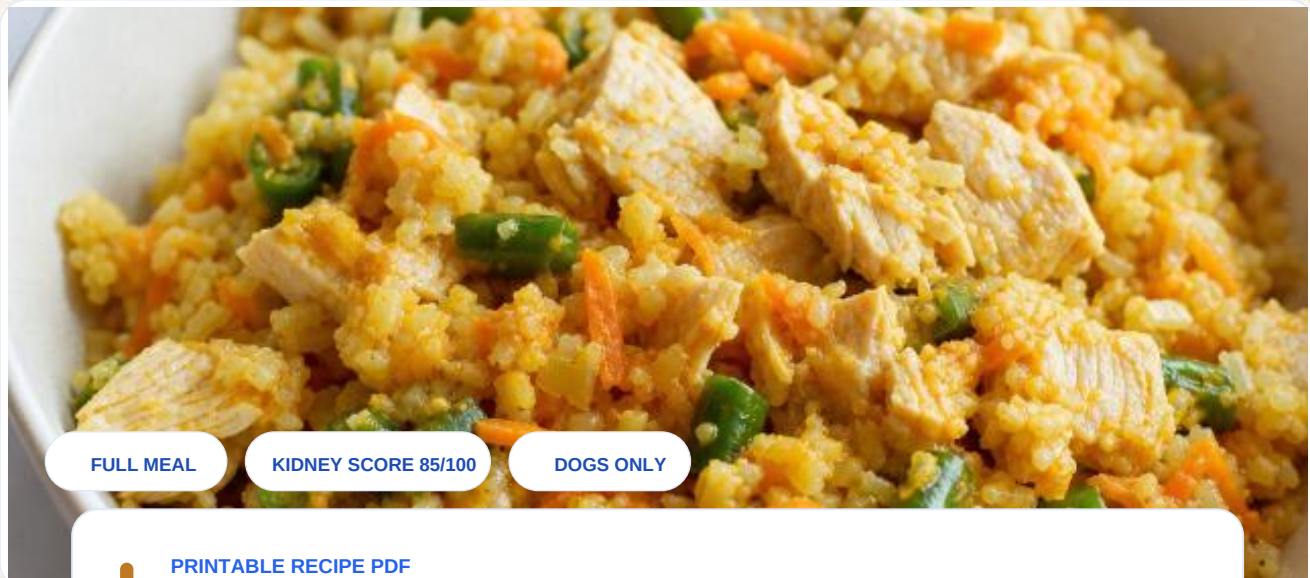




FULL MEAL

KIDNEY SCORE 85/100

DOGS ONLY

[PRINTABLE RECIPE PDF](#)

Silky Chicken and Cauliflower Rice Bowl

Silky Chicken and Cauliflower Rice Bowl is a homemade Full Meal idea for dogs needing kidney-conscious meal planning. This printable recipe includes the ingredient list,

TYPE

Full Meal

COOK

30 minutes

PHOSPHORUS

150 mg

SCORE

85/100

SHOPPING LIST

Ingredients

- 2 cups cauliflower rice (fresh or frozen)
- 1 lb skinless, boneless chicken breast
- 1 tablespoon olive oil
- 1/2 cup green beans, chopped
- 1/2 cup carrots, shredded
- 1/4 cup pumpkin puree (unsweetened)
- 1/4 teaspoon turmeric (optional)
- 1/2 cup low-sodium chicken broth (homemade or store-bought, be sure to check for low phosphorus)

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Silky Chicken and Cauliflower Rice Bowl 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 and

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

Begin by preparing the cauliflower rice. If using fresh cauliflower, chop it into florets, then pulse in a food processor until it resembles rice. This is a great low-phosphorus base for your dog's meal, providing fiber without adding excess phosphorus.

2

Heat olive oil in a large skillet over medium heat. Add the chicken breast whole and cook for about 6-8 minutes on each side until it's no longer pink in the center. Cooking the chicken gently helps retain its moisture and nutrients, which are beneficial for kidney health.

3

Remove the chicken from the skillet and let it rest for a few minutes before shredding or chopping it into small, bite-sized pieces. This ensures that the protein remains tender and is easy for your dog to consume, which is important if he has a reduced appetite.

4

In the same skillet, add chopped green beans and shredded carrots, cooking them for about 3-5 minutes until they are tender but still vibrant. This gentle cooking method preserves vitamins while keeping the vegetables palatable for your dog.

5

Add the cauliflower rice to the skillet and mix well with the vegetables. Pour in the low-sodium chicken broth and let everything simmer for about 5 minutes until heated through. The broth enhances flavor while keeping sodium low, which is critical for kidney support.

6

Stir in the pumpkin puree and turmeric, if using, and combine well. Pumpkin puree adds moisture to the dish and is beneficial for digestion, while turmeric has anti-inflammatory properties. Both contribute to your dog's overall wellness without stressing his kidneys.

7

Finally, add the shredded chicken back to the skillet, stir everything together, and cook for an additional 2 minutes. This ensures that the chicken is well incorporated into the meal, providing your dog with a balanced source of protein.

KEY NUTRIENT ESTIMATES

Phosphorus

150 mg

Sodium

40 mg

Protein

25 g

Kidney-Friendly Score

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

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

VETERINARY SAFETY NOTE

Please consult with your veterinarian or a veterinary nutritionist before introducing new foods to your dog's diet. Transition gradually and monitor for any adverse reactions.

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