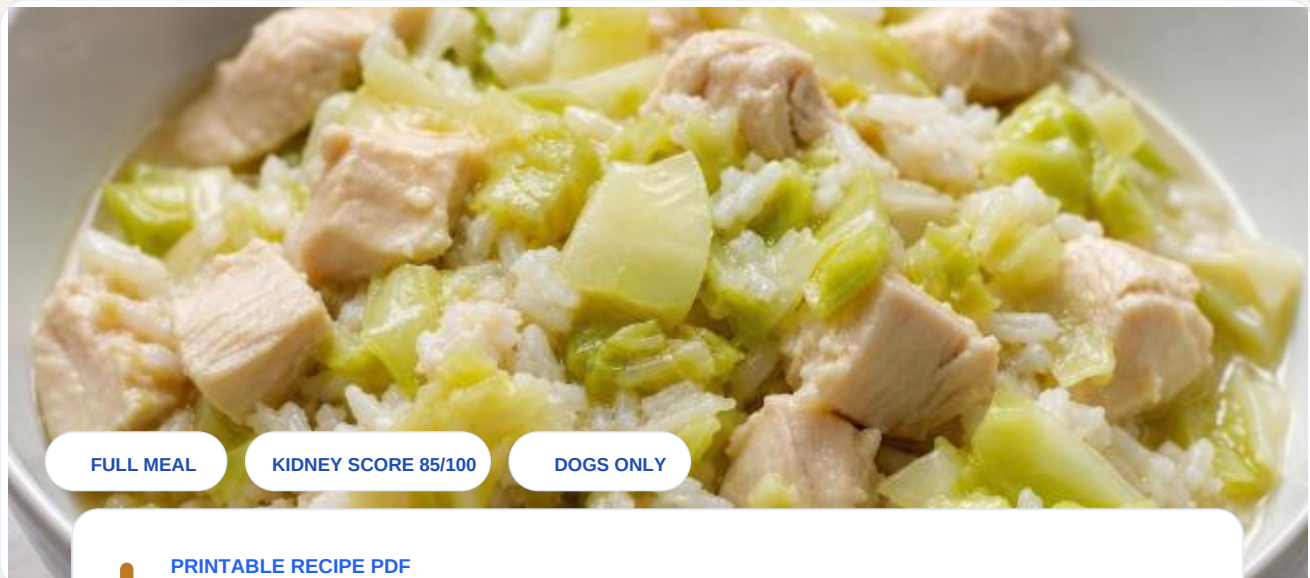




FULL MEAL

KIDNEY SCORE 85/100

DOGS ONLY

[PRINTABLE RECIPE PDF](#)

Sunday Chicken, Cabbage & Rice Dinner

Sunday Chicken, Cabbage & Rice Dinner is a homemade Full Meal idea for dogs needing kidney-conscious meal planning. This printable recipe includes the ingredient list,

TYPE

Full Meal

COOK

60 minutes

PHOSPHORUS

0.20% (estimated)

SCORE

85/100

SHOPPING LIST

Ingredients

- 2 cups of cooked white rice
- 1 lb of skinless, boneless chicken breast
- 2 cups of finely chopped green cabbage
- 1 tablespoon of fish oil (for omega-3)
- 2 cups of low-sodium chicken broth (homemade or store-bought)

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Sunday Chicken, Cabbage & Rice Dinner 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 supplements with

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

Start by cooking the rice. Rinse 1 cup of white rice under cold water to remove excess starch. This is important because rinsing helps reduce the phosphorus content, which is beneficial for kidney health. Cook the rice according to package instructions, usually in 2 cups of water until tender. Set aside once cooked.

2

Next, prepare the chicken. In a pot, combine the skinless, boneless chicken breast with 2 cups of low-sodium chicken broth. Bring to a gentle simmer. Cooking chicken this way ensures that it stays moist and tender, which makes it easier for your dog to digest.

3

Allow the chicken to simmer until fully cooked, about 15-20 minutes. Once cooked, remove the chicken from the pot and set it on a plate to cool. Shredding the chicken into small, bite-sized pieces will help your dog eat it more easily and ensures he's getting a good amount of protein without overloading his kidneys.

4

In the same pot with the remaining broth, add the finely chopped cabbage. Gently simmer the cabbage for about 5-10 minutes until it is soft. Cooking vegetables like cabbage helps break down fiber which can aid digestion, while keeping the nutrient loss to a minimum.

5

Once the cabbage is cooked, return the shredded chicken to the pot and stir in the cooked rice. Add the tablespoon of fish oil, which is a great source of omega-3 fatty acids that support kidney health. Mix everything together and ensure it's warmed through before serving.

6

Allow the meal to cool to a safe temperature before serving it to your dog. This is important as hot food can burn his mouth and discourage him from eating.

KEY NUTRIENT ESTIMATES

Phosphorus

0.20% (estimated)

Sodium

0.05% (estimated)

Protein

21% (estimated)

Kidney-Friendly Score

85/100

SUPPLEMENTS TO DISCUSS WITH YOUR VETERINARIAN

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

VETERINARY SAFETY NOTE

Please confirm with your veterinarian or a board-certified veterinary nutritionist DACVN before feeding this meal to your dog. Transition to any new diet gradually and monitor for any adverse effects.

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