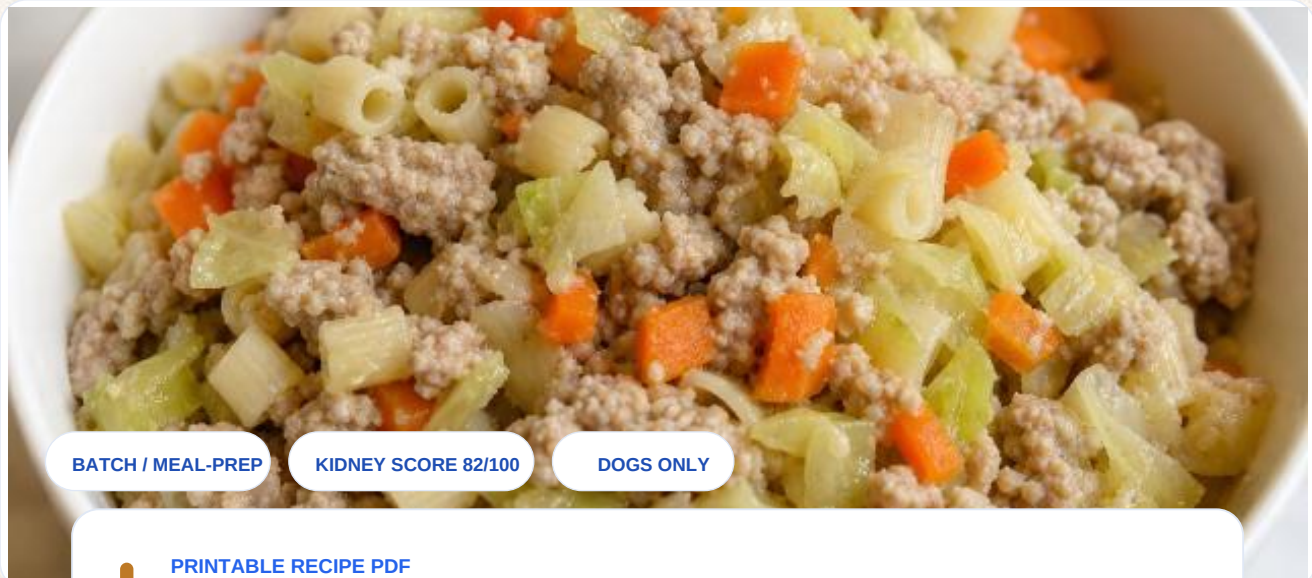




BATCH / MEAL-PREP

KIDNEY SCORE 82/100

DOGS ONLY

[PRINTABLE RECIPE PDF](#)

Turkey with White Pasta, Cabbage, and Carrots

Turkey with White Pasta, Cabbage, and Carrots is a homemade Batch / Meal-prep idea for dogs needing kidney-conscious meal planning. This printable recipe includes the

TYPE

Batch / Meal-prep

COOK

45 minutes

PHOSPHORUS

0.25% estimate

SCORE

82/100

SHOPPING LIST

Ingredients

- 2 lb ground turkey (lean)
- 1 cup white pasta (cooked)
- 1 cup cabbage (finely chopped)
- 1 cup carrots (finely chopped)
- 2 tablespoons olive oil
- 4 cups water

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Turkey with White Pasta, Cabbage, and Carrots 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 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

In a large pot, bring 4 cups of water to a boil. Adding water helps to gently cook the ingredients and keeps them moist, which is essential for kidney health.

2

Add the white pasta to the boiling water and cook until al dente, about 8-10 minutes. Cooking pasta until just firm helps with digestibility and ensures it doesn't become overly soft or mushy.

3

While the pasta is cooking, heat 2 tablespoons of olive oil in a large skillet over medium heat. Olive oil is a healthy fat that can support kidney function and provides a source of omega-3 fatty acids.

4

Add the ground turkey to the skillet and cook until it's browned and fully cooked, breaking it into small pieces as it cooks. Choosing lean turkey provides high-quality protein while keeping phosphorus levels moderate.

5

Once the turkey is cooked, add the finely chopped cabbage and carrots to the skillet. Cook for an additional 5-7 minutes until the vegetables are tender. These vegetables are low in phosphorus and high in fiber, supporting overall digestion and kidney health.

6

Drain the cooked pasta and add it to the turkey and vegetable mixture. Stir to combine everything evenly, ensuring that the ingredients are well mixed to provide a balanced meal.

7

Let the mixture cool before serving. This dish can be stored in the refrigerator for up to 3 days or frozen in individual portions for up to 2 months. Portioning by weight helps maintain appropriate serving sizes and ensures consistent nutrient intake.

KEY NUTRIENT ESTIMATES

Phosphorus

0.25% estimate

Sodium

0.04% estimate

Protein

22% estimate

Kidney-Friendly Score

82/100

SUPPLEMENTS TO DISCUSS WITH YOUR VETERINARIAN

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

VETERINARY SAFETY NOTE

Confirm with your vet before feeding, and transition gradually to monitor your dog's response to this new recipe.

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