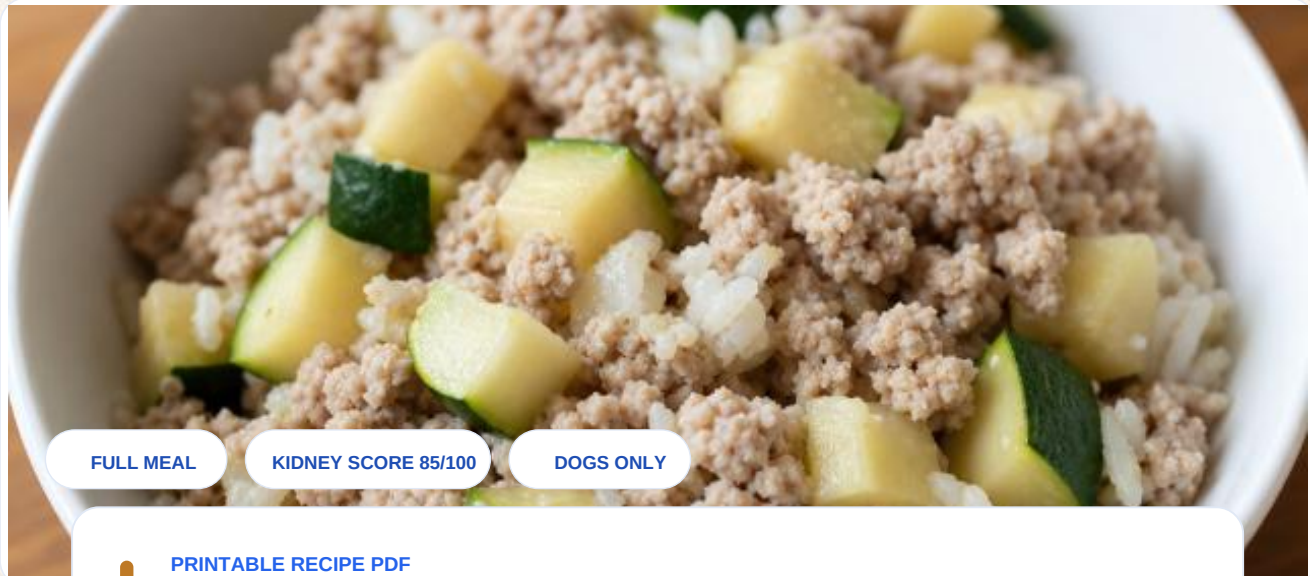




FULL MEAL

KIDNEY SCORE 85/100

DOGS ONLY

[PRINTABLE RECIPE PDF](#)

Turkey with White Rice, Zucchini, and Apple

Turkey with White Rice, Zucchini, and Apple is a homemade Full Meal idea for dogs needing kidney-conscious meal planning. This printable recipe includes the ingredient

TYPE

Full Meal

COOK

30 minutes

PHOSPHORUS

0.2% (estimated)

SCORE

85/100

SHOPPING LIST

Ingredients

- 1 lb ground turkey (lean)
- 1 cup white rice (uncooked)
- 1 medium zucchini (chopped)
- 1/2 medium apple (peeled, cored, and chopped)
- 4 cups water

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Turkey with White Rice, 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 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

Start by rinsing the white rice under cold water until the water runs clear. This process helps to remove excess starch, which can help reduce the glycemic index and is beneficial for maintaining a stable blood sugar level. This is important for overall health, especially in dogs with conditions like CKD.

2

In a large pot, combine the rinsed rice with 2 cups of water. Bring it to a boil, then reduce the heat to low and cover the pot. Let it simmer for about 15-20 minutes, or until the rice is fully cooked and the water is absorbed. Cooking rice gently allows it to retain its nutrients while making it easier to digest, which is helpful for a dog with kidney issues.

3

While the rice is cooking, in another pot, add the ground turkey and the remaining 2 cups of water. Cook over medium heat, breaking the turkey into smaller pieces. Cook until the turkey is browned and fully cooked, which should take about 10-15 minutes. Using lean ground turkey provides high-quality protein while keeping the fat content low, which is beneficial for kidney health.

4

After the turkey is cooked, add the chopped zucchini to the pot. Cook for an additional 5 minutes, or until the zucchini is tender. Zucchini is low in phosphorus and high in water content, helping with hydration, which is crucial for dogs with CKD.

5

Finally, stir in the chopped apple and let it cook for another 2-3 minutes. Apples provide vitamins and fiber and are generally safe for dogs; just be sure to remove the seeds and core which can be harmful.

6

Once everything is cooked, mix the turkey and zucchini mixture with the rice in a large bowl until well combined. This helps ensure that your dog gets a balanced meal with all ingredients working together.

7

Allow the meal to cool before serving. This is important not only for safety but also to help preserve the integrity of the nutrients that can be sensitive to high heat.

KEY NUTRIENT ESTIMATES

Phosphorus

0.2% (estimated)

Sodium

0.02% (estimated)

Protein

22% (estimated)

Kidney-Friendly Score

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

- Omega-3/fish oil
- Calcium source
- B-complex vitamins

VETERINARY SAFETY NOTE

Please confirm with your veterinarian, ideally a board-certified veterinary nutritionist DACVN, before feeding this meal to your dog. Transition gradually to prevent digestive upset and monitor your dog for any changes in appetite or health.

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