



Bone Appétit: Feeding Your Dog Homemade Dog Food

1. Turkey & Quinoa Power Bowl



Ingredients:

- 1 lb ground turkey (lean)
- 1 cup quinoa, cooked
- 1/2 cup carrots, chopped
- 1/2 cup spinach, chopped
- 1 tbsp coconut oil
- 1/2 tsp turmeric
- 1/4 tsp ground flaxseed
- 1 cup water or low-sodium bone broth

Instructions:

1. Heat coconut oil in a pan and cook turkey until browned.
2. Add carrots, spinach, quinoa, and bone broth.
3. Simmer for 10 minutes, stirring occasionally.
4. Let cool before serving.

✓ Why it's healthy: Lean protein, omega-3s from flaxseed, anti-inflammatory turmeric, and fiber-rich quinoa.

2. Beef & Sweet Potato Superfood Stew



Ingredients:

- 1 lb lean ground beef
- 1 cup sweet potato, diced
- 1/2 cup peas
- 1/2 cup zucchini, chopped
- 1 tbsp olive oil
- 1/4 cup parsley, finely chopped
- 1 cup water or bone broth

Instructions:

1. Cook ground beef in a pot until browned.
2. Add sweet potatoes and peas with water or broth. Simmer for 15 minutes.
3. Stir in zucchini and parsley. Cook for 5 more minutes.
4. Let cool before serving.

✅ Why it's healthy: Sweet potatoes provide fiber and beta-carotene, while parsley supports kidney health.

3. Chicken & Brown Rice Nutrient Boost



Ingredients:

- 1 lb chicken breast, chopped
- 1 cup brown rice, cooked
- 1/2 cup green beans, chopped
- 1/2 cup pumpkin puree
- 1 tbsp fish oil
- 1/4 tsp ground eggshell powder (for calcium)

Instructions:

1. Cook chicken thoroughly in a pan.
2. Mix in green beans, brown rice, and pumpkin puree.
3. Stir in fish oil and eggshell powder after cooling.

✅ Why it's healthy: Protein-packed, high in fiber, with essential fatty acids for skin and coat health.

4. Salmon & Veggie Omega-3 Boost



Ingredients:

- 1 lb cooked salmon (deboned)
- 1 cup lentils, cooked
- 1/2 cup carrots, shredded
- 1/2 cup kale, chopped
- 1 tbsp coconut oil
- 1 tsp ground chia seeds
- 1 cup bone broth

Instructions:

1. In a pan, cook lentils until soft.
2. Mix in shredded carrots, kale, and salmon.
3. Stir in coconut oil, chia seeds, and bone broth.
4. Let cool before serving.

✓ Why it's healthy: Omega-3s for joint and brain health, fiber for digestion, and antioxidants from kale.

5. Lamb & Oats Muscle Builder



Ingredients:

- 1 lb ground lamb
- 1 cup oats, cooked
- 1/2 cup blueberries
- 1/2 cup spinach, chopped
- 1 tbsp flaxseed oil
- 1/4 tsp calcium supplement (or eggshell powder)

Instructions:

1. Cook lamb thoroughly in a pan.
2. Stir in cooked oats, blueberries, and spinach.
3. Add flaxseed oil and calcium supplement after cooling.

✅ Why it's healthy: Lamb supports muscle growth, oats provide energy, and blueberries offer antioxidants.

Feeding Guidelines:

Portion Guidelines for Home-Cooked Dog Food

- This typically translates to about ½ to 1 cup of food per 10 lbs of body weight per day.
- Divide the total daily amount into two meals (morning and evening).

Recommended Feeding Amounts

Dog's Weight	Cups of Food Per Day (approximate)
10 lbs	½ - 1 cup
20 lbs	1 - 1.5 cups
30 lbs	1.5 - 2 cups
40 lbs	2 - 2.5 cups
50 lbs	2.5 - 3 cups
60 lbs	3 - 3.5 cups
70 lbs	3.5 - 4 cups
80 lbs	4 - 4.5 cups



Adjustments Based on Activity Level

-  Very Active Dogs: Increase by 10-20%
-  Less Active Dogs / Senior Dogs: Reduce by 10-20%

 Portioning by Nutrient Balance

A balanced homemade meal should follow these approximate ratios:

- 40% Protein: Chicken, turkey, beef, salmon, eggs
- 50% Vegetables & Carbs: Brown rice, sweet potatoes, quinoa, pumpkin, peas, carrots
- 10% Healthy Fats: Fish oil, coconut oil, flaxseed

 Example for a 25-lb Dog (1.25-1.75 cups/day):

- $\frac{1}{2}$ - $\frac{3}{4}$ cup lean protein
- $\frac{1}{2}$ - $\frac{3}{4}$ cup vegetables/carbs
- 1 tsp healthy fat

The amount of homemade food your dog needs depends on weight, activity level, metabolism, and age. The general rule of thumb for home-cooked dog food is:

Dog Food Meal Prep Guide

Since you're preparing homemade meals, proper storage and portioning are key to maintaining freshness and nutritional balance. Here's a structured plan:

1. How Much to Cook at Once?

- If preparing fresh meals daily isn't practical, a weekly batch works well.
- Plan to cook 5-7 days' worth of food at a time, depending on freezer space and fridge storage.

For two dogs (20-30 lbs each):

- Daily intake: ~1.5 to 3 cups total ($\frac{3}{4}$ to 1.5 cups per dog)
- Weekly batch: ~10-14 cups total (~5-7 cups per dog)

Batch size per recipe:

- Each of the recipes I provided makes ~4-6 cups.
- Double or triple the recipe to prepare enough for a full week.

2. Storage Recommendations

Refrigeration (Short-Term Storage)

- Store 3-4 days' worth of food in the fridge in airtight containers.
- Keep in individual meal portions or larger containers for easy scooping.
- Use glass or BPA-free plastic containers to preserve freshness.
- Label containers with date of preparation.

Freezing (Long-Term Storage)

- Freeze up to 2-3 weeks' worth of meals.
- Use freezer-safe, airtight containers or vacuum-sealed bags to prevent freezer burn.
- Store in meal-sized portions for easy thawing (e.g., individual bags per meal or per day).

3. Thawing & Serving

- Transfer frozen meals to the fridge the night before serving to defrost safely.
 - If in a rush, warm up portions by placing the sealed container in warm water.
 - Do not microwave (can cause hot spots and nutrient loss).
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4. Cooking & Portioning Tips

- ✓ Make a base recipe and mix in variations (e.g., switch proteins or veggies) to keep meals interesting.
- ✓ Use a food scale or measuring cup to portion correctly.
- ✓ Rotate recipes every 1-2 weeks to provide balanced nutrition.
- ✓ Keep a feeding journal to monitor weight, digestion, and preferences.

Simple Recipes To Get Started

1. Simple Chicken and Rice

- **Ingredients:**
 - 1 cup cooked chicken, shredded or diced
 - 1 cup cooked brown rice
 - 1/2 cup chopped carrots
 - 1/4 cup chopped broccoli florets
- **Instructions:**
 - Combine all ingredients in a bowl.
 - Mix well and serve.

2. Sweet Potato and Ground Beef

- **Ingredients:**
 - 1 pound ground beef (lean)
 - 1 large sweet potato, peeled and diced
 - 1/2 cup green beans, chopped
- **Instructions:**
 - Cook ground beef in a skillet over medium heat, drain off any excess fat.
 - Steam or boil sweet potato and green beans until tender.
 - Combine cooked ground beef, sweet potato, and green beans.
 - Mix well and serve.

3. Turkey and Veggie Medley

- **Ingredients:**

- 1 pound ground turkey (lean)
- 1 cup cooked quinoa
- 1/2 cup diced zucchini
- 1/4 cup peas

- **Instructions:**

- Cook ground turkey in a skillet over medium heat, draining excess fat.
- Steam or boil zucchini and peas until tender.
- Combine cooked turkey, quinoa, zucchini, and peas.
- Mix well, then serve.