

*Chefpaw's 30
days home cooked
meal plan for your
dog*



Introduction

Cooking food for your dog is easier than you think, with these simple recipes you can feed your furry kid for a whole month efficiently! Now, I know you think it takes up a lot of your time but truth be told, majority of these recipes can be made under a couple of hours and stored up to 3 months! Making it more convenient for you to take charge on what goes into your pet's food.

The recipe portions may vary depending on your pet size and the number of meals they have a day. Hence, I have based it on a medium size dog being fed twice daily.

Please note that these recipes are best with supplements added to ensure a balanced meal for your best friend!

General tips

Here are some important tips to help you along:

- DO NOT serve your dogs cooked bones as they could split and cause serious harm to them internally and if you do intend to give your pet a raw bone to chew on, please ensure the size of their chew is not hazardous.
- Please practice great care and hygiene when handling meat and preparing your ingredients to avoid cross contamination.
- Type of meat: Lean meat is best for your dog's digestive system hence, you should remove chicken skin and any fat trimmings.
- Vegetables: Shredding/blending your dog's vegetables will help their stomach's greatly in absorbing the nutrients and digesting with ease given their short digestive tracts.

Storing your pet's food

All these recipes are to be kept in the freezer for long storage. My practice is to thaw 3 days worth of meals each time and store them in the refrigerator in food containers, making the entire process quick and easy.

- Finding and sticking to the same container size will help you manage the portions better. I would recommend 3-4 days worth of meals in each.
- Ziplock bags are not recommend due to them not being durable for multiple usage and environmentally unfriendly.

Shopping list

- 2 whole chicken
- 1.6 kg ground chicken
- 500g ground beef
- 2.6 kg lean ground beef
- 30g chicken gizzards
- 11 pcs of eggs
- ½ kg uncooked white rice
- 1 can tuna in water
- 500g frozen vegetable
- 3 apples
- 3 pcs medium carrots
- 2 pcs sweet potatoes
- 1 potato
- 1 medium head of broccoli
- 1 small head of cauliflower
- 1 medium head of cabbage
- 2 bunch of spinach
- 230g of green beans
- 65g of green peas
- Olive oil
- Coconut oil
- Dried Oregano
- Turmeric powder

Chicken Stew Porridge



Cooking time: 45 mins

Serves: 6 meals

2 pcs

Apple

2 pcs

Whole chicken

2 cups

Red cabbage

2 cups

Spinach

3 pcs

Eggs

2 Tbsp

Olive oil

1 cup

White rice (cooked)

1. Cut chicken into smaller parts, suitable for your pot size and clean it well as you remove the skin.
2. Clean and chop vegetables in smaller pieces to allow them to cook thru better. Removing of apple skin is recommended due to food wax that coats it as well as seeds and cores.
3. Heat up your pot of water (I prefer cooking it with bone broth) and bring it to a boil as you begin to cook the chicken. Let it simmer till cooked.
4. Add in the vegetables and fruits, allow it to cook for 2-3 minutes.
5. Remove pot from stove. Extract the chicken meat and discard all the bones. While it is still hot, stir in the 5 beaten eggs and 2 tablespoons of olive oil.
6. Separate vegetables and fruits from pot and blend them well before mixing it back in the pot. (Recommended)
7. You may add 1 cup of cooked rice/ barley to turn it into porridge!

Rice, Chicken & Veggies



Cooking time: 35 mins

Serves: 12 meals

1.3 kg

Ground chicken

3 cups

Frozen mix vegetables

2 cups

White rice

6 cups

Water/ bone broth

1. Take a large saucepan. Place rice, ground chicken and vegetables into it.
2. Stir in water until this mixture is smooth.
3. Now place it over medium-high heat and boil it. Make sure to stir constantly.
4. Reduce it to medium-low heat and cover it.
5. Et it simmer at low heat until the rice is tender. It will take about 25 minutes.
6. Cool it before serving.
7. Store the rest in the refrigerator/ freezer for long term storage.

Low Carb Surf & Turf



Cooking time: 65 mins	Serves: 16 meals
300 grams	Ground chicken
300 grams	Lean ground beef
1/2 cup	White rice (cooked)
1/2 cup	Chicken gizzard
1/2 cup	Sweet potato
1/3 cup	Green peas
1/3 cup	Cauliflower
1/3 cup	Broccoli
1 pc	Apple
2 pcs	Egg
1 cans	Tuna in water
1/3 cup	Cottage cheese (optional)
1.5 Tbsp	Coconut oil

1. Get rice cooking on the side. In a pan, boil chicken gizzards for about 5 minutes.
2. Now add eggs in the latter one and again cook for 5 minutes, till they are hard boiled.
3. Take a large pot and cook ground chicken and ground beef, until they turn brown. Also, make sure to drain off the fat and then remove it from the heat.
4. In a food processor, add raw broccoli, ½ cored and seeded apple, raw cauliflower, eggs, and cooled gizzards. Grind them well.
5. Now you need to microwave sweet potato for about 4 minutes.
6. Finally, you need to add all the ingredients to the large pot. Add chicken, beef, coconut oil, cottage cheese (optional), one by one. Mix them well.
7. Serve it to your adored furkid!

Meatloaf



Cooking time: 80 mins

Serves: 12 meals

1800 grams

Lean ground beef

500 grams

Ground beef

4 pcs

Eggs

2 cups

Carrots

2 cups

Sweet potato

2 cups

Green beans

1. Steam carrots, potatoes, and green beans.
2. Preheat oven to 177° C (350° F).
3. Now lightly oil a baking dish, sized 13x9 inch.
4. blend potatoes, carrots, and any leftover vegetables into pieces and put them into a large mixing bowl.
5. Mix all the veggies using rubber gloves. Make sure to continue mixing them till no lumps.
6. Now place this mixture into a baking dish and spread it evenly.
7. Bake for about one and half hours.
8. After that cook it on the wire rack.
9. Cut it into small or medium sized pieces and, foil wrap and date.
10. Now toss into freezer.
11. Defrost them, and they are ready for your dog.

The Picky Eater's Meatball



Cooking time: 20 mins

Serves: 7 meals

500 grams

Lean ground beef

1/3 cup

Broccoli

2 pcs

Eggs

1/3 cup

Carrots

1/3 cups

Green beans

1 cup

White rice (cooked)

1 Tbps

Dried oregano

1 Tsp

Tumeric powder

1. Get rice cooking on the side and set 1 cup of cooked rice to cool.
2. Clean and chop vegetables in smaller pieces to allow them to cook thru better.
3. Steam the vegetables lightly and drain them to remove excess water.
4. In a mixing bowl, add in the ground beef, dried oregano, tumeric, steam vegetables, rice and combine them with the eggs.
5. Line your baking tray with baking sheet or you may lightly oil it to prevent the meatballs from sticking.
6. Roll the meats balls into golf size balls and place them on your baking tray leaving a little spacing between them as they would expand.
7. Cook them between 15 - 20mins at 177 degrees C
8. Once cooked, let them cool and store them for up to 3 months in your freezer!

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