Nutrition plan for Bella

Created for a 25kg senior dog with moderate daily activity

DAILY ENERGY	MEALS A DAY	RECIPES
1,096 kcal	2	3

How to use this plan

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	1	2	3	1

- Each recipe is a complete day of food, split into 2 equal meals. Batch-cook each recipe once a week, portion it by day and freeze, then thaw the next day's portion in the fridge.
- Weigh every ingredient on a kitchen scale, using the weights on each recipe page.
- The shopping list near the end of this plan shows what to buy for one week.

Your 3 recipes

1 RECIPE 1

Beef, Cod and Rice

Beef sirloin steak, brown rice, butternut pumpkin, kale

1,147 kcal a day

984 g a day

2 RECIPE 2

Turkey, Cod and Sweet Potato

Turkey whole, beef chuck, sweet potato, bok choy, mature carrot

1,147 kcal a day

1,204 g a day

3 RECIPE 3

Pork, Sardine and Potato

Pork tenderloin, pontiac potato, cos lettuce, baby carrot

1,147 kcal a day

1,139 g a day

Nutrients

Each recipe meets the recommended daily amount of all 40 nutrients we check.

- **Energy**
- **Fat**
- **Vitamins** 11 of 11
- **Amino acids** 12 of 12
- **Protein**
- **Minerals** 12 of 12
- **Fatty acids** 3 of 3

The full nutrient details for your vet are on the last page.

EXAMPLE PLAN

1 RECIPE 1 OF 3

Cooked Beef, Cod and Rice Recipe

984 g a day | 2 meals of about 492 g | 1,147 kcal a day

Ingredients for one day

486 g	Lean beef sirloin steak	weighed raw, then roasted
49 g	Lamb kidneys	weighed raw, then boiled
16 g	Beef liver	weighed raw, then boiled
101 g	Atlantic cod	weighed raw, then roasted
64 g	Egg yolk	weighed raw, then roasted
107 g	Brown rice	weighed after cooking
79 g	Butternut pumpkin, peeled	weighed after cooking
78 g	Kale	weighed raw, then roasted
4.2 g	Ground eggshell, calcium supplement	as supplied

Preparation

1. Weigh the beef, cod, egg yolks and kale raw, then roast without added fat until the beef, fish and yolks are cooked through.
2. Weigh the liver and trimmed kidneys raw, simmer until cooked through, then drain and discard the water.
3. Boil the brown rice without salt until soft, then weigh the cooked amount.
4. Peel and boil the pumpkin until soft, drain and discard the water, then weigh the cooked amount.
5. Let everything cool, weigh the ground eggshell on a kitchen scale, then chop and mix everything together.

Storage

6. Keep portions for the next 3 days in the fridge and freeze the rest promptly.
7. Thaw frozen portions in the fridge.

Feeding

- Each week, cook this recipe for 3 days at once (multiply each amount by 3). Divide it into 3 equal daily portions, then split each day into 2 equal meals.
- Feed two meals a day.

EXAMPLE PLAN

2 RECIPE 2 OF 3

Cooked Turkey, Cod and Sweet Potato Recipe

1,204 g a day | 2 meals of about 602 g | 1,147 kcal a day

Ingredients for one day

493 g	Turkey whole, breast	weighed raw, then roasted
152 g	Lean beef chuck, boneless	weighed raw, then roasted
51 g	Lamb kidneys	weighed raw, then boiled
18 g	Lamb liver	weighed raw, then boiled
166 g	Atlantic cod	weighed raw, then roasted
182 g	Sweet potato, orange flesh, peeled	weighed after cooking
74 g	Bok choy	weighed raw, then roasted
60 g	Mature carrot, peeled	weighed after cooking
3.6 g	Wheat germ oil	as supplied
3.9 g	Ground eggshell, calcium supplement	as supplied

Preparation

1. Weigh the turkey, beef, cod and bok choy raw, then roast without added fat until cooked through and discard the cooking juices.
2. Weigh the liver and kidney raw, simmer until cooked through, then drain and discard the water.
3. Peel and boil the sweet potato and carrots until soft, drain and discard the water, then weigh the cooked amounts.
4. Chop the cooked foods and mix together after cooling.
5. Weigh the wheat germ oil and ground eggshell powder on a kitchen scale, then mix thoroughly into the cooled food.

Storage

6. Keep portions for the next 3 days in the fridge and freeze the rest promptly.
7. Thaw frozen portions in the fridge.

Feeding

- Each week, cook this recipe for 2 days at once (multiply each amount by 2). Divide it into 2 equal daily portions, then split each day into 2 equal meals.
- Feed two meals a day.

EXAMPLE PLAN

3 RECIPE 3 OF 3

Cooked Pork, Sardine and Potato Recipe

1,139 g a day | 2 meals of about 570 g | 1,147 kcal a day

Ingredients for one day

456 g	Pork tenderloin	weighed raw, then roasted
159 g	Atlantic sardine, canned in oil, drained solids with bone	weighed after cooking
41 g	Scallop	weighed raw, then boiled
35 g	Eastern oyster	weighed after cooking
284 g	Pontiac potato, peeled	weighed after cooking
85 g	Cos lettuce	weighed raw, then roasted
73 g	Baby carrot, peeled	weighed raw, then roasted
2.1 g	Wheat germ oil	as supplied
3.8 g	Ground eggshell, calcium supplement	as supplied

Preparation

1. Weigh the trimmed pork, peeled carrots and lettuce raw, then roast without added fat until the pork is cooked through and vegetables are soft.
2. Peel and boil the Pontiac potatoes until soft, drain and discard the water, then weigh the cooked amount.
3. Weigh the scallops raw, simmer until cooked through, then drain and discard the water.
4. Steam the shelled oysters until cooked through, then weigh the cooked amount.
5. Drain the canned sardines, weigh the drained amount and mash with their soft bones.
6. Weigh the eggshell powder and oil on a kitchen scale, then mix into all the food once cooled.

Storage

7. Keep portions for up to 3 days in the fridge and freeze the rest.
8. Thaw frozen portions in the fridge.

Feeding

- Each week, cook this recipe for 2 days at once (multiply each amount by 2). Divide it into 2 equal daily portions, then split each day into 2 equal meals.
- Feed two meals a day.

EXAMPLE PLAN

Shopping list for one week

Covers the week on page 1: recipe 1 on 3 days, recipe 2 on 2 days, recipe 3 on 2 days. Amounts are rounded up.

- [ ] **1.5 kg** Lean beef sirloin steak
- [ ] **990 g** Turkey whole, breast
- [ ] **920 g** Pork tenderloin
- [ ] **640 g** Atlantic cod
- [ ] **570 g** Pontiac potato, peeled (cooked weight)
- [ ] **370 g** Sweet potato, orange flesh, peeled (cooked weight)
- [ ] **330 g** Brown rice (cooked weight)
- [ ] **320 g** Atlantic sardine, canned in oil, drained solids with bone (cooked weight)
- [ ] **310 g** Lean beef chuck, boneless
- [ ] **250 g** Lamb kidneys
- [ ] **240 g** Butternut pumpkin, peeled (cooked weight)
- [ ] **240 g** Kale
- [ ] **200 g** Egg yolk
- [ ] **170 g** Cos lettuce
- [ ] **150 g** Bok choy
- [ ] **150 g** Baby carrot, peeled
- [ ] **120 g** Mature carrot, peeled (cooked weight)
- [ ] **82 g** Scallop
- [ ] **70 g** Eastern oyster (cooked weight)
- [ ] **48 g** Beef liver
- [ ] **36 g** Lamb liver

SUPPLEMENTS AND OILS

- [ ] **28 g** Ground eggshell, calcium supplement
- [ ] **12 g** Wheat germ oil

Foods marked "cooked weight" are listed by their weight after cooking, so buy enough raw to make that amount.

EXAMPLE PLAN

Full nutrient details (for your vet)

Each recipe's daily amount and its share of the recommended amount. Shading shows how it compares:

Bold, unshaded: below recommended or outside a limit | 100-150% | 150-300% | Over 300%

NUTRIENT	RECOMMENDED	RECIPE 1 Beef, Cod and Rice		RECIPE 2 Turkey, Cod and Sweet...		RECIPE 3 Pork, Sardine and Potato	
Energy and macronutrients							
Energy	1,096 kcal	1,147 kcal	105%	1,147 kcal	105%	1,147 kcal	105%
Protein	27.4 g	164 g	600%	197 g	721%	154 g	561%
Fat (total)	15.1 g	30.9 g	204%	20.8 g	137%	32.2 g	213%
Minerals							
Calcium	1,096 mg	1,833 mg	167%	1,624 mg	148%	2,108 mg	192%
Phosphorus	822 mg	1,805 mg	220%	1,607 mg	196%	2,087 mg	254%
Magnesium	164 mg	288 mg	175%	252 mg	153%	266 mg	162%
Potassium	1,096 mg	2,789 mg	255%	2,888 mg	264%	3,584 mg	327%
Sodium	219 mg	450 mg	205%	753 mg	344%	848 mg	387%
Chloride	329 mg	989 mg	301%	2,300 mg	700%	1,678 mg	510%
Iron	8.2 mg	17 mg	207%	10.8 mg	132%	14.9 mg	182%
Zinc	16.4 mg	22.4 mg	136%	19.8 mg	121%	40.2 mg	245%
Copper	1.6 mg	2.8 mg	169%	2.5 mg	152%	3.3 mg	202%
Manganese	1.3 mg	2.6 mg	199%	1.3 mg	100%	1.3 mg	100%
Selenium	95.9 µg	187 µg	195%	270 µg	282%	250 µg	261%
Iodine	241 µg	259 µg	108%	317 µg	131%	250 µg	104%
Vitamins							
Thiamine (B1)	0.6 mg	0.7 mg	119%	0.8 mg	125%	3.1 mg	511%
Riboflavin (B2)	1.4 mg	2.4 mg	167%	2.2 mg	154%	2.1 mg	147%
Niacin (B3)	4.7 mg	48.2 mg	1035%	58.8 mg	1263%	41.8 mg	898%
Pantothenic acid (B5)	4.1 mg	7.7 mg	188%	8.8 mg	215%	6.9 mg	169%
Pyridoxine (B6)	0.4 mg	1.1 mg	274%	3.7 mg	897%	3.6 mg	880%
Folate	74 µg	326 µg	441%	205 µg	278%	85.9 µg	116%
Cobalamin (B12)	9.6 µg	26 µg	271%	28.2 µg	294%	22.9 µg	239%
Choline	466 mg	1,115 mg	239%	613 mg	132%	612 mg	131%
Vitamin A (RAE)	415 µg	1,373 µg	331%	3,200 µg	771%	1,198 µg	288%
Vitamin E	8.2 mg	8.4 mg	102%	8.3 mg	100%	8.3 mg	102%
Vitamin D	3.7 µg	9.7 µg	260%	7.7 µg	206%	8.7 µg	233%
Fatty acids							
Linoleic Acid (LA, 18:2 n-6)	3.1 g	3.3 g	108%	3.4 g	110%	8.2 g	267%
Alpha-Linolenic Acid (ALA, 18:3 n-3)	0.1 g	0.4 g	313%	0.4 g	363%	1 g	856%
EPA + DHA combined	0.1 g	0.4 g	350%	0.6 g	467%	1.9 g	1554%
Amino acids							
Arginine	1 g	12 g	1241%	11.5 g	1196%	9.6 g	1000%
Histidine	0.5 g	6.2 g	1184%	5.2 g	987%	5.6 g	1061%
Isoleucine	1 g	8.3 g	798%	6.8 g	653%	7.1 g	683%
Leucine	1.9 g	15.2 g	818%	14.3 g	770%	12.3 g	658%
Lysine	1 g	16.6 g	1717%	16.6 g	1725%	13.4 g	1390%
Methionine	0.9 g	4.7 g	514%	5.3 g	578%	4.1 g	453%
Methionine + Cystine	1.8 g	6.7 g	374%	7.3 g	407%	5.8 g	325%
Phenylalanine	1.2 g	7.3 g	589%	6.9 g	558%	6.1 g	496%
Phenylalanine + Tyrosine	2 g	14 g	692%	13 g	643%	11.6 g	571%
Threonine	1.2 g	8.2 g	694%	7.8 g	660%	6.5 g	546%
Tryptophan	0.4 g	2 g	520%	2 g	527%	1.6 g	426%
Valine	1.3 g	9.1 g	672%	7.6 g	564%	7.8 g	579%

About this plan

We prepare nutrition plans using the animal information and records supplied to us and published food-composition data. Database values are averages and may vary between ingredients and batches. Missing, outdated or changed information can affect the plan. Follow the feeding and preparation instructions, report relevant changes, and contact your clinic before making substitutions or other changes. Nothing in this notice excludes any right or remedy that cannot be excluded under applicable law, including the Australian Consumer Law.