

HOMEMADE BLAND DIET FOR DOGS

RECIPE

This bland diet recipe is gentle on the stomach and easy to digest, making it suitable for dogs recovering from digestive upset or those with sensitive stomachs. It provides a balance of carbohydrates and lean protein to support your dog's nutritional needs during times of gastrointestinal distress.

Ingredients:

- 1 cup boiled white rice
- 1 cup boiled poultry (chicken breast, ground chicken or turkey), shredded or diced
- 2 cups low-sodium chicken broth (optional, for added flavor and moisture)
- 1 tablespoon plain, unsweetened yogurt (optional, for probiotic benefits)

Substitutions:

- Boiled or scrambled eggs instead of chicken or turkey
- Boiled or baked sweet or white potatoes, no skin
- Bone broth instead of chicken broth

Instructions:

1. Cook the white rice according to package instructions, using water or low-sodium chicken broth for added flavor if desired. Allow the rice to cool before using.

2. In a separate pot, boil the poultry (chicken or ground turkey) until fully cooked. If using whole chicken breasts or thighs, remove them from the pot and shred the meat using forks or chop into small, bite-sized pieces. If using ground turkey, ensure it is fully cooked and crumbled.

3. In a mixing bowl, combine the cooked white rice and boiled poultry. Mix well to evenly distribute the ingredients.

4. If desired, you can add a tablespoon of plain, unsweetened yogurt to the mixture for added probiotic benefits. Mix thoroughly.



5. Serve the bland diet to your dog in small, frequent meals throughout the day. Monitor your dog's response to the diet and adjust portion sizes as needed based on their appetite and digestive tolerance. Refrigerate any left-overs.

Recommendations for Home Care:

Rest

Provide a quiet, comfortable environment for your pet to rest and recover.

Medication Instructions

Administer prescribed medications as directed by the veterinarian.

Monitor Symptoms

Watch for signs of improvement or worsening symptoms; contact your veterinarian if concerns arise.

