



PET MEAL PLANNER

Pet Profile



- **Pet Name:** Bella

- **Type:** Dog
- **Breed:** Border Collie
- **Age:** Average adult
- **Weight:** Average adult
- **Activity Level:** High
- **Feeding Goal:** Gain Muscle

Note: Since one or more pet characteristics were not provided, we used average values to generate this plan. For better accuracy, we recommend entering your pet's breed, age, and weight — or uploading a clear photo so the tool can estimate

them for you.

Meal Plan

Overview and Caloric Needs

For a high-energy dog like Bella, it's essential to provide a nutrient-dense diet that supports muscle growth and recovery after training. An active Border Collie typically requires around 30 calories per pound of body weight for muscle gain. Adjust portions based on activity levels and specific weight once known.

Feeding Schedule

Day	Time	Meal Type	Meal Name	Estimated Cooking Time
1	7:00 AM	Breakfast	Chicken & Quinoa Bowl	30 minutes
1	12:00 PM	Lunch	Beef & Sweet Potato Medley	45 minutes
1	6:00 PM	Dinner	Salmon & Brown Rice Dish	25 minutes
1	Post-Training	Snack	Peanut Butter Banana Bites	10 minutes

Meal 1: Chicken & Quinoa Bowl

Description: A protein-rich meal to fuel Bella's active day and support muscle growth.

Ingredient Breakdown:

- **Chicken breast:** 200 grams, skinless and boneless
- **Quinoa:** 1 cup, uncooked
- **Carrots:** 1/2 cup, chopped
- **Green beans:** 1/2 cup, chopped
- **Olive oil:** 1 tablespoon (optional, for healthy fats)

Preparation Instructions:

1. Cook the quinoa according to package instructions (approximately 15 minutes).
2. In a pan, boil or steam the chicken breast until fully cooked (about 20 minutes). Shred or chop into small pieces.
3. Steam carrots and green beans until tender (around 10 minutes).
4. Mix the cooked quinoa, chicken, carrots, and green beans together in a bowl.
5. Drizzle with olive oil if desired, and let it cool before serving.

Meal 2: Beef & Sweet Potato Medley

Description: A hearty meal that provides essential nutrients and energy to support Bella's active lifestyle.

Ingredient Breakdown:

- **Lean ground beef:** 200 grams
- **Sweet potato:** 1 medium, peeled and diced

- **Peas:** 1/2 cup, frozen or fresh
- **Spinach:** 1/2 cup, chopped

Preparation Instructions:

1. Boil sweet potato pieces in water until tender (about 15 minutes).
2. In a separate skillet, cook the ground beef over medium heat until browned (about 10 minutes).
3. Add peas and spinach to the beef, cooking until peas are heated through and spinach is wilted (about 5 minutes).
4. Combine the beef mixture with the sweet potatoes and stir well.
5. Allow to cool before serving.

Meal 3: Salmon & Brown Rice Dish

Description: Rich in omega-3 fatty acids, this meal supports recovery and maintains a shiny coat.

Ingredient Breakdown:

- **Salmon fillet:** 200 grams (ensure it's boneless)
- **Brown rice:** 1 cup, uncooked
- **Broccoli:** 1/2 cup, chopped

Preparation Instructions:

1. Cook brown rice according to package instructions (approximately 30

minutes).

2. Bake or grill the salmon until cooked through (about 15-20 minutes at 375°F). Flake it with a fork.
3. Steam broccoli until tender (around 5-7 minutes).
4. Mix the cooked brown rice, flaked salmon, and broccoli together.
5. Let cool before serving.

Optional Snack: Peanut Butter Banana Bites

Description: A delicious and energy-boosting treat after training sessions.

Ingredient Breakdown:

- **Banana:** 1 ripe
- **Peanut butter (unsweetened, xylitol-free):** 2 tablespoons
- **Oats:** 1/4 cup

Preparation Instructions:

1. Mash the banana in a bowl.
2. Mix in the peanut butter and oats until well combined.
3. Form small bite-sized balls with the mixture.
4. Refrigerate for about 10 minutes before serving.

Tips and Recommendations

- **Timing Around Training:** Serve meals 1-2 hours before training to fuel Bella and a snack afterward to help with recovery.
- Always ensure fresh water is available for Bella throughout the day.
- Monitor Bella's weight and muscle gain, and adjust food portions accordingly.
- Consider adding a fish oil supplement to her meals for additional omega-3 fatty acids; consult with a veterinarian on the appropriate dosage.

Note: Plans may need to be customized further by a vet if Bella has any medical issues.

Stay healthy and happy!

The **Project: VALUE** Team

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