



# PET MEAL PLANNER

---

---

## Pet Profile



- **Pet Name:** Leo

- **Pet Type:** Cat
- **Breed:** Average breed
- **Age:** Average adult
- **Weight:** Average adult
- **Activity Level:** Moderate
- **Feeding Goal:** General Wellness

**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

For Leo, a moderate activity level cat, the estimated caloric needs are approximately 200-300 calories per day, depending on his weight and age. This meal plan focuses on promoting general wellness through easy-to-digest ingredients that are hydrating and nutrient-rich.

### Feeding Schedule

Day	Time	Meal Type	Meal Name	Estimated Cooking Time
1	12:00 PM	Dinner	Chicken Pumpkin Rice Delight	30 minutes

### Meal #1: Chicken Pumpkin Rice Delight

This meal offers a balanced combination of protein, carbohydrates, and fiber, which helps support Leo's digestion and overall health.

### Ingredient Breakdown

- **Poached Chicken:** 50g (boneless, skinless)
- **White Rice:** 30g (uncooked)
- **Pumpkin Puree:** 20g (canned, plain)
- **Salmon Oil:** 1 teaspoon (optional, for omega-3 fatty acids)

## Preparation Instructions

### 1. Cook the Chicken:

- In a pot, bring water to a boil.
  - Add the chicken and reduce to a simmer.
  - Poach for about 15-20 minutes or until fully cooked. Remove from water and let it cool, then chop into small, bite-sized pieces.

### 2. Prepare the Rice:

- In a separate pot, cook the white rice according to package instructions (usually about 15-20 minutes in boiling water). Make sure it's soft and fluffy.

### 3. Combine Ingredients:

- In a mixing bowl, combine the chopped chicken, cooked rice, and pumpkin puree.
  - Mix well until all ingredients are evenly distributed.

### 4. Finishing Touch:

- If using, drizzle the salmon oil over the mixture and stir well.

### 5. Serve:

- Allow the meal to cool to room temperature before serving it to Leo. Ensure it is not too hot to avoid burning his mouth.

## Additional Tips and Recommendations

- Always ensure that any new ingredients are introduced gradually to prevent digestive upset.

- Store any leftover meal in an airtight container in the refrigerator for up to 2 days.
- Keep fresh water available for Leo at all times to stay hydrated.
- Consult with your veterinarian if Leo has any specific dietary needs or health concerns, as this meal plan may need to be adjusted accordingly.

By following this meal plan, you can help ensure Leo enjoys a delicious and nutritious meal that supports his overall health and well-being!

---

*Stay healthy and happy!*

The **Project: VALUE** Team

[www.project-value.com](http://www.project-value.com)

♥ Support Project: VALUE (totally optional!)

Loved your pet meal plan? you can support our mission and ongoing improvements here:

[ko-fi.com/projectvalue](https://ko-fi.com/projectvalue)