



PET MEAL PLANNER

Pet Profile



- **Pet Name:** Roxy

- **Pet Type:** Dog
- **Breed:** Average breed
- **Age:** Average adult
- **Weight:** Average adult
- **Activity Level:** Moderate
- **Feeding Goal:** Lose Weight

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

To support Roxy's weight loss while ensuring she maintains muscle mass and feels full, we will focus on a high-protein, fiber-rich meal plan. A rough estimate of her caloric needs will be around 20-25 calories per pound of body weight, adjusted for her activity level. Since we are aiming for weight loss, we'll target the lower end of that range while ensuring she gets balanced nutrition.

Feeding Schedule

Day	Time	Meal Type	Meal Name	Estimated Cooking Time
1	8:00 AM	Breakfast	Chicken & Vegetable Mix	30 minutes
1	6:00 PM	Dinner	Turkey & Quinoa Bowl	25 minutes
2	8:00 AM	Breakfast	Salmon & Sweet Potato	30 minutes
2	6:00 PM	Dinner	Beef & Green Bean Medley	30 minutes
3	8:00 AM	Breakfast	Chicken & Brown Rice	30 minutes
3	6:00 PM	Dinner	Turkey & Pumpkin Mash	25 minutes
4	8:00 AM	Breakfast	Salmon & Quinoa	30 minutes
4	6:00 PM	Dinner	Chicken & Spinach Stew	30 minutes
5	8:00 AM	Breakfast	Beef & Sweet Potato	30 minutes
5	6:00 PM	Dinner	Turkey & Zucchini Bake	25 minutes
6	8:00 AM	Breakfast	Chicken & Vegetable Mix	30 minutes
6	6:00 PM	Dinner	Salmon & Brown Rice	30 minutes

Day	Time	Meal Type	Meal Name	Estimated Cooking Time
7	8:00 AM	Breakfast	Turkey & Sweet Potato	30 minutes
7	6:00 PM	Dinner	Chicken & Quinoa Bowl	25 minutes

Meal 1: Chicken & Vegetable Mix

Description/Benefits: A lean protein source with fiber-rich vegetables to promote fullness.

Ingredient Breakdown:

- Chicken breast: 200g (boneless, skinless)
- Carrots: 50g (chopped)
- Peas: 50g (fresh or frozen)
- Olive oil: 1 tsp (for healthy fats)

Preparation Instructions:

1. Boil the chicken breast in water until fully cooked (about 15-20 minutes).
2. In a separate pot, steam the carrots and peas until tender (about 10 minutes).
3. Once cooked, chop the chicken into small pieces and mix with the vegetables.
4. Drizzle olive oil over the mixture and stir well.
5. Allow to cool before serving at room temperature.

Meal 2: Turkey & Quinoa Bowl

Description/Benefits: Packed with lean turkey and quinoa for protein and fiber.

Ingredient Breakdown:

- Ground turkey: 200g (lean)
- Quinoa: 100g (cooked)
- Spinach: 50g (fresh, chopped)

Preparation Instructions:

1. Cook quinoa according to package instructions (about 15 minutes).
 2. In a pan, cook the ground turkey over medium heat until browned (about 10 minutes).
 3. Add chopped spinach to the turkey and cook until wilted.
 4. Combine cooked quinoa with the turkey and spinach mixture.
 5. Allow to cool before serving.
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Meal 3: Salmon & Sweet Potato

Description/Benefits: Rich in omega-3 fatty acids and fiber.

Ingredient Breakdown:

- Salmon fillet: 150g (boneless)
- Sweet potato: 100g (cubed)

Preparation Instructions:

1. Bake the salmon at 180°C (350°F) for about 15-20 minutes.
 2. Boil or steam sweet potatoes until soft (about 15 minutes).
 3. Flake the salmon into pieces and mix with the sweet potatoes.
 4. Allow to cool before serving.
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Meal 4: Beef & Green Bean Medley

Description/Benefits: A hearty mix for a nutritious meal.

Ingredient Breakdown:

- Lean ground beef: 200g
- Green beans: 50g (chopped)

Preparation Instructions:

1. Cook ground beef in a skillet over medium heat until browned (about 10 minutes).
2. Add chopped green beans and cook for another 5 minutes until tender.
3. Allow to cool before serving.

Meal 5: Chicken & Brown Rice

Description/Benefits: A classic, balanced meal for dogs.

Ingredient Breakdown:

- Chicken breast: 200g
- Brown rice: 100g (cooked)

Preparation Instructions:

1. Boil the chicken until fully cooked (about 15-20 minutes).
 2. Cook brown rice according to package instructions (about 30 minutes).
 3. Chop the chicken and mix it with the cooked brown rice.
 4. Allow to cool before serving.
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Meal 6: Turkey & Pumpkin Mash

Description/Benefits: Pumpkin aids digestion, and turkey provides lean protein.

Ingredient Breakdown:

- Ground turkey: 200g
- Pumpkin puree: 100g (canned, no added sugars)

Preparation Instructions:

1. Cook ground turkey until browned (about 10 minutes).
 2. Mix in pumpkin puree and heat through for another 2-3 minutes.
 3. Allow to cool before serving.
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Meal 7: Chicken & Spinach Stew

Description/Benefits: A comforting, hydrating meal rich in nutrients.

Ingredient Breakdown:

- Chicken breast: 200g
- Spinach: 50g
- Carrots: 50g (chopped)
- Low sodium chicken broth: 1 cup

Preparation Instructions:

1. In a pot, combine chicken, carrots, and broth; simmer for about 20 minutes until chicken is cooked.
 2. Add spinach and cook until wilted.
 3. Shred the chicken and mix well.
 4. Allow to cool before serving.
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Meal 8: Turkey & Zucchini Bake

Description/Benefits: A light and nutritious bake that's easy to digest.

Ingredient Breakdown:

- Ground turkey: 200g
- Zucchini: 50g (grated)
- Egg: 1 (optional for binding)

Preparation Instructions:

1. Preheat oven to 180°C (350°F).
 2. Mix ground turkey, grated zucchini, and beaten egg (if using) in a bowl.
 3. Place mixture in a baking dish and bake for 25 minutes.
 4. Allow to cool before serving.
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Tips for Success

- Always ensure fresh water is available for Roxy.
- Monitor her weight weekly and adjust portion sizes as needed.
- Treats should be kept to a minimum and factored into her daily caloric intake.
- Consult with a vet for any specific dietary needs or health concerns.

Note: Meal plans may need to be customized further by a vet if Roxy has any medical issues or specific nutritional needs.

Stay healthy and happy!
The **Project: VALUE** Team
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