



*The* **7-Day**  
**GUT HEALTH**  
*Meal Plans*

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## 7-Day Gut-Health Meal Plans

These meal plans are designed to give you structure without stress. Think of them as flexible templates you can adapt to your dog's needs, routine, and your own kitchen habits.

- **Core Recipes:** Each plan highlights 3–4 core meals. These are simple, balanced options you can batch-cook, repeat, or freeze. Sticking mostly to these will keep shopping and prep easy.
- **Variety for Balance:** The full weekly layout shows how you might rotate recipes for extra variety and nutrients. Use it if you enjoy cooking often, or simply pick a few favorites and repeat them.
- **Special Meals:** Some weeks include a “special” recipe, like a festive bowl or extra-nutritious mix. These are optional but add fun and variety.
- **Batch Cooking:** Most recipes can be doubled and frozen in portions. This saves time and ensures you always have healthy meals ready.
- **Feeding Notes:** Always adjust portions by your dog's weight, age, and activity. Introduce new foods gradually and watch how your dog responds.

### ✦ Remember:

The goal isn't perfection — it's consistency. Every homemade meal you prepare is a step toward better gut health, more comfort, and more happy years together.

## Puppy 7-Day Gut-Health Meal Plan

DAY	BREAKFAST	DINNER
Mon	Chicken & Sweet Potato Mash	Turkey & Brown Rice Gut-Friendly Bowl
Tue	Chicken, Quinoa & Blueberry Bowl	Beef & Oat Power Bowl
Wed	Turkey, Barley & Green Bean Bowl	Lamb & Rice Soother
Thu	Chicken & Pumpkin Gut Soother	Cod & Brown Rice Gentle Bowl
Fri	Turkey & Spinach Vitality Bowl	Chicken & Sweet Potato Mash
Sat	Beef Mince with Pumpkin & Asparagus Bowl	Chicken, Quinoa & Blueberry Bowl
Sun	Salmon, Quinoa & Broccoli Bowl	Turkey & Cranberry Sweet Potato Feast (special meal)

### Feeding Notes for Puppies

- *Frequency: 3–4 meals per day. Use these recipes as the base and divide portions accordingly.*
- *Supplements: Always add calcium/iodine (eggshell powder + kelp, or a meal completer).*
- *Introduce Slowly: Rotate in new proteins gradually to prevent tummy upset.*
- *Watch Growth: Puppies burn energy fast – adjust portions up if your pup seems hungry or is very active.*

## Puppy Meal Plan Shopping List (7 Days)

### Proteins

- Chicken thighs, boneless & skinless – ~2 kg (4–5 lbs)
- Chicken breast – ~500 g (1 lb)
- Turkey thigh or ground turkey – ~1.2 kg (2½ lbs)
- Lean ground beef – ~800 g (1¾ lbs)
- Beef liver – ~100 g (¼ lb)
- Lamb mince – ~400 g (1 lb)
- Cod fillet – ~400 g (2 fillets)
- Salmon fillet – ~400 g (2 fillets)

### Carbs & Grains

- Brown rice – 500 g (1 bag)
- White rice – 500 g (1 bag)
- Barley – 250 g (small bag)
- Quinoa – 250 g (small bag)
- Rolled oats – 250 g (small bag)
- Sweet potato – 1 kg (2–3 medium)
- Cranberries – 1 small bag (fresh or frozen)

### Vegetables & Fruits

- Broccoli – 2 heads
- Zucchini – 3 medium
- Spinach – 1 bag (250 g / 8 oz)
- Carrots – 1 bag (500 g / 1 lb)
- Pumpkin – 1 medium or 1 can puree (15 oz)
- Asparagus – 1 bunch
- Cauliflower – ½ head
- Apple – 2 medium
- Blueberries – 1 pint (250 g)
- Parsley – 1 bunch (optional)

### Oils, Seeds & Boosters

- Flaxseed oil – 3 tsp
- Olive oil – 3 tsp
- Coconut oil – 3 tsp
- Ground flaxseed – 2 tsp
- Ground hemp seeds (or fish oil) – 1 tsp
- Kefir (plain, unsweetened) – ½ cup
- Unsalted bone broth – 2 tbsps

### Supplements

- Crushed eggshell powder (or meal completer per label) – ~4 tsp
- Kelp powder (if not using a commercial meal completer) – pinch per day

## Adult 7-Day Gut-Health Meal Plan

DAY	BREAKFAST	DINNER
Mon	Turkey & Brown Rice Gut-Friendly Bowl	Hearty Beef & Oat Power Bowl
Tue	Chicken, Quinoa & Blueberry Bowl	Salmon, Quinoa & Broccoli Bowl
Wed	Lamb & Rice Soother	Beef Mince with Pumpkin & Asparagus Bowl
Thu	Mackerel, Kale & Quinoa Bowl	Chicken & Sweet Potato Mash
Fri	Venison & Pumpkin Nourish Bowl	Cod & Brown Rice & Zucchini Medley
Sat	Haddock & Sardine Nourish Bowl	Hearty Beef & Sweet Potato Stew
Sun	Lamb & Garden Vitality Bowl	Turkey, Cranberry & Sweet Potato Feast (special meal)

### Feeding Notes for Adults

- *Frequency: 2 meals per day is ideal for most adults. Active dogs may benefit from a midday topper.*
- *Supplements: Always add calcium/iodine (eggshell powder + kelp, or a meal completer).*
- *Balance & Variety: Rotate proteins (chicken, turkey, beef, lamb, fish) across the week to support microbiome diversity.*
- *Adjust Portions: Use serving chart by weight & activity (active adults need slightly more fat, average adults*

## Adult Meal Plan Shopping List (7 Days)

### Proteins

- Chicken thighs, boneless & skinless – ~1.5 kg (3 lbs)
- Chicken breast – ~500 g (1 lb)
- Turkey thigh or ground turkey – ~1 kg (2 lbs)
- Lean ground beef – ~1 kg (2 lbs)
- Beef chunks/stew meat – ~800 g (1¾ lbs)
- Beef liver – ~100 g (¼ lb)
- Lamb mince or chunks – ~800 g (1¾ lbs)
- Venison (ground or chunks) – ~400 g (1 lb)
- Salmon fillet – ~400 g (2 fillets)
- Mackerel fillet – ~400 g (2 fillets)
- Haddock or white fish fillets – ~400 g (2 fillets)
- Sardines (fresh or canned in water) – 1-2 cups

### Carbs & Grains

- Brown rice – 750 g (1½ lbs / 2 bags)
- Quinoa – 500 g (1 bag)
- Rolled oats – 250 g (small bag)
- Sweet potato – ~1.5 kg (3-4 medium)
- Barley – 250 g (small bag)

### Vegetables & Fruits

- Broccoli – 2 heads
- Kale – 1 bunch
- Spinach – 2 bags (500 g / 16 oz)
- Carrots – 1 bag (500 g / 1 lb)
- Zucchini – 3 medium
- Cauliflower – ½ head
- Pumpkin – 1 small (~1 kg) or 1 can (15 oz)
- Cranberries – ½ cup (fresh or frozen)
- Blueberries – 1 pint (250 g)
- Parsley – 1 bunch

### Oils, Seeds & Boosters

- Olive oil – 1 bottle
- Flaxseed oil – 1 small bottle
- Coconut oil – 1 jar
- Ground flaxseed – 1 small bag
- Hemp seeds (or fish oil) – 1 small bag/bottle

### Supplements

- Crushed eggshell powder (DIY or supplement)
- Kelp powder (or meal completer)

## Senior 7-Day Gut-Health Meal Plan

DAY	BREAKFAST	DINNER
Mon	Chicken & Rice Reset Bowl	Turkey & Brown Rice Gut-Friendly Bowl
Tue	Cod & Spinach Gentle Bowl	Lamb & Rice Soother
Wed	Chicken & Pumpkin Gut Soother	Salmon & Sweet Potato Bowl
Thu	Turkey, Barley & Green Bean Bowl	Lean Beef & Pumpkin Comfort Bowl
Fri	Sardine & Rice Comfort Bowl	Chicken & Sweet Potato Mash
Sat	Haddock & Sardine Nourish Bowl	Venison & Pumpkin Nourish Bowl
Sun	Salmon, Quinoa & Broccoli Bowl	Turkey, Cranberry & Sweet Potato Feast (special meal)

### Feeding Notes for Seniors

- *Frequency:* 2 smaller meals per day (plus light toppers if needed). Helps digestion and prevents bloating.
- *Supplements:* Always add calcium/iodine (eggshell + kelp or a meal completer). Omega-3s are especially valuable for joint and skin support.
- *Texture Adjustments:* Mash or finely chop harder veggies and proteins for easier chewing and digestion.
- *Senior Focus:* Use more anti-inflammatory and gut-soothing meals (pumpkin, fish, kefir, turmeric) to reduce

## Senior Meal Plan Shopping List (7 Days)

### Proteins

- Chicken thighs, boneless & skinless – ~1.5 kg (3 lbs)
- Chicken breast – ~500 g (1 lb)
- Turkey thigh or ground turkey – ~1 kg (2 lbs)
- Lean ground beef – ~800 g (1¾ lbs)
- Salmon fillet – ~800 g (4 fillets)
- Lamb mince – ~400 g (1 lb)
- Cod fillet – ~400 g (2 fillets)
- Sardines (fresh or canned in water) – 2-3 cups
  - Haddock fillet – ~400 g (2 fillets)
  - Venison (ground or chunks) – ~400 g (1 lb)

### Carbs & Grains

- Brown rice – 750 g (1½ lbs / 2 bags)
- White rice – 500 g (1 bag)
- Barley – 250 g (small bag)
- Quinoa – 250 g (small bag)
- Sweet potato – ~1.5 kg (3-4 medium)

### Vegetables & Fruits

- Pumpkin – 1 small (~1 kg) or 2 cans (15 oz each)
- Spinach – 2 bags (500 g / 16 oz)
- Green beans – 2 cups (fresh or frozen)
- Carrots – 1 bag (500 g / 1 lb)
- Zucchini – 2 medium
- Broccoli – 1 head
- Parsley – 1 bunch
- Cranberries – ½ cup (fresh or frozen)
- Blueberries – 1 pint (250 g)

- Olive oil – 1 bottle
- Flaxseed oil – 1 small bottle
- Coconut oil – 1 jar
- Ground flaxseed – 1 small bag
- Hemp seeds (or fish oil) – 1 small bag/bottle

### Supplements

- Crushed eggshell powder (DIY or supplement)
- Kelp powder (or meal completer)