

 FREE BONUS GIFT

THE HAPPY DOG GUT BLUEPRINT

The Gut-Healing *Recipe Pack*

Simple, vet-friendly homemade meals and treats that calm inflammation, rebuild a healthy gut, and put a wag back in your dog's tail. **No fancy ingredients. No guesswork.**



8 easy gut-supporting recipes



Exact portions for every size of dog



Most ready in under 20 minutes



The Happy Dog Gut Blueprint
Bonus Companion Guide

VALUE
\$37

Food Is The *Fastest Way* To A Healthier Gut

Everything in this pack is built around one idea: feed the good bacteria, starve the bad. These recipes use gentle, whole ingredients that soothe an irritated gut lining and help firm up digestion, the same approach taught inside your Blueprint lessons.

Start with one recipe a day and watch how your dog responds.



Pick By Portion Size

Each recipe lists amounts for small, medium, and large dogs so you never have to guess.



Introduce Slowly

Replace a quarter of your dog's normal food at first, then increase over three to four days.



Watch & Adjust

Use the Symptom Tracker bonus alongside this pack to spot what works best for your dog.



A Quick Word Of Care

These recipes are gentle, whole-food meals meant to support everyday gut health. Every dog is different, so if your dog has a diagnosed condition, is on medication, or symptoms persist, check with your vet before making big diet changes. When in doubt, go slow.



1

Soothing Pumpkin & Turkey Bowl

PREP + COOK

20 min

MAKES

2–3 meals

BEST FOR

Loose stools

Ingredients

- Lean **ground turkey** — S: 1/4 cup, M: 1/2 cup, L: 1 cup
- Plain **canned pumpkin** (not pie filling) — 1 to 3 tbsp
- Cooked **white rice** — 2 tbsp to 1/2 cup
- A splash of **bone broth** (no onion or salt)
- 1 tsp **plain pumpkin seeds**, ground (optional)

1

Brown the turkey fully in a dry pan over medium heat with **no oil, salt, or seasoning**. Drain any fat.

2

Stir in the cooked rice and a splash of bone broth to keep it moist and easy to digest.

3

Fold in the pumpkin once the mix has cooled slightly. Pumpkin adds gentle fiber that **firms up loose stools**.

4

Cool to room temperature before serving. Store leftovers in the fridge for up to three days.

GUT TIP

Pumpkin is the gut hero here. **Its soluble fiber feeds good bacteria** and balances both loose and firm stools. Keep a can in the fridge for quick tummy rescues.



Creamy Kefir & Berry Topper

PREP

5 min

MAKES

1 serving

BEST FOR

Good bacteria

Ingredients

- Plain **unsweetened kefir** — S: 1 tsp, M: 1 tbsp, L: 2 tbsp
- 2 to 4 **fresh blueberries**, lightly mashed
- A pinch of **ground flaxseed**
- Your dog's normal meal as the base

1

Spoon the kefir over your dog's regular food. Start small, kefir is rich and **introducing it slowly avoids upset**.

2

Lightly mash the blueberries and scatter them on top for a natural antioxidant boost.

3

Sprinkle the flaxseed over everything and mix gently into the meal.

4

Serve right away while fresh. Use this topper **three to four times a week**.

GUT TIP

Kefir delivers **live probiotic cultures** that repopulate a depleted gut faster than yogurt. Choose plain, never flavored or sweetened versions.



3

HEALING TREAT · BAKE & STORE

Sweet Potato Chew Strips

PREP + BAKE

3 hrs

MAKES

~20 strips

BEST FOR

Safe snacking



Ingredients

- 2 large **sweet potatoes**, washed
- That is genuinely the only ingredient you need
- Optional: a light brush of **coconut oil**

1

Heat your oven to a low **120°C (250°F)**. Slow and low is what makes them chewy, not crunchy.

2

Slice the sweet potatoes lengthwise into strips about a quarter inch thick.

3

Lay flat on a lined tray and bake for **3 hours**, flipping halfway, until dried but still bendy.

4

Cool completely and store in an airtight jar for up to two weeks.

 GUT TIP

Sweet potato is a **prebiotic powerhouse**, the fiber that feeds your dog's good bacteria. These replace store treats packed with hidden fillers and grains.



Healing Bone Broth Pour

COOK
12–24 hrs

MAKES
~1 litre

BEST FOR
Gut lining



Ingredients

- Raw **beef or chicken bones** (knuckle or marrow)
- 1 tbsp **apple cider vinegar**
- Enough **filtered water** to cover
- **No onion, garlic, or salt** – these are unsafe for dogs

- 1 Add bones to a slow cooker, cover with water, and add the vinegar to **draw out the minerals**.
- 2 Cook on low for **12 to 24 hours**. The longer it simmers, the richer the gut-healing collagen.
- 3 Strain fully and **remove every bone** before serving. Cooked bones must never be given to dogs.
- 4 Pour a little over meals or freeze in ice-cube trays for easy daily doses.

GUT TIP

Bone broth is liquid gold for a leaky gut. The **collagen and gelatin help seal and repair the gut lining**, calming the inflammation behind itchy skin.



Gentle Chicken & Rice Mash

PREP + COOK

25 min

MAKES

2–4 meals

BEST FOR

Upset tummy

Ingredients

- Boneless **chicken breast** — S: 1/4 cup, M: 1/2 cup, L: 1 cup
- Cooked **white rice** — 2 tbsp to 1/2 cup
- 2 tbsp **plain canned pumpkin**
- A splash of **bone broth** (no onion or salt)
- 1 tsp **chopped parsley** (optional, for fresh breath)

1

Poach the chicken in plain water until fully cooked through, with **no oil, salt, or seasoning**. Shred it small.

2

Mix the shredded chicken with the cooked rice while still warm.

3

Fold in the pumpkin and a splash of broth for moisture, then sprinkle the parsley on top.

4

Cool to room temperature before serving. Keeps in the fridge for up to three days.

GUT TIP

Chicken and rice is the classic reset meal for a reason. **It is bland, low in fat, and easy on an irritated gut**, making it perfect for the day after a flare up.



Frozen Yogurt & Blueberry Bites

PREP

10 min

FREEZE

3–4 hrs

BEST FOR

Good bacteria

Ingredients

- 1 cup **plain unsweetened yogurt** (live cultures)
- 1/4 cup **fresh blueberries**, mashed
- 1 tbsp **plain canned pumpkin**
- **No xylitol or sweeteners** — always check the label

1

Stir the yogurt, mashed blueberries, and pumpkin together until **evenly mixed**.

2

Spoon the mix into a silicone mould or ice-cube tray. Small portions are best.

3

Freeze for **three to four hours** until fully solid.

4

Pop out one or two as an occasional treat. Offer small amounts the first time to be safe.

💡 GUT TIP

Plain yogurt with live cultures is a simple probiotic. **It adds friendly bacteria that crowd out the bad**, while blueberries bring antioxidants. Start small if your dog is new to dairy.



7

EVERYDAY MEAL • SKIN & COAT

Salmon & Sweet Potato Bowl

PREP + COOK

30 min

MAKES

2–3 meals

BEST FOR

Itchy skin

Ingredients

- Cooked **boneless salmon** — S: 1/4 cup, M: 1/2 cup, L: 3/4 cup
- Mashed **cooked sweet potato** — 2 tbsp to 1/2 cup
- 1 tbsp **plain canned pumpkin**
- A splash of **water or bone broth** to loosen

1

Bake or poach the salmon until cooked through. **Check carefully for bones** and flake it apart.

2

Steam or boil the sweet potato until soft, then mash it smooth.

3

Combine the salmon, sweet potato, and pumpkin with a splash of broth.

4

Cool fully before serving. Serve a couple of times a week, not daily, for balance.

GUT TIP

Salmon is rich in omega-3 fatty acids that **calm inflammation from the inside out**, which often shows up as itchy skin. A healthy gut helps the body absorb those good fats.



Pumpkin & Oat Gut Cookies

PREP + BAKE

35 min

MAKES

~20 cookies

BEST FOR

Daily fiber

Ingredients

- 1/2 cup **plain canned pumpkin**
- 1 cup **rolled oats** (plain, unsweetened)
- 1 **egg**
- 1 tbsp **ground flaxseed** (optional, for omega-3)
- **No sugar, no xylitol, no chocolate**

1

Preheat the oven to 350F. Mix all the ingredients into a **thick, sticky dough**.

2

Roll into small balls and flatten onto a lined baking tray.

3

Bake for **18 to 20 minutes** until firm and lightly golden.

4

Cool completely before serving. Store in an airtight tin for up to a week, or freeze.

GUT TIP

Oats and pumpkin are both gentle fiber sources that **feed good gut bacteria and keep digestion regular**. These make a perfect guilt-free training treat that works for the gut, not against it.

