Dogalicious

The Fresh Dog Food Cookbook

20 complete and balanced recipes for Hong Kong dogs

Formulated to NRC (2006) and AAFCO adult maintenance standards

About this book

You have thought about cooking for your dog. Most of us have. Then you start reading, and somewhere between "calcium to phosphorus ratio" and "nutritional secondary hyperparathyroidism" the whole idea begins to feel like a science project you never signed up for, so the bag of kibble stays exactly where it is.

Here is the thing: home cooking for your dog is not difficult. It simply has to be done properly, and almost nobody tells you what "properly" actually means. So we wrote it down. These are homemade dog food recipes Hong Kong owners can actually cook: 20 of them, covering eight proteins - chicken, pork, beef, fish, turkey, lamb, duck and venison - with every ingredient something you can pick up on a Sunday morning at the wet market or the supermarket downstairs. Pumpkin, sweet potato, rice, carrots, a fillet of saba. Nothing you need to hunt for.

What makes them different is the part you cannot see. Our nutrition team formulated each recipe to NRC (2006) and AAFCO adult standards, so every one comes with its own nutrient analysis, a feeding table built on what your dog actually burns in a day, and the precise supplement dose that closes the gaps home cooking always leaves. Cook once on Sunday, portion it out, and your dog eats properly all week. That is the whole system.

How much to feed, and how we worked it out

Adult maintenance energy (NRC 2006): MER = 110 kcal x BW(kg)^0.75, give or take about 15% for neuter status and activity. The reliable approach is to weigh your dog every fortnight and adjust by body condition - ribs you can feel, a waist you can see.

These recipes run roughly 1.0 to 1.6 kcal per gram, so the daily amount differs by recipe. Always use the feeding table printed with each one.

Daily energy needs and food ranges

Dog weight	Daily energy need	Daily food (recipe dependent)
3 kg	251 kcal	about 160 to 240 g
5 kg	368 kcal	about 230 to 350 g
10 kg	619 kcal	about 390 to 600 g
20 kg	1,040 kcal	about 660 to 1000 g
30 kg	1,410 kcal	about 890 to 1360 g

Daily Multi per meal (the same across every recipe)

Daily energy need	Daily Multi (per day)	Daily Multi (per meal)	Eggshell (per meal)
251 kcal	2.5 g	1.3 g	0.4 g
368 kcal	3.7 g	1.8 g	0.6 g
619 kcal	6.2 g	3.1 g	1.0 g
1,040 kcal	10.4 g	5.2 g	1.6 g
1,410 kcal	14.1 g	7.1 g	2.2 g

The eggshell dose differs by recipe, calculated from each formula's own calcium gap and energy density, so follow the table printed with each recipe. Amounts assume two meals a day; if you feed once daily, simply combine both portions.

Storage and safety

- Cook all meat and fish right through (core temperature above 75°C), and add no salt, sugar or seasoning at all. It will taste bland to you, which is exactly right for your dog.
- Onion, garlic, chives, grapes and chocolate are toxic to dogs. No amount is safe, and there is no exception to this one.
- Let the food cool, then divide it into daily portions: three days worth in the fridge (4°C), the rest straight into the freezer where it keeps for two weeks.
- Move tomorrow's portion down to the fridge the night before, and warm it in a bowl of hot water before serving. Skip the microwave, which heats unevenly and leaves scalding pockets next to frozen ones.
- Stir the supplements in only once the food has cooled to just warm, so the nutrients survive.
- Give your dog a week to change over, adding a little more of the new food each day, and keep an eye on stools, skin and appetite as you go. There is no prize for rushing it.
- These recipes are formulated for healthy adult dogs. For puppies, pregnant or nursing mothers, seniors, or any dog with a medical condition, talk to your vet before you start.

Nutrient values are estimates calculated from food composition databases. This book is general guidance and is not a substitute for professional veterinary advice. © Dogalicious 2026

Chicken 01 / 20

Chicken and Pumpkin Rice - Easy Homemade Dog Food Recipe

If you are cooking for your dog for the first time, start here. This chicken pumpkin rice dog food recipe goes into the rice cooker in one layer, you press the button, and an hour later you have a week of meals. No pot to watch, no technique to learn. The pumpkin turns everything a warm orange that dogs seem to find irresistible, which is a pleasant bonus.

This formulation uses skinless chicken thigh as the single animal protein, supplying a complete essential amino acid profile; on an energy basis it provides about 96 g protein and 36 g fat per 1000 kcal, a moderate-fat design suitable as an everyday base diet for most healthy adult dogs. White rice is a highly digestible energy source, while pumpkin and carrot contribute soluble fibre and beta-carotene. The base ingredients supply only 1.25 g calcium per 1000 kcal, so the recipe is complete and balanced only when fed with the supplements as tabled below.

Ingredients (standard batch)

- Skinless chicken thigh 1.8 kg (diced, skin and visible fat removed)
- Chicken liver 50 g (finely chopped)
- Pumpkin 600 g (peeled, deseeded, diced)
- Carrot 300 g (diced)
- White rice 240 g (rinsed)
- Olive oil 20 g (about 1.5 tbsp) (stirred in off the heat)

This batch yields about 2.8 kg of food (about 3,578 kcal), roughly 6 days for a 10 kg adult dog.

Method

1. Rinse the rice, add it to the rice cooker with about 550 ml of water (slightly more than for plain rice).
2. Chop the liver finely and cook it together with the meat. Liver is nutrient dense, so keep to the stated amount and do not increase it.

3. Dice the chicken; peel and dice the pumpkin and carrot, and spread evenly over the rice.
4. Run a normal rice cycle; rest 10 minutes after it switches off and confirm the chicken is cooked through.
5. Stir in the olive oil, fluff and cool.
6. Portion by the daily amounts in the dosing table: 3 days refrigerated, the rest frozen.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	126 kcal	-
Crude protein	12.1 g	96 g
Fat	4.5 g	36 g
Carbohydrate	8.5 g	67 g
Dietary fibre	0.6 g	4.9 g
Calcium	13 mg	1.25 g
Phosphorus	126 mg	1.00 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 3.0 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 8.4 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.3:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 200 g	about 14 days	1.1 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 290 g	about 10 days	1.5 g	0.6 g (about 1/4 tsp)
10 kg	619 kcal	about 490 g	about 6 days	2.6 g	0.9 g (about 3/8 tsp)
20 kg	1,040 kcal	about 830 g	about 3 days	4.4 g	1.6 g (about 5/8 tsp)
30 kg	1,410 kcal	about 1,120 g	about 3 days	5.9 g	2.1 g (about 7/8 tsp)

If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Remove the skin and subcutaneous fat completely, or the fat content will substantially exceed the design value.

Chicken 02 / 20

Chicken, Sweet Potato and Broccoli - Homemade Dog Food Recipe

Some dogs will pick every grain of rice out of the bowl and leave it in a neat pile beside them. If that sounds familiar, this chicken sweet potato broccoli dog food recipe solves it: sweet potato does the job rice was doing, only softer and sweeter, which helps enormously. Lean chicken breast keeps it light, and the whole thing is done in half an hour.

Chicken breast is a high-protein, low-fat source; this formulation delivers about 110 g protein and 21 g fat per 1000 kcal, with olive oil restoring essential fatty acids. Sweet potato and oats provide a mix of soluble and insoluble fibre (15.2 g/1000 kcal) that supports the gut microbiome and stool quality; the recipe is rice-free for dogs that leave rice in the bowl.

Ingredients (standard batch)

- Chicken breast 1.8 kg (diced)
- Sweet potato 1 kg (peeled and diced)
- Broccoli 400 g (small florets)
- Rolled oats 250 g
- Olive oil 20 g (about 1.5 tbsp) (stirred in off the heat)

This batch yields about 3.2 kg of food (about 4,058 kcal), roughly 7 days for a 10 kg adult dog.

Method

1. Put the sweet potato in a large pot, cover with water and boil for 10 minutes.
2. Add the diced chicken and simmer for 10 minutes until fully cooked.
3. Add the broccoli and cook for 5 minutes.
4. Off the heat, stir in the oats and rest 3 minutes until thickened, then stir in the oil.
5. Cool and portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	125 kcal	-
Crude protein	13.8 g	110 g
Fat	2.6 g	21 g
Carbohydrate	11.3 g	90 g
Dietary fibre	1.9 g	15.2 g
Calcium	22 mg	1.32 g
Phosphorus	138 mg	1.10 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 3.0 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 9.1 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 200 g	about 16 days*	1.1 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 290 g	about 11 days	1.7 g	0.6 g (about 1/4 tsp)
10 kg	619 kcal	about 490 g	about 7 days	2.8 g	0.9 g (about 3/8 tsp)
20 kg	1,040 kcal	about 830 g	about 4 days	4.7 g	1.6 g (about 5/8 tsp)
30 kg	1,410 kcal	about 1,120 g	about 3 days	6.4 g	2.1 g (about 7/8 tsp)

*For small dogs one batch lasts beyond the 2-week freezer guideline - scale the batch down proportionally. If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Excess cruciferous vegetables can cause flatulence - keep to the recipe proportion; peeled stems are fine to use.

Chicken 03 / 20

Chicken, Liver and Carrot Congee - Gentle Homemade Dog Food

There is a reason congee is what Hong Kong families cook when someone is unwell: warm, soft, easy to swallow, easy to digest. Dogs feel much the same way about it. This chicken liver carrot congee dog food recipe is the one to make for an older dog, a dog recovering from an upset stomach, or a fussy eater who needs coaxing. The small amount of liver is there for the iron, and for the smell that gets noses out of beds.

The congee base lowers energy density to about 1.0 kcal/g with high moisture, making this ideal for dogs with dental issues, sensitive digestion or poor water intake. A small amount of chicken liver supplies iron, copper and vitamin A; liver is capped at about 4% of the formula to avoid vitamin A excess. Protein is about 87 g and fat about 35 g per 1000 kcal - a moderate-fat, highly digestible design.

Ingredients (standard batch)

- Skinless chicken thigh 1.5 kg (diced, skin and visible fat removed)
- Chicken liver 150 g (finely chopped)
- Carrot 700 g (diced)
- White rice 175 g (rinsed)
- Eggs 4 eggs (beaten in at the end)

This batch yields about 3.7 kg of food (about 3,250 kcal), roughly 5 days for a 10 kg adult dog.

Method

1. Rinse the rice, add about 2.5 L of water in total, boil then simmer for 25 minutes until the grains break down.
2. Add the carrot and cook for 5 minutes.
3. Add the chicken and liver and simmer 12 to 15 minutes until fully cooked.
4. Beat in the eggs, cook 2 minutes until set, and cool.

5. Portion and serve the liquid together with the solids, per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	87 kcal	-
Crude protein	8.9 g	102 g
Fat	3.2 g	36 g
Carbohydrate	5.3 g	60 g
Dietary fibre	0.6 g	6.7 g
Calcium	12 mg	1.33 g
Phosphorus	97 mg	1.11 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 3.1 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 8.7 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 290 g	about 13 days	1.1 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 420 g	about 9 days	1.6 g	0.6 g (about 1/4 tsp)
10 kg	619 kcal	about 710 g	about 5 days	2.7 g	1.0 g (about 3/8 tsp)
20 kg	1,040 kcal	about 1,190 g	about 3 days	4.5 g	1.6 g (about 5/8 tsp)
30 kg	1,410 kcal	about 1,610 g	about 2 days	6.1 g	2.2 g (about 7/8 tsp)

If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Do not increase the liver amount; consult your vet first if your dog has liver disease or takes a vitamin A supplement.

Pork 04 / 20

Pork and Potato - Simple Homemade Dog Food Recipe

Pork is the most underrated protein in the wet market. It sits there at half the price of beef, digests as well as chicken, and most dogs are delighted by it. This pork potato dog food recipe is the everyday one: pork tenderloin, potato, carrot, peas, one pot, thirty minutes. The sort of thing you can cook without thinking about it, which is exactly what a Sunday calls for.

Pork matches chicken for amino acid profile and digestibility and is an underrated quality protein; using trimmed tenderloin keeps fat at about 37 g per 1000 kcal, a moderately high fat formulation. Potato supplies potassium and digestible starch, peas add plant protein and fibre, and the recipe is grain free.

Ingredients (standard batch)

- Pork tenderloin 1.8 kg (diced, visible fat trimmed)
- Potato 1.2 kg (peeled and diced)
- Carrot 300 g (diced)
- Frozen green peas 200 g (no need to defrost)
- Olive oil 25 g (about 1.9 tbsp) (stirred in off the heat)

This batch yields about 2.9 kg of food (about 3,259 kcal), roughly 5 days for a 10 kg adult dog.

Method

1. Put the potato and carrot in a large pot, cover with water and boil for 12 minutes.
2. Add the pork and simmer 10 to 12 minutes until fully cooked through.
3. Add the peas and cook for 3 minutes.
4. Off the heat, stir in the olive oil and cool.
5. Portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	112 kcal	-
Crude protein	12.4 g	111 g
Fat	2.5 g	22 g
Carbohydrate	9.6 g	86 g
Dietary fibre	1.4 g	12.4 g
Calcium	10 mg	1.49 g
Phosphorus	140 mg	1.25 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 3.7 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 7.2 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 220 g	about 13 days	0.9 g	0.5 g (about 1/8 tsp)
5 kg	368 kcal	about 330 g	about 9 days	1.3 g	0.7 g (about 1/4 tsp)
10 kg	619 kcal	about 550 g	about 5 days	2.2 g	1.1 g (about 1/2 tsp)
20 kg	1,040 kcal	about 930 g	about 3 days	3.7 g	1.9 g (about 3/4 tsp)
30 kg	1,410 kcal	about 1,260 g	about 2 days	5.1 g	2.6 g (about 1 tsp)

If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Pork must always be fully cooked; dogs with a history of pancreatitis should use a low-fat recipe instead (see Steamed Seabass and Pumpkin Rice).

Pork 05 / 20

Pork, Winter Melon and Barley - Summer Homemade Dog Food

Hong Kong in August is no time for a heavy bowl. This pork winter melon barley dog food recipe is the summer answer: winter melon is over ninety percent water, so the meal is light, cooling and low in calories without ever looking smaller. Handy too if your dog put on a little over winter and you would rather not cut portions.

Winter melon is over 95% water, lowering the energy density of the formula and adding satiety; barley contributes soluble fibre. Protein sits at about 93 g per 1000 kcal, making this a good bowl for Hong Kong summers or the early phase of weight management. Base calcium is only 0.12 g/1000 kcal - supplement per the table below.

Ingredients (standard batch)

- Pork tenderloin 1.8 kg (diced, visible fat trimmed)
- Winter melon 700 g (peeled, deseeded, diced)
- Pearl barley 150 g (soaked 1 hour)
- White rice 250 g (rinsed)

This batch yields about 3.0 kg of food (about 3,315 kcal), roughly 5 days for a 10 kg adult dog.

Method

1. Rinse the barley and rice, add about 1.2 L of water, boil then simmer for 20 minutes.
2. Add the pork and cook 10 minutes until fully cooked.
3. Add the winter melon and cook another 8 to 10 minutes until soft.
4. Stir, cool, and portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	109 kcal	-
Crude protein	11.9 g	109 g
Fat	1.6 g	15 g
Carbohydrate	11.1 g	101 g
Dietary fibre	0.9 g	8.1 g
Calcium	12 mg	1.44 g
Phosphorus	131 mg	1.20 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 3.5 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 7.3 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 230 g	about 13 days	0.9 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 340 g	about 9 days	1.3 g	0.7 g (about 1/4 tsp)
10 kg	619 kcal	about 570 g	about 5 days	2.2 g	1.1 g (about 3/8 tsp)
20 kg	1,040 kcal	about 960 g	about 3 days	3.8 g	1.8 g (about 3/4 tsp)
30 kg	1,410 kcal	about 1,300 g	about 2 days	5.1 g	2.5 g (about 1 tsp)

If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Skip barley for pregnant dogs - substitute the same weight of white rice.

Pork 06 / 20

Pork, Apple and Oats - Homemade Dog Food Recipe

Apple in a dog bowl sounds like a gimmick, right up until you watch a dog hunt the pieces out one by one. This pork apple oat dog food recipe uses that: the apple goes in raw at the end so it keeps its crunch and its pectin, while the oats bring the soluble fibre that settles unpredictable stools. If your dog's output has been something of a lottery lately, start here.

The beta-glucan in oats is a soluble fibre that helps steady post-meal glucose and supports gut health; apple adds pectin and natural palatability. Total fibre is about 12 g per 1000 kcal - a moderate-fat, higher-fibre design suited to dogs with variable stool quality.

Ingredients (standard batch)

- Lean pork shoulder 1.8 kg (diced, visible fat trimmed)
- Pork liver 150 g (finely chopped)
- Apple 400 g (peeled, cored, deseeded, finely diced)
- Rolled oats 350 g
- Carrot 250 g (diced)

This batch yields about 2.9 kg of food (about 4,734 kcal), roughly 8 days for a 10 kg adult dog.

Method

1. Put the pork in a pot, cover with water and simmer 12 minutes until cooked.
2. Chop the liver finely and cook it together with the meat. Liver is nutrient dense, so keep to the stated amount and do not increase it.
3. Add the carrot and cook 5 minutes.
4. Stir in the oats and cook 3 minutes until thickened.
5. Off the heat, cool slightly, then stir in the apple.
6. Cool fully and portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	165 kcal	-
Crude protein	13.3 g	81 g
Fat	7.3 g	44 g
Carbohydrate	10.9 g	67 g
Dietary fibre	1.8 g	11 g
Calcium	22 mg	1.25 g
Phosphorus	165 mg	1.01 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 2.9 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 7.0 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 150 g	about 19 days*	0.9 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 220 g	about 13 days	1.3 g	0.5 g (about 1/4 tsp)
10 kg	619 kcal	about 380 g	about 8 days	2.2 g	0.9 g (about 3/8 tsp)
20 kg	1,040 kcal	about 630 g	about 5 days	3.6 g	1.5 g (about 5/8 tsp)
30 kg	1,410 kcal	about 860 g	about 3 days	4.9 g	2.1 g (about 7/8 tsp)

*For small dogs one batch lasts beyond the 2-week freezer guideline - scale the batch down proportionally. If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Apple seeds and cores contain cyanogenic compounds - remove them completely; leave the apple raw for texture and pectin.

Beef 07 / 20

Beef, Pumpkin and Brown Rice - Homemade Dog Food Recipe

For the dog who comes back from an hour at the park still looking for something to do. This beef pumpkin brown rice dog food recipe is the high-octane one: beef brings haem iron, zinc and B12, and brown rice releases its energy slowly rather than all at once. It all goes in the rice cooker, which feels almost unfair given how well it turns out.

Beef is rich in haem iron, zinc and vitamin B12, suiting active adult dogs; the formulation provides about 89 g protein and 38 g fat per 1000 kcal. Brown rice keeps its bran layer, giving more fibre and B vitamins than white rice.

Ingredients (standard batch)

- Lean minced beef (about 10% fat) 1.8 kg
- Beef liver 150 g (finely chopped)
- Pumpkin 600 g (peeled, deseeded, diced)
- Brown rice 400 g (soaked 30 minutes)
- Broccoli 250 g (small florets)
- Olive oil 15 g (about 1.1 tbsp) (stirred in off the heat)

This batch yields about 3.3 kg of food (about 4,806 kcal), roughly 8 days for a 10 kg adult dog.

Method

1. Rinse and soak the brown rice 30 minutes, then add to the rice cooker with about 700 ml of water.
2. Chop the liver finely and cook it together with the meat. Liver is nutrient dense, so keep to the stated amount and do not increase it.
3. Layer the beef, pumpkin and broccoli on top and run a normal cycle.
4. Rest 10 minutes after it switches off and confirm the beef is fully cooked.

5. Stir in the olive oil, fluff and cool.
6. Portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	145 kcal	-
Crude protein	13 g	89 g
Fat	5.6 g	38 g
Carbohydrate	10.2 g	70 g
Dietary fibre	1 g	6.7 g
Calcium	13 mg	1.29 g
Phosphorus	156 mg	1.07 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 3.2 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 9.1 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 170 g	about 19 days*	1.1 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 250 g	about 13 days	1.7 g	0.6 g (about 1/4 tsp)
10 kg	619 kcal	about 430 g	about 8 days	2.8 g	1.0 g (about 3/8 tsp)
20 kg	1,040 kcal	about 720 g	about 5 days	4.7 g	1.6 g (about 5/8 tsp)
30 kg	1,410 kcal	about 970 g	about 3 days	6.4 g	2.2 g (about 7/8 tsp)

*For small dogs one batch lasts beyond the 2-week freezer guideline - scale the batch down proportionally. If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Brown rice is higher in fibre - if stools soften, switch back to white rice and observe for 3 to 5 days.

Beef 08 / 20

Minced Beef, Carrot and Potato - Homemade Dog Food Recipe

This is the recipe for the Sunday when you have twenty-five minutes and very little patience. Minced beef cooks through faster than anything else in this book, so the batch is finished before you have tidied the kitchen. Nothing about this minced beef carrot potato dog food recipe is clever. That is entirely the point.

Minced beef cooks through quickly and evenly, making it the most time-efficient red meat for batch cooking; starch comes from potato and peas in a grain-free design, with protein at about 89 g per 1000 kcal.

Ingredients (standard batch)

- Lean minced beef (about 10% fat) 1.8 kg
- Beef liver 150 g (finely chopped)
- Potato 880 g (peeled and diced)
- Carrot 350 g (diced)
- Frozen green peas 200 g (no need to defrost)
- Olive oil 15 g (about 1.1 tbsp) (stirred in off the heat)

This batch yields about 2.7 kg of food (about 4,222 kcal), roughly 7 days for a 10 kg adult dog.

Method

1. Put the potato and carrot in a pot, cover with water and boil for 12 minutes.
2. Chop the liver finely and cook it together with the meat. Liver is nutrient dense, so keep to the stated amount and do not increase it.
3. Add the minced beef, breaking it up until fully browned, and simmer 8 minutes until cooked.
4. Add the peas and cook 3 minutes.

5. Off the heat, stir in the olive oil and cool.
6. Portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	154 kcal	-
Crude protein	15.1 g	99 g
Fat	6.3 g	41 g
Carbohydrate	8.3 g	54 g
Dietary fibre	1.3 g	8.5 g
Calcium	15 mg	1.25 g
Phosphorus	155 mg	1.01 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 3.0 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 8.9 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 160 g	about 17 days*	1.1 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 240 g	about 11 days	1.6 g	0.6 g (about 1/4 tsp)
10 kg	619 kcal	about 400 g	about 7 days	2.8 g	0.9 g (about 3/8 tsp)
20 kg	1,040 kcal	about 680 g	about 4 days	4.6 g	1.6 g (about 5/8 tsp)
30 kg	1,410 kcal	about 920 g	about 3 days	6.3 g	2.1 g (about 7/8 tsp)

*For small dogs one batch lasts beyond the 2-week freezer guideline - scale the batch down proportionally. If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Keep breaking the mince apart as it cooks so no clumps stay undercooked in the centre.

Beef 09 / 20

Beef and Chinese Squash Rice - Wet Market Dog Food Recipe

Zit gwa costs next to nothing, sits in every wet market in the city, and half the people reading this grew up eating it. It also happens to be excellent dog food: light, watery, easy to digest. This beef chinese squash rice dog food recipe is about as Hong Kong as a dog bowl gets, and it rotates beautifully against the heavier recipes here.

Beef round is a lean cut, keeping fat at about 28 g per 1000 kcal; Chinese squash (zit gwa) is a low-energy, easily digested vegetable found cheaply at every Hong Kong wet market. A moderate-lean formulation that rotates well as an everyday base.

Ingredients (standard batch)

- Beef round 1.8 kg (diced)
- Beef liver 150 g (finely chopped)
- Chinese squash (hairy gourd) 600 g (peeled and diced)
- White rice 240 g (rinsed)
- Carrot 250 g (diced)
- Olive oil 15 g (about 1.1 tbsp) (stirred in off the heat)

This batch yields about 2.9 kg of food (about 3,458 kcal), roughly 6 days for a 10 kg adult dog.

Method

1. Rinse the rice and add to the rice cooker with about 550 ml of water.
2. Chop the liver finely and cook it together with the meat. Liver is nutrient dense, so keep to the stated amount and do not increase it.
3. Layer the beef, squash and carrot on top and run a normal cycle.
4. Rest 10 minutes after it switches off and confirm the beef is cooked through.
5. Stir in the olive oil, fluff and cool.
6. Portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	121 kcal	-
Crude protein	15 g	124 g
Fat	2.7 g	22 g
Carbohydrate	8.4 g	69 g
Dietary fibre	0.6 g	5.1 g
Calcium	13 mg	1.25 g
Phosphorus	121 mg	1.00 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 3.0 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 9.2 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 210 g	about 14 days	1.2 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 300 g	about 9 days	1.7 g	0.6 g (about 1/4 tsp)
10 kg	619 kcal	about 510 g	about 6 days	2.8 g	0.9 g (about 3/8 tsp)
20 kg	1,040 kcal	about 860 g	about 3 days	4.8 g	1.6 g (about 5/8 tsp)
30 kg	1,410 kcal	about 1,170 g	about 2 days	6.5 g	2.1 g (about 7/8 tsp)

If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Peel the squash for dogs with sensitive stomachs - it digests more easily.

Fish 10 / 20

Salmon and Potato - Skin and Coat Homemade Dog Food Recipe

If you want a change you can actually photograph, feed fish. The omega-3 in salmon goes to work on the skin barrier and the coat, and a month or two in, people start asking what you have been doing differently. This salmon potato dog food recipe is rich enough that it needs no added oil at all. The fish brings its own.

Salmon is rich in EPA and DHA, the long-chain omega-3 fatty acids with documented benefits for the skin barrier, coat and joints; fat is about 39 g per 1000 kcal, all from the fish itself with no added plant oil. One or two fish meals per week in rotation is enough for an omega-3 effect.

Ingredients (standard batch)

- Salmon fillet 1.6 kg (skin and bones removed)
- Potato 1 kg (peeled and diced)
- Broccoli 350 g (small florets)
- Rolled oats 200 g

This batch yields about 3.0 kg of food (about 4,163 kcal), roughly 7 days for a 10 kg adult dog.

Method

1. Put the potato in a pot, cover with water and boil 12 minutes until soft.
2. Steam the salmon 8 to 10 minutes until cooked through.
3. Add the broccoli to the potato pot for 5 minutes, then stir in the oats for 2 minutes.
4. Flake the salmon, checking every piece for bones, and mix everything together.
5. Cool and portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	140 kcal	-
Crude protein	10.6 g	76 g
Fat	5.5 g	39 g
Carbohydrate	11.7 g	84 g
Dietary fibre	1.7 g	12.1 g
Calcium	17 mg	1.28 g
Phosphorus	149 mg	1.07 g

This is a rotation recipe, not a sole diet. Its ingredient profile puts one or more nutrients outside the range AAFCO sets for a food fed every day, so we suggest one or two meals a week, rotating the complete recipes in this book on the other days. Still add Eggshell Calcium Powder (about 3.1 g per 1000 kcal) and Daily Multi for Dogs (about 8.0 g per 1000 kcal) when you serve it.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 180 g	about 17 days*	1.0 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 260 g	about 11 days	1.5 g	0.6 g (about 1/4 tsp)
10 kg	619 kcal	about 440 g	about 7 days	2.5 g	1.0 g (about 3/8 tsp)
20 kg	1,040 kcal	about 750 g	about 4 days	4.2 g	1.6 g (about 5/8 tsp)
30 kg	1,410 kcal	about 1,010 g	about 3 days	5.7 g	2.2 g (about 7/8 tsp)

*For small dogs one batch lasts beyond the 2-week freezer guideline - scale the batch down proportionally. If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Even deboned fillets need a second bone check as you flake the fish.

Fish 11 / 20

Steamed Seabass and Pumpkin Rice - Low Fat Dog Food Recipe

This is the gentlest bowl in the book. White fish is very nearly pure protein with almost no fat, which makes this steamed seabass pumpkin rice dog food recipe the one to reach for when your vet has asked you to keep fat low, or when a sensitive stomach needs a rest. Ask the fishmonger to fillet it and you have skipped the only fiddly step.

White fish is extremely lean - this formulation carries only about 18 g fat per 1000 kcal, one of the lowest in the book, with a little olive oil maintaining essential fatty acid supply. Protein is about 86 g per 1000 kcal with high digestibility, suiting dogs that need fat restriction (for example post-pancreatitis recovery, with your vet's confirmation).

Ingredients (standard batch)

- Seabass or mandarin fish fillet 1.5 kg (ask the fishmonger to fillet it)
- Pumpkin 600 g (peeled, deseeded, diced)
- White rice 450 g (rinsed)
- Choy sum leaves 150 g (blanched and chopped, leaves only)
- Olive oil 30 g (about 2.2 tbsp) (stirred in off the heat)

This batch yields about 3.1 kg of food (about 3,428 kcal), roughly 6 days for a 10 kg adult dog.

Method

1. Rinse the rice and cook it in the rice cooker with the pumpkin and about 680 ml of water.
2. Steam the fish 10 to 12 minutes until cooked through.
3. Flake and remove every single bone.
4. Blanch and chop the choy sum leaves, then mix with the fish, olive oil and pumpkin rice.
5. Cool and portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	110 kcal	-
Crude protein	9.8 g	89 g
Fat	2 g	18 g
Carbohydrate	12.4 g	112 g
Dietary fibre	0.4 g	3.7 g
Calcium	16 mg	1.25 g
Phosphorus	114 mg	1.03 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 2.9 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 10.4 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 230 g	about 14 days	1.3 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 330 g	about 9 days	1.9 g	0.5 g (about 1/4 tsp)
10 kg	619 kcal	about 560 g	about 6 days	3.2 g	0.9 g (about 3/8 tsp)
20 kg	1,040 kcal	about 950 g	about 3 days	5.4 g	1.5 g (about 5/8 tsp)
30 kg	1,410 kcal	about 1,280 g	about 2 days	7.3 g	2.1 g (about 7/8 tsp)

If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Re-check for bones while flaking, even after filleting; use only the leafy part of choy sum, chopped, at the recipe amount.

Fish 12 / 20

Mackerel and Sweet Potato - Homemade Dog Food Recipe

Saba costs a fraction of what salmon does and carries even more omega-3, which feels like it ought not to be allowed. The trade-off is that this mackerel sweet potato dog food recipe is genuinely rich, so it suits lean, active dogs and coats that need work. It is not the one for a dog watching their weight.

Mackerel ranks among the highest common food fish for omega-3, but total fat is high (about 49 g per 1000 kcal), making this a high-fat formulation; best for dogs needing skin and coat support, lean body condition or high activity, and not as a sole long-term diet.

Ingredients (standard batch)

- Frozen mackerel (saba) fillet 1.4 kg (defrosted)
- Sweet potato 900 g (peeled and diced)
- Carrot 300 g (diced)
- Rolled oats 150 g

This batch yields about 2.6 kg of food (about 4,069 kcal), roughly 7 days for a 10 kg adult dog.

Method

1. Put the sweet potato and carrot in a pot, cover with water and boil 12 minutes until soft.
2. Steam the mackerel 8 to 10 minutes until cooked (or dry-fry without oil or salt).
3. Flake the fish, checking each piece and removing all bones.
4. Stir the oats into the pot for 2 minutes, then mix in the fish.
5. Cool and portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	159 kcal	-
Crude protein	11.1 g	70 g
Fat	7.7 g	49 g
Carbohydrate	10.8 g	68 g
Dietary fibre	1.8 g	11.1 g
Calcium	22 mg	1.25 g
Phosphorus	152 mg	0.96 g

This is a rotation recipe, not a sole diet. Its ingredient profile puts one or more nutrients outside the range AAFCO sets for a food fed every day, so we suggest one or two meals a week, rotating the complete recipes in this book on the other days. Still add Eggshell Calcium Powder (about 2.9 g per 1000 kcal) and Daily Multi for Dogs (about 14.6 g per 1000 kcal) when you serve it.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 160 g	about 16 days*	1.8 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 230 g	about 11 days	2.7 g	0.5 g (about 1/4 tsp)
10 kg	619 kcal	about 390 g	about 7 days	4.5 g	0.9 g (about 3/8 tsp)
20 kg	1,040 kcal	about 660 g	about 4 days	7.6 g	1.5 g (about 5/8 tsp)
30 kg	1,410 kcal	about 890 g	about 3 days	10.3 g	2.1 g (about 7/8 tsp)

*For small dogs one batch lasts beyond the 2-week freezer guideline - scale the batch down proportionally. If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Not suitable for dogs with pancreatitis history, hyperlipidaemia or excess weight - choose a low-fat recipe instead.

Turkey 13 / 20

Turkey and Pumpkin Rice - Low Allergy Dog Food Recipe

If your dog has been scratching and chicken is the prime suspect, turkey is the sensible next move: handled the same way, cooked the same way, but a protein most local dogs have simply never eaten. This turkey pumpkin rice dog food recipe is deliberately plain, so you can see clearly whether the itching settles.

Turkey is a lower-allergenicity protein with low prior exposure among local dogs, making it a sound alternative for dogs showing adverse food reactions to chicken such as itchy skin; fat is about 33 g per 1000 kcal, a moderately lean design.

Ingredients (standard batch)

- Minced turkey 1.8 kg
- Pumpkin 600 g (peeled, deseeded, diced)
- White rice 160 g (rinsed)
- Frozen green peas 150 g (no need to defrost)
- Olive oil 15 g (about 1.1 tbsp) (stirred in off the heat)

This batch yields about 2.4 kg of food (about 3,504 kcal), roughly 6 days for a 10 kg adult dog.

Method

1. Rinse the rice and add to the rice cooker with about 550 ml of water.
2. Layer the turkey and pumpkin on top and run a normal cycle.
3. Add the peas in the last 10 minutes (or during the rest).
4. Stir in the olive oil, fluff, confirm the turkey is fully cooked, and cool.
5. Portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	143 kcal	-
Crude protein	15.1 g	105 g
Fat	6.1 g	42 g
Carbohydrate	7.2 g	50 g
Dietary fibre	0.6 g	4.2 g
Calcium	21 mg	1.26 g
Phosphorus	151 mg	1.05 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 2.9 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 8.0 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 180 g	about 14 days	1.0 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 260 g	about 10 days	1.5 g	0.5 g (about 1/4 tsp)
10 kg	619 kcal	about 430 g	about 6 days	2.5 g	0.9 g (about 3/8 tsp)
20 kg	1,040 kcal	about 730 g	about 3 days	4.2 g	1.5 g (about 5/8 tsp)
30 kg	1,410 kcal	about 980 g	about 2 days	5.7 g	2.1 g (about 7/8 tsp)

If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip During an elimination trial, feed no other protein sources or treats for at least 8 weeks.

Turkey 14 / 20

Turkey, Carrot and Oats - Lean Homemade Dog Food Recipe

Cutting a dog's portion is miserable for everyone, particularly the dog staring at an empty bowl ten minutes later. This turkey carrot oat dog food recipe takes the other route: it is one of the leanest in the book, and the oats hold onto water so the bowl still looks and eats like a proper meal.

At about 39 g fat per 1000 kcal this is among the leaner formulations in the book; oat beta-glucan supplies soluble fibre (total fibre 13.9 g/1000 kcal) with strong satiety, suiting dogs in weight management.

Ingredients (standard batch)

- Minced turkey 1.8 kg
- Carrot 450 g (diced)
- Rolled oats 400 g
- Broccoli 250 g (small florets)
- Olive oil 15 g (about 1.1 tbsp) (stirred in off the heat)

This batch yields about 2.9 kg of food (about 4,439 kcal), roughly 7 days for a 10 kg adult dog.

Method

1. Put the carrot in a pot, cover with water and boil 8 minutes.
2. Add the minced turkey, break it up and simmer 8 minutes until fully cooked.
3. Add the broccoli and cook 4 minutes.
4. Stir in the oats for 2 to 3 minutes until thickened, then stir in the oil off the heat.
5. Cool and portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	151 kcal	-
Crude protein	13.8 g	92 g
Fat	5.9 g	39 g
Carbohydrate	11 g	73 g
Dietary fibre	2.1 g	13.8 g
Calcium	27 mg	1.39 g
Phosphorus	174 mg	1.16 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 3.2 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 8.5 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 170 g	about 18 days*	1.1 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 240 g	about 12 days	1.6 g	0.6 g (about 1/4 tsp)
10 kg	619 kcal	about 410 g	about 7 days	2.6 g	1.0 g (about 3/8 tsp)
20 kg	1,040 kcal	about 690 g	about 4 days	4.4 g	1.7 g (about 5/8 tsp)
30 kg	1,410 kcal	about 930 g	about 3 days	6.0 g	2.2 g (about 7/8 tsp)

*For small dogs one batch lasts beyond the 2-week freezer guideline - scale the batch down proportionally. If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Oats thicken as they absorb liquid - loosen with hot water to the right texture.

Lamb 15 / 20

Lamb and Sweet Potato - Appetising Homemade Dog Food

Lamb is what you bring out when nothing else is working. It smells stronger than chicken or pork, and for a dog who has been picking at meals all week, that smell does most of the persuading before the bowl even lands. This lamb sweet potato dog food recipe pairs it with sweet potato, which presses the same button again.

Lamb is a red meat rich in iron and zinc with a strong aroma and high palatability, particularly effective for indifferent eaters; protein is about 92 g and fat about 43 g per 1000 kcal, a moderate-fat formulation.

Ingredients (standard batch)

- Lamb leg 2 kg (diced, visible fat trimmed)
- Sweet potato 480 g (peeled and diced)
- Carrot 300 g (diced)
- Olive oil 15 g (about 1.1 tbsp) (stirred in off the heat)

This batch yields about 2.2 kg of food (about 3,099 kcal), roughly 5 days for a 10 kg adult dog.

Method

1. Put the lamb in a pot, cover with water, boil and skim the foam and surface fat, then simmer 15 minutes.
2. Add the sweet potato and carrot and cook 10 to 12 minutes until soft.
3. Off the heat, stir in the olive oil and cool.
4. Portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	144 kcal	-
Crude protein	18.7 g	130 g
Fat	5.1 g	35 g
Carbohydrate	4.8 g	34 g
Dietary fibre	0.9 g	6.4 g
Calcium	15 mg	1.25 g
Phosphorus	146 mg	1.01 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 3.0 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 10.4 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 170 g	about 12 days	1.3 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 260 g	about 8 days	1.9 g	0.6 g (about 1/4 tsp)
10 kg	619 kcal	about 430 g	about 5 days	3.2 g	0.9 g (about 3/8 tsp)
20 kg	1,040 kcal	about 720 g	about 3 days	5.4 g	1.6 g (about 5/8 tsp)
30 kg	1,410 kcal	about 980 g	about 2 days	7.3 g	2.1 g (about 7/8 tsp)

If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Lamb fat sets white when chilled - normal; it melts on warming. Skimming during cooking keeps the fat level on target.

Lamb 16 / 20

Lamb, Carrot and Brown Rice - Homemade Dog Food Recipe

The same lamb, in a version that lasts longer between meals. Brown rice keeps its bran, so this lamb carrot brown rice dog food recipe carries more fibre and sits more slowly than the sweet potato version. Useful for the dog who finishes dinner and immediately begins campaigning for more.

Lamb with brown rice and Chinese squash gives about 6.9 g fibre per 1000 kcal - filling without being greasy; brown rice keeps its bran layer for a richer micronutrient profile, making this a solid red-meat rotation choice.

Ingredients (standard batch)

- Lamb leg 1.8 kg (diced, visible fat trimmed)
- Brown rice 400 g (soaked 30 minutes)
- Carrot 300 g (diced)
- Chinese squash (hairy gourd) 300 g (peeled and diced)
- Olive oil 15 g (about 1.1 tbsp) (stirred in off the heat)

This batch yields about 3.0 kg of food (about 3,935 kcal), roughly 6 days for a 10 kg adult dog.

Method

1. Rinse and soak the brown rice 30 minutes, then add to the rice cooker with about 700 ml of water.
2. Layer the lamb, carrot and squash on top and run a normal cycle.
3. Rest 10 minutes after it switches off and confirm the lamb is fully cooked.
4. Stir in the olive oil, fluff and cool.
5. Portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	133 kcal	-
Crude protein	13.2 g	99 g
Fat	3.8 g	28 g
Carbohydrate	10.9 g	82 g
Dietary fibre	1 g	7.7 g
Calcium	10 mg	1.25 g
Phosphorus	134 mg	1.01 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 3.1 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 10.4 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 190 g	about 16 days*	1.3 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 280 g	about 11 days	1.9 g	0.6 g (about 1/4 tsp)
10 kg	619 kcal	about 470 g	about 6 days	3.2 g	1.0 g (about 3/8 tsp)
20 kg	1,040 kcal	about 780 g	about 4 days	5.4 g	1.6 g (about 5/8 tsp)
30 kg	1,410 kcal	about 1,060 g	about 3 days	7.3 g	2.2 g (about 7/8 tsp)

*For small dogs one batch lasts beyond the 2-week freezer guideline - scale the batch down proportionally. If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip If stools soften, switch the next batch to white rice and observe for 3 to 5 days.

Duck 17 / 20

Duck and Potato - Low Allergy Homemade Dog Food Recipe

Duck is the quiet workhorse of elimination diets: a protein most dogs have never met, and unusually lean once the skin is off. That last part matters, because duck skin is where all the fat is hiding. Take it off and this duck potato dog food recipe becomes one of the leaner bowls here.

Skinless duck breast carries only about 2.5 g fat per 100 g, a low-allergenicity lean protein; olive oil restores essential fatty acids to about 21 g per 1000 kcal. A sound alternative protein for dogs reacting to chicken or beef.

Ingredients (standard batch)

- Duck breast (skin and fat removed) 2.2 kg (skin and fat removed, diced)
- Duck liver 200 g (finely chopped)
- Potato 650 g (peeled and diced)
- Broccoli 300 g (small florets)
- Carrot 200 g (diced)

This batch yields about 2.8 kg of food (about 3,983 kcal), roughly 6 days for a 10 kg adult dog.

Method

1. Put the potato and carrot in a pot, cover with water and boil 12 minutes.
2. Chop the liver finely and cook it together with the meat. Liver is nutrient dense, so keep to the stated amount and do not increase it.
3. Add the duck and simmer 10 minutes until fully cooked.
4. Add the broccoli and cook 4 minutes, then take off the heat and cool.
5. Off the heat and cool.
6. Portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	144 kcal	-
Crude protein	14.7 g	102 g
Fat	6.5 g	45 g
Carbohydrate	5.9 g	41 g
Dietary fibre	1 g	6.9 g
Calcium	15 mg	1.25 g
Phosphorus	144 mg	1.00 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 3.0 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 9.1 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.3:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 170 g	about 16 days*	1.2 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 260 g	about 11 days	1.7 g	0.6 g (about 1/4 tsp)
10 kg	619 kcal	about 430 g	about 6 days	2.8 g	0.9 g (about 3/8 tsp)
20 kg	1,040 kcal	about 720 g	about 4 days	4.8 g	1.6 g (about 5/8 tsp)
30 kg	1,410 kcal	about 980 g	about 3 days	6.4 g	2.1 g (about 7/8 tsp)

*For small dogs one batch lasts beyond the 2-week freezer guideline - scale the batch down proportionally. If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Remove the duck skin and the fat layer beneath it completely, or fat will far exceed the design value.

Duck 18 / 20

Duck and Winter Melon Rice - Light Homemade Dog Food

Low-allergy protein, high-water vegetable, hot city. This duck winter melon rice dog food recipe is what you cook in July, and it is quietly useful for dogs who never drink enough. A good deal of their water can arrive in the bowl instead.

Low-allergenicity duck with high-moisture winter melon gives a lower energy density bowl for summer or for dogs that drink little; with olive oil restored, fat sits at about 16 g per 1000 kcal in a moderately lean design.

Ingredients (standard batch)

- Duck breast (skin and fat removed) 2 kg (skin and fat removed, diced)
- Winter melon 600 g (peeled, deseeded, diced)
- White rice 450 g (rinsed)
- Carrot 200 g (diced)
- Olive oil 25 g (about 1.9 tbsp) (stirred in off the heat)

This batch yields about 3.4 kg of food (about 4,814 kcal), roughly 8 days for a 10 kg adult dog.

Method

1. Rinse the rice and add to the rice cooker with about 560 ml of water (slightly less - winter melon releases water).
2. Layer the duck, winter melon and carrot on top and run a normal cycle.
3. Rest 10 minutes after it switches off and confirm the duck is fully cooked.
4. Stir in the olive oil, fluff and cool.
5. Portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	140 kcal	-
Crude protein	10.7 g	76 g
Fat	5.4 g	39 g
Carbohydrate	11.3 g	81 g
Dietary fibre	0.5 g	3.7 g
Calcium	14 mg	1.25 g
Phosphorus	102 mg	0.73 g

This is a rotation recipe, not a sole diet. Its ingredient profile puts one or more nutrients outside the range AAFCO sets for a food fed every day, so we suggest one or two meals a week, rotating the complete recipes in this book on the other days. Still add Eggshell Calcium Powder (about 3.0 g per 1000 kcal) and Daily Multi for Dogs (about 9.5 g per 1000 kcal) when you serve it.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 180 g	about 19 days*	1.2 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 260 g	about 13 days	1.7 g	0.6 g (about 1/4 tsp)
10 kg	619 kcal	about 440 g	about 8 days	2.9 g	0.9 g (about 3/8 tsp)
20 kg	1,040 kcal	about 740 g	about 5 days	4.9 g	1.6 g (about 5/8 tsp)
30 kg	1,410 kcal	about 1,010 g	about 3 days	6.7 g	2.1 g (about 7/8 tsp)

*For small dogs one batch lasts beyond the 2-week freezer guideline - scale the batch down proportionally. If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Winter melon releases plenty of liquid when cooked - normal; keep the liquid with the portions.

Venison 19 / 20

Venison and Pumpkin - Novel Protein Dog Food Recipe

Venison is the last card in the deck, and the strongest one. Almost no dog in Hong Kong has eaten it, which is precisely why it works when an itchy dog has already been through chicken, beef and lamb. It is also remarkably lean, so this venison pumpkin dog food recipe adds a spoonful of oil to put back what the meat does not carry.

Venison is a novel protein with minimal prior exposure among local dogs, making it a first-line choice for food allergy elimination diets; the meat is extremely lean and iron rich, with olive oil restoring fat to about 18 g per 1000 kcal.

Ingredients (standard batch)

- Venison 1.8 kg (diced)
- Pumpkin 600 g (peeled, deseeded, diced)
- White rice 270 g (rinsed)
- Broccoli 250 g (small florets)
- Olive oil 30 g (about 2.2 tbsp) (stirred in off the heat)

This batch yields about 2.9 kg of food (about 3,436 kcal), roughly 6 days for a 10 kg adult dog.

Method

1. Rinse the rice and add to the rice cooker with about 600 ml of water.
2. Layer the venison, pumpkin and broccoli on top and run a normal cycle.
3. Rest 10 minutes after it switches off.
4. Stir in the olive oil, fluff and cool.
5. Portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	120 kcal	-
Crude protein	14.4 g	120 g
Fat	2.6 g	21 g
Carbohydrate	9 g	75 g
Dietary fibre	0.6 g	5 g
Calcium	12 mg	1.25 g
Phosphorus	123 mg	1.02 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 3.0 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 10.4 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 210 g	about 14 days	1.3 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 310 g	about 9 days	1.9 g	0.6 g (about 1/4 tsp)
10 kg	619 kcal	about 510 g	about 6 days	3.2 g	0.9 g (about 3/8 tsp)
20 kg	1,040 kcal	about 860 g	about 3 days	5.4 g	1.6 g (about 5/8 tsp)
30 kg	1,410 kcal	about 1,170 g	about 2 days	7.3 g	2.1 g (about 7/8 tsp)

If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip During an elimination diet the single-protein rule applies to every treat and chew as well.

Venison 20 / 20

Venison, Sweet Potato and Broccoli - Grain-Light Dog Food

The most allergy-friendly bowl in this book, and the only one that goes fully grain free if you leave the oats out. If you are working through an elimination trial with your vet, this venison sweet potato broccoli dog food recipe is where you land: one novel protein, no grains, nothing else to muddy the result.

A novel protein in a rice-free design (skip the oats for fully grain free) - the friendliest combination in the book for food-sensitive dogs; venison is extremely lean, with olive oil restoring fat to about 21 g per 1000 kcal and fibre at about 15.3 g/1000 kcal.

Ingredients (standard batch)

- Venison 2.34 kg (diced)
- Sweet potato 1.08 kg (peeled and diced)
- Broccoli 400 g (small florets)
- Rolled oats 180 g
- Olive oil 30 g (about 2.2 tbsp) (stirred in off the heat)

This batch yields about 3.5 kg of food (about 4,448 kcal), roughly 7 days for a 10 kg adult dog.

Method

1. Put the sweet potato in a pot, cover with water and boil 10 minutes.
2. Add the venison and simmer 10 minutes until just cooked (venison is very lean - avoid overcooking).
3. Add the broccoli and cook 5 minutes.
4. Stir in the oats for 2 minutes, then stir in the oil off the heat.
5. Cool and portion per the dosing table.

Estimated nutrient analysis (before supplements)

Item	Per 100 g	Per 1000 kcal
Metabolisable energy	126 kcal	-
Crude protein	15.4 g	122 g
Fat	2.8 g	22 g
Carbohydrate	9.4 g	74 g
Dietary fibre	1.6 g	12.7 g
Calcium	18 mg	1.36 g
Phosphorus	143 mg	1.13 g

On its own this recipe cannot meet an adult dog's full requirement - calcium, copper, zinc and vitamin D all fall short. Adding Eggshell Calcium Powder (about 3.2 g per 1000 kcal for this recipe) and Daily Multi for Dogs (about 10.5 g per 1000 kcal), as tabled below, brings it up to every minimum in the AAFCO adult maintenance profile, with a calcium to phosphorus ratio of about 1.2:1. Both doses are calculated from this recipe's own shortfalls, not from a generic chart.

Feeding and supplement dosing (two meals a day)

Dog weight	Daily energy need	Daily food	Batch lasts	Daily Multi (per meal)	Eggshell Calcium (per meal)
3 kg	251 kcal	about 200 g	about 18 days*	1.3 g	0.4 g (about 1/8 tsp)
5 kg	368 kcal	about 290 g	about 12 days	1.9 g	0.6 g (about 1/4 tsp)
10 kg	619 kcal	about 490 g	about 7 days	3.3 g	1.0 g (about 3/8 tsp)
20 kg	1,040 kcal	about 820 g	about 4 days	5.5 g	1.7 g (about 5/8 tsp)
30 kg	1,410 kcal	about 1,120 g	about 3 days	7.4 g	2.3 g (about 7/8 tsp)

*For small dogs one batch lasts beyond the 2-week freezer guideline - scale the batch down proportionally. If you feed once daily, combine both meal portions of the supplements. Stir them in only after the food has cooled to just warm.

Tip Overcooked venison turns tough and less palatable - stop as soon as it is cooked through.

Ready to start?

Every recipe in this book is complete and balanced only when fed with both supplements, and both are available at dogalicious.com:

Daily Multi for Dogs - 20 essential vitamins and minerals, developed by a PhD animal nutritionist, dosed by body weight.

Eggshell Calcium Powder - 95% natural calcium carbonate, dosed to each recipe's own calcium gap.

Some weeks there is simply no time to cook, and that is perfectly normal. Dogalicious fresh dog food is nutritionist formulated and ready to heat and serve, with a free trial for new customers: dogalicious.com/free-trial

More recipes and feeding guides: dogalicious.com/cookbook

Nutrient values are estimates calculated from food composition databases. This book is general guidance and is not a substitute for professional veterinary advice. © Dogalicious 2026