

Homemade Healthy Dog Food Recipe Notebook

A Blank Recipe Journal to Record, Tweak and Remember
Your Dog's Favorite Homemade Meals

By Angelica Rhodes

The Joyful Bowl Series | 2025

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This notebook is intended for informational and personal journaling purposes only. It is not a substitute for professional veterinary advice, diagnosis, or treatment. Always consult with a qualified veterinarian regarding your dog's specific health needs before making dietary changes.

Written by Angelica Rhodes
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For more resources and companion tools, visit joyfulbowlseries.com



Welcome to Your Homemade Healthy Dog Food Recipe Notebook

This notebook is your go-to space to track what you've made, what worked, and what your dog loved. Whether you're following recipes from *The Homemade Healthy Dog Food Cookbook* or experimenting with your own ingredient combos, this book helps you stay organized — and remember the wins.

As part of *The Joyful Bowl Series*, it's designed to support your homemade journey with nourishing meals tailored to your dog's unique needs. Cooking at home lets you fine-tune every bowl, but it also means keeping track of ingredients, portions, prep methods, and your dog's response. This notebook makes it easy — all in one tidy place.

At the front, you'll find a simple contents section to record your recipe names and page numbers. Each recipe page includes space to log prep and cook time, number of servings, difficulty level (with a fun 1–3 bone scale), ingredients, instructions, and notes. Use the notes area to jot down your dog's reaction, storage details, or tweaks for next time.

In the back, we've included a few helpful reference pages from *The Joyful Bowl Series* — a feeding chart by weight, a mix-and-match ingredient guide, freezer tips, and a list of functional add-ons to boost health and flavor.

Use this notebook often, adjust as needed, and enjoy the journey — one joyful bowl at a time.

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A Few Recipes to Get You Started

To kick things off, I've included four complete recipes from the **Homemade Healthy Dog Food Cookbook**. They're simple, wholesome meals that are easy to batch-cook, portion, and either keep in the fridge for up to **3 days** or freeze for up to **2 months**.

Already have the Cookbook? Think of these as handy reminders pulled right from its pages (I've added page numbers below so you can flip back easily).

Don't have the Cookbook yet? These are just a little taste of what homemade feeding can look like. The cookbook dives deeper into the "how and why," with plenty more recipes plus functional meals, treats, and toppings — along with tips on choosing supplements, handling allergies, supporting joint health, and more.

You'll find these recipes in the Cookbook here:

Turkey & Oats Dinner Bowl — page 37

Duck & Sweet Potato Relief Bowl — page 62

Lightly Cooked Chicken & Zucchini Mix — page 73

Crunchy Parsley & Coconut Dental Bites — page 86

Whether you're already cooking for your pup or just testing the waters, I hope these recipes spark some inspiration as you start filling in your own creations in the pages ahead.

Because at the end of the day, nothing beats the joy of a happy, tail-wagging dog — and the health perks are the cherry on top. 🍪🍪



RECIPE

Turkey & Oats Dinner Bowl

Prep time: 5 Min

Cook time: 12–15 Min Serves: 3–4 cups

Difficulty:



INGREDIENTS

- 1 lb ground turkey
- 1/2 cup oats
- 1/2 cup chopped zucchini
- 1 tbsp coconut oil

DIRECTIONS

- Cook turkey in a skillet over medium heat for 7–10 minutes until fully cooked. Drain excess fat if needed.
- Cook oats with 1 cup water for 4–7 minutes until thickened.
- Steam chopped zucchini for 3–4 minutes until tender.
- Combine turkey, oats, and zucchini in a bowl.
- Add coconut oil once cooled to lukewarm and stir.

NOTES

A simple, warming meal that combines lean protein, gentle fiber, and healthy fats. The turkey provides easily digestible protein, oats add slow-release energy and soluble fiber, and zucchini brings light vitamins and hydration. The touch of coconut oil rounds it out with healthy fats for skin and coat support.

Roughly 3 meals for a 20–25 lb dog, adjust portions for the size of your pup — you'll find the feeding chart at the end of the notebook.

Cookbook reference: *Homemade Healthy Dog Food Cookbook — Everyday Bowls, page 37*



RECIPE

Duck & Sweet Potato Relief Bowl

Prep time: 8–10 Min

Cook time: 20–25 Min

Serves: 3–4 cups

Difficulty:



INGREDIENTS

- 1 lb ground duck or boneless duck meat
- 1/2 cup chopped spinach
- 1 sweet potato
- 1 tbsp flaxseed oil

DIRECTIONS

- Brown duck in skillet or bake at 375°F for 20–25 minutes.
- Boil or steam sweet potato for 10–12 minutes, then mash.
- Steam spinach for 1–2 minutes.
- Combine duck, sweet potato, and spinach. Add flaxseed oil after cooling.

NOTES

A gentle, hypoallergenic meal designed for sensitive pups. Duck is a low-allergen protein that can give dogs a much-needed break from common triggers like chicken or beef, while sweet potato adds easy-to-digest fiber and beta-carotene for digestive and immune support. Spinach contributes light vitamins and antioxidants, and flaxseed oil brings skin- and coat-loving omega fats. Altogether, it's a simple, nourishing option that soothes without skimping on nutrition – and judging by how quickly the bowl disappears, pups are just as happy about it as we are.

If you don't have duck on hand, you can substitute with turkey thigh for a similar nutrient profile. Avoid chicken dark meat here, since it's one of the most common allergens this recipe is designed to steer clear of.

Cookbook reference: *Homemade Healthy Dog Food Cookbook – Functional Recipes for Targeted Support: Hypoallergenic Support, page 62*



RECIPE

Lightly Cooked Chicken & Zucchini Mix

Prep time: 5 Min

Cook time: 5–6 Min

Serves: 1½–2 cups

Difficulty:



INGREDIENTS

- 1 cup boneless chicken thighs
- 1/2 cup grated raw zucchini
- 1 tbsp plain pumpkin purée
- 1 tsp ground chia seeds
- 1 tsp olive oil

DIRECTIONS

- Lightly sear chicken in a skillet (2–3 minutes per side) until just cooked on the outside but still pink inside. Let rest and chop finely.
- Grate raw zucchini.
- In a bowl, mix chicken with zucchini, pumpkin, and chia seeds.
- Stir in olive oil once the mixture is cool.

NOTES

This lightly cooked recipe follows raw-style ratios in a beginner-friendly way. Using chicken thighs as lean muscle meat, paired with zucchini for fiber, pumpkin for digestive support (canned is fine, just make sure it's plain and unsweetened), chia for omega-3s, and olive oil for healthy fats, it's clean, simple, and species-appropriate without the overwhelm of full raw feeding.

Because the chicken is only seared, the nutrients stay more bioavailable — giving your pup a taste of the raw benefits (like better digestion, a shinier coat, and healthier teeth) without diving straight into fully raw meals.

Safety note: Always use fresh, good-quality chicken, handle it with clean utensils, and wash surfaces thoroughly after prep. Lightly cooked meals should be eaten fresh — keep leftovers in the fridge for no more than 1–2 days, or freeze right away in portions.

Cookbook reference: *Homemade Healthy Dog Food Cookbook — Raw & Raw-Inspired Meals, page 73*



RECIPE

Crunchy Parsley & Coconut Dental Bites

Prep time: 8–12 Min

Cook time: 20–25 Min

Serves: 20–24 treats

Difficulty:



INGREDIENTS

- 1/2 cup coconut flour
- 1/4 cup chopped fresh parsley
- 1 egg
- 2 tbsp water
- Optional: 1 tbsp finely grated carrot (for texture and mild sweetness)

DIRECTIONS

- Preheat oven to 325°F.
- In a bowl, mix coconut flour, parsley, and grated carrot (if using).
- Add the egg and water, stirring to form a firm dough.
- Roll dough into small balls and place on a parchment-lined baking sheet.
- Bake for 20–25 minutes, until dry and slightly golden.
- Let cool completely before storing in an airtight container for up to 1 week, or freeze for longer.

NOTES

These grain-free bites combine coconut flour and egg for a crunchy base, with parsley to freshen breath and optional carrot for a touch of natural sweetness. They're light, simple, and easy to keep on hand as an occasional treat. The crunchy texture is especially helpful for small breeds with crowded teeth, since a bit of crispness can support dental health between brushings.

Because coconut flour is very high in fiber, it's best to keep portions moderate — a few treats a day is plenty. Too much fiber at once can upset a dog's tummy and lead to loose stools, but in small amounts these bites are both safe and satisfying.

Storage tip: Keep in an airtight container at room temperature for up to **1–2 weeks**, depending on how dry you bake them. For longer storage, refrigerate for up to **3 weeks**, or freeze for up to **2–3 months**.

Cookbook reference: *Homemade Healthy Dog Food Cookbook – Treats, Toppers & Extras*, page 86



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DIRECTIONS

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RECIPE

Prep time: _____ Cook time: _____ Serves: _____ Difficulty:   

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PROTEIN & PRODUCE CHEAT SHEET

Dog-friendly ingredients to mix and match:

Proteins:

- Ground turkey, chicken, beef, lamb
- Chicken thighs or breasts (boneless)
- Salmon, sardines (packed in water, no salt)
- Organ meats: liver, heart, gizzards (limit liver to 1x/week)

Veggies (lightly cooked, steamed or pureed):

- Carrots, green beans, broccoli, spinach
- Zucchini, bell peppers (no seeds)
- Pumpkin, sweet potato, squash

Grains & Starches (optional):

- White rice, brown rice, quinoa, oats
- Sweet potatoes, russet potatoes, pumpkin

Healthy Fats & Oils:

- Flaxseed oil (add after cooking)
- Coconut oil, olive oil, sardine oil
- Chia seeds, hemp seeds (in moderation)

Extras to Try (small amounts):

- Plain kefir or yogurt (unsweetened)
- Blueberries, apple slices (no seeds)
- Turmeric, ginger, parsley, basil



FREEZER STORAGE TIPS

- Batch-cooked meals: Up to 3 months in freezer-safe containers or bags
- Label & date every portion
- Thaw overnight in the fridge or warm gently before serving
- Freeze in single-meal portions for quick defrosting
- Don't refreeze thawed food – use within 3 days of defrosting

COMMON ADD-ONS & WHY THEY MATTER

These simple ingredients can give your dog's meals a gentle nutritional boost — supporting digestion, joint health, skin, and more. Use in moderation and observe how your dog responds.

Add-On	Why It Helps	Notes
Flaxseed Oil	Rich in omega-3s for skin, coat, and inflammation support	Add after cooking
Coconut Oil	Antimicrobial, supports digestion and energy	Start with small amounts
Kefir	Natural probiotic, helps balance gut flora	Use plain, unsweetened only
Pumpkin Purée	Excellent fiber for digestion and stool quality	Use plain, no added sugar/spices
Turmeric	Anti-inflammatory, supports joints and immune function	Pair with a little black pepper
Ginger	Calms nausea, supports digestion	Use fresh or dried, tiny amounts
Chia Seeds	Omega-3s, fiber, and hydration aid	Soak before feeding if possible
Parsley	Breath freshener, mild anti-inflammatory	Avoid in large amounts
Blueberries	Antioxidants for immune support	A few as a topper
Eggshell Powder	Natural calcium for bone support	Use finely ground, store-bought preferred

Always introduce new add-ons slowly and in small amounts. Not all dogs tolerate everything the same way — use your journal pages to track what works best.

FEEDING CHART BY WEIGHT & LIFE STAGE

These are estimates based on fully cooked meals. Adjust for age, metabolism, and activity level. Track how your dog responds and use your notes section to dial it in.

Dog's Weight	Puppy (2–12 months)	Adult (1–7 years)	Senior (7+ years)
5–10 lbs	1–1.5 cups	0.5–1 cup	0.4–0.75 cup
11–20 lbs	1.5–2.5 cups	1–1.5 cups	0.75–1.25 cups
21–40 lbs	2.5–4 cups	1.5–2.5 cups	1.25–2 cups
41–60 lbs	4–5.5 cups	2.5–3.5 cups	2–3 cups
61–80 lbs	5.5–7 cups	3.5–4.5 cups	2.75–3.75 cups
81–100 lbs	7–8.5 cups	4.5–5.5 cups	3.5–4.5 cups
100+ lbs	Add 1/2 cup per 10 lbs	Add 1/3 cup per 10 lbs	Add 1/4 cup per 10 lbs

MORE FROM JOYFUL BOWL SERIES

The Joyful Bowl started with a cookbook — created to help dogs struggling with allergies, sensitivities, and chronic issues tied to commercial food. But it's become a growing set of tools to help you feed with confidence, track progress, and simplify homemade meals.

To make the journey even easier, we're building a series of practical, thoughtful companions designed to support you long after the last recipe.

Homemade Healthy Dog Food Cookbook

120+ clean, easy, vet-approved recipes — plus a 30-day reset plan to soothe allergies, support digestion, and help your dog thrive naturally. Includes feeding charts, sample meal planner, pantry checklists and more.

Homemade Healthy Dog Food Journal: A 30-Day Reset Companion Guide

Track meals, symptoms, poop quality, energy, and more — perfect for dogs with allergies, sensitivities, or complex health histories. Includes space for vet notes, weight tracking, and monthly summaries.

Homemade Healthy Dog Food Meal Planner & Grocery List

Your kitchen sidekick for planning, shopping, and batching. Includes weekly templates, shopping lists, prep checklists, and freezer logs to keep you organized and reduce daily decision fatigue. Available in 12- and 24-week formats.

Puppy Health Records and Daily Care Log

The perfect companion for new puppy parents. Track potty breaks, meals, weight, vet visits, and early milestones, plus space for training goals and sweet “firsts.” A practical and sentimental keepsake to support healthy routines from day one, and the hardcover edition is a great gift.

Whether you're just starting out or settling into a long-term homemade routine, these tools are here to help you stay on track, reduce overwhelm, and keep tails wagging.

Visit joyfulbowlseries.com or check the author's page on Amazon for the latest companion books and printable extras.

Has this book helped you and your dog?

I'd be truly grateful if you shared a review to help others discover the power of real food. It only takes a moment — just scan the corresponding QR code. Thank you kindly, and my dog insists on adding a tail wag too.



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AUTHOR'S PAGE



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