

Homemade Healthy Dog Food Meal Planner and Grocery List

A 6-Month Organizer to Plan Meals, Track Supplements
and Simplify Batch Cooking

By Angelica Rhodes

The Joyful Bowl Series | 2025

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This planner 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
The Joyful Bowl Series

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For more resources and companion tools, visit joyfulbowlseries.com.



Welcome to Your Joyful Bowl Meal Planner & Prep Guide

You've made the choice to feed your dog real food – now this planner is here to help you actually keep going. No perfection required. No spreadsheet skills necessary. Just one handy spot to plan meals, shop smart, batch cook like a pro, and stay consistent without burning out.

Part of *The Joyful Bowl Series*, this 12-week planner is designed to support your homemade routine as you build confidence and find your rhythm. Use it to map out meals, organize grocery runs, track supplements, and prep ahead with less stress.

Inside, you'll find:

- **Batch prep checklists** – so you can cook once, portion twice, and feel smug about it all week. These pages help you track what's cooked, what's frozen, and what's still somewhere in the back of the fridge.
- **Weekly meal planning pages** – simple layouts to map out your dog's meals, treats, and toppers for the week (no guilt if you repeat Tuesday's dinner four times – we do it too).
- **Grocery lists & pantry checklists** – write out your weekly needs, or flip to our pantry checklists (borrowed from the main cookbook) to remember what you might be missing. Yes, frozen peas count. Yes, canned pumpkin *must* be unsweetened.
- **Supplement tracker** – whether it's calcium, fish oil, or probiotics, this log helps you stay consistent with add-ins that keep your dog thriving.
- **Feeding chart** – a quick-reference guide based on weight and life stage, so you're not guessing how much to scoop into the bowl.

There's no “wrong” way to use this guide. Cross things out. Doodle in the margins. Skip a week and jump back in. The goal isn't perfection – it's progress. And the kind of joyful, tail-wagging consistency that makes both of you feel great.

Let's make this a habit worth sticking to – one meal (or lovingly frozen batch) at a time.



Steady Wins:

Planning homemade meals doesn't have to be perfect – just consistent. You've got this!

Weekly Meal Plan

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Feeding Chart by Weight & Life Stage

Use this chart to estimate your dog's daily portions based on weight and age – specifically for fresh, homemade meals. Puppies need smaller, more frequent meals to support growth. Adults usually eat twice a day, and seniors may do best with two lighter meals.

This chart is based on an average of 300–400 kcal per cup of home-cooked food (think lean proteins, veggies, and healthy fats). Every dog is different, so adjust based on body condition, energy needs, and common sense. You've got this!

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



Pantry Checklist (by Storage Type)

Fridge & Freezer

- Ground turkey (frozen raw or cooked)
- Ground chicken or boneless thighs/breasts (freeze in portions)
- Chicken gizzards (freeze raw or lightly cooked; budget-friendly)
- Ground beef or stewing beef (lean cuts preferred)
- Ground lamb, pork, or duck (optional proteins; freeze in portions)
- Raw or cooked fish fillets – cod, tilapia, whitefish (freeze in portions)
- Boneless salmon fillets (skin-on fine; wild-caught preferred if possible)
- Chicken livers, beef heart, or rabbit meat (organ meats; freeze raw or cooked)
- Eggs (store in fridge, do not freeze raw in shells)
- Cooked grains (rice, millet, quinoa – freeze in portioned bags)
- Steamed veggies (carrots, green beans, etc. – cool before freezing)

Canned, Dried & Long Shelf Life

- Canned pumpkin purée (unsweetened, not pumpkin pie filling)
- Canned sardines in water (no salt added, with bones)
- Canned salmon or mackerel (no salt, in water; bones included)
- Rolled oats (plain; not instant)
- Brown rice, white rice, millet, quinoa, lentils (dry)
- Coconut flour, oat flour, or chickpea flour
- Ground flaxseed (store in fridge once opened)
- Chia seeds (long shelf life)
- Dried parsley or basil
- Bone broth (low sodium, or powdered/dried; check ingredients)

- Apple cider vinegar (for bone broth or digestion)
- Nutritional yeast (optional topper; high in B vitamins)
- Turmeric and ginger (ground; use in small amounts)
- Dehydrated seaweed (optional; for toppers)
- Coconut flakes (unsweetened; optional for texture)

Fresh Produce & Perishables

- Carrots (can be chopped, shredded, or steamed)
- Zucchini (grate raw or lightly steam; freeze raw if needed)
- Sweet potatoes (steam or roast; mash or cube)
- Butternut squash (can be bought cubed; steam and freeze portions)
- Green beans (fresh or frozen; steam before use)
- Broccoli (chop and lightly steam)
- Kale or spinach (fresh or frozen; lightly steam before adding)
- Apples (cored, no seeds; serve raw or grated)
- Bananas (use ripe; mash for treats or calming bowls)
- Parsnips (steam and mash; freeze if prepped)
- Blueberries (fresh or frozen; unsweetened)
- Fresh herbs like parsley, basil, dill (chop or freeze in broth cubes)

Oils & Fats

- Flaxseed oil (refrigerate; delicate ALA omega-3s)
- Fish oil (store in fridge; check for pet-safe labeling)
- Coconut oil (stable at room temp)
- Olive oil (extra virgin preferred)
- Hempseed oil (pet stores or online; refrigerate once opened)



Pantry Checklist (by Food Category)

Proteins

- Ground turkey (freeze raw or cooked)
- Ground chicken or boneless thighs/breasts
- Chicken gizzards (budget-friendly, freeze well)
- Ground beef or stewing beef (lean)
- Ground lamb, pork, or duck (optional proteins)
- Boneless salmon fillets (skin-on fine)
- Cod, haddock, or whitefish fillets (fresh or frozen)
- Chicken livers, beef heart, rabbit (organ meats; freeze)
- Eggs (refrigerate, do not freeze raw in shells)
- Canned sardines or salmon (in water, no salt, with bones)
- Canned mackerel (in water, no salt)

Vegetables & Fruits

- Carrots (raw, shredded, steamed, or frozen)
- Zucchini (grated raw or lightly steamed)
- Sweet potatoes (steam, mash, or cube)
- Butternut squash (cubed or mashed; freeze well)
- Green beans (fresh or frozen)
- Broccoli (lightly steamed)
- Spinach or kale (fresh or frozen; steam before using)
- Apples (no seeds; serve raw or grated)
- Bananas (ripe, mashable)
- Parsnips (steamed and mashed)
- Blueberries (fresh or frozen, unsweetened)
- Fresh herbs: parsley, basil, dill

Grains, Seeds & Legumes

- Brown rice, white rice, millet, quinoa (dry or cooked)
- Rolled oats (not instant)
- Chickpeas or lentils (dry or canned; no salt)
- Chia seeds (long shelf life)
- Ground flaxseed (refrigerate after opening)
- Coconut flour, oat flour, chickpea flour

Oils & Add-Ins

- Flaxseed oil (refrigerate)
- Fish oil (pet-safe; refrigerate)
- Coconut oil (room temp stable)
- Olive oil (extra virgin preferred)
- Hempseed oil (refrigerate after opening)
- Nutritional yeast (B-vitamin booster)
- Bone broth (low sodium, or dried; check label)
- Pumpkin purée (unsweetened, canned or fresh)
- Apple cider vinegar (used in broth or digestion support)
- Turmeric, ginger (ground spices; use sparingly)
- Unsweetened coconut flakes
- Dried seaweed (optional)



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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.

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