

A general **diet plan**, categorized by age: **Puppy (0-12 months)**, **Adult (1-7 years)**, and **Senior (7+ years)**.

☐ **Diet Guide**

☐ **Small & Toy Breeds**

(Pomeranian, Shih Tzu, Chihuahua, Pug, Dachshund, French Bulldog, Maltese, Yorkshire Terrier, Cavalier King Charles Spaniel, Toy Poodle)

Age	Diet Plan
Puppy (0-12 months)	High protein diet (28-32%) for growth. Small kibble size. 4-5 meals/day. Foods: Boiled chicken, puppy kibble, scrambled eggs, mashed sweet potato, and cottage cheese.
Adult (1-7 years)	Balanced diet (20-25% protein, healthy fats) . 2-3 meals/day. Foods: Lean meats (chicken, fish, lamb), boiled rice, carrots, apples, eggs, yogurt, and dog-friendly kibble.
Senior (7+ years)	Lower protein, easy-to-digest diet . 2 meals/day. Foods: Soft foods like boiled chicken, pumpkin puree, rice, and dog kibble for seniors. Avoid excess fat & salt.

☐ **Medium Breeds**

(Beagle, Cocker Spaniel, Border Collie, Basset Hound, Shetland Sheepdog, Whippet, Bulldog, Australian Shepherd, Pit Bull Terrier, Dalmatian)

Age	Diet Plan
Puppy (0-12 months)	High protein (26-30%) and fat (10-15%) for energy. 3-4 meals/day. Foods: Chicken, turkey, puppy kibble, brown rice, banana, and bone broth.
Adult (1-7 years)	Balanced protein (20-25%) with fiber . 2 meals/day. Foods: Lean meats, brown rice, carrots, spinach, pumpkin, yogurt, and kibble.
Senior (7+ years)	Low-calorie, joint-supportive diet . 2 meals/day. Foods: Soft foods, fish oil for joints, chicken broth, boiled veggies, and grain-free kibble.

☐ **Large Breeds**

(Labrador Retriever, Golden Retriever, German Shepherd, Rottweiler, Boxer, Doberman Pinscher, Siberian Husky, Great Dane, Saint Bernard, Bully Kutta)

Age	Diet Plan
Puppy (0-12 months)	High protein (30-35%) & calcium-rich diet. 4 meals/day. Foods: Chicken, puppy kibble, eggs, carrots, fish oil, pumpkin puree, and bone broth.
Adult (1-7 years)	Balanced protein (22-26%) and controlled fat intake. 2 meals/day. Foods: Beef, fish, whole grains, boiled veggies, eggs, and dry kibble.
Senior (7+ years)	Joint-supportive, low-fat diet. 2 meals/day. Foods: Soft cooked chicken, oatmeal, pumpkin, turmeric (anti-inflammatory), and senior-formulated kibble.

☐ General Feeding Guidelines Based on Age & Size:

- ✓Small Dogs: High-energy needs, frequent meals (3-4/day as puppies, 2/day as adults).
- ✓Medium Dogs: Balanced meals, 2-3 meals/day.
- ✓Large Dogs: Controlled portions, slow feeding to prevent bloat, 2 meals/day.
- ✓Seniors: Soft, easy-to-digest foods with joint supplements (fish oil, glucosamine).

✗Foods to Avoid for All Dogs:

- ☐ Chocolate (toxic)
- ☐ Onions & Garlic (causes anemia)
- ☐ Grapes & Raisins (kidney failure)
- ☐ Excess salt & spices (causes dehydration)
- ☐ Bones from cooked meat (choking hazard)