

# Tail-Wagging Delights

Small breed dog  
food recipes



**Max's Ark Rescue**  
The Journey to a Loving Forever Home



## Crafting Homemade Dog Food for Small Breeds: Allergen-Free, Nutritious, and Easy!

This ebook is your guide to providing wholesome, delicious meals tailored specifically for the unique dietary needs of small breed dogs.

We understand the importance of simplicity, so each recipe is designed to be easy to prepare, requiring minimal ingredients and cooking time.



As loving pet owners, we understand the importance of nourishing our furry companions with high-quality, nutritious meals.

However, finding commercial dog foods that meet all our criteria can be challenging, especially when our dogs have specific dietary requirements.

## Tail-Wagging Delights

Whether your dog has food sensitivities, allergies, or simply deserves a home-cooked meal made with love, "Tail-Wagging Delights" has something for every small breed dog. From comforting stews to nutrient-packed bowls, each recipe is a testament to our commitment to providing the best possible care for our canine companions.

In this ebook, we've curated a collection of recipes that are not only allergen-free but also packed with essential nutrients to support the health and vitality of small breed dogs. We understand the importance of simplicity, so each recipe is designed to be easy to prepare, requiring minimal ingredients and cooking.

So, grab your apron and get ready to delight your furry friend with homemade meals that will have their tails wagging with joy. Let's embark on this culinary journey together and show our small breed senior dogs just how much they mean to us with every nutritious and easy-to-make bite!



## Allergen-free Option for Small Dogs with Sensitive Stomach

This recipe is designed to provide optimal nutrition for small dogs. Always consult with your veterinarian before making significant changes to your dog's diet.

### Ingredients:

1 cup cooked brown rice  
1/2 cup cooked lean ground turkey or chicken  
1/2 cup cooked and mashed sweet potatoes  
1/2 cup cooked and chopped carrots  
1/4 cup cooked and chopped green beans  
1 tablespoon olive oil  
1/4 teaspoon ground flax seed (optional, for added omega-3 fatty acids)  
1/4 teaspoon ground cinnamon (optional, for flavor)  
Water (as needed for consistency)

### Instructions:

**Prepare Ingredients:** Cook brown rice according to package instructions. Also, cook lean ground turkey or chicken until fully cooked and no longer pink. Steam or boil sweet potatoes, carrots, and green beans until tender. Once cooked, mash the sweet potatoes and chop the carrots and green beans into small, dog-friendly pieces.

**Combine Ingredients:** In a large mixing bowl, combine the cooked brown rice, cooked ground turkey or chicken, mashed sweet potatoes, chopped carrots, and chopped green beans.

**Add Healthy Fats:** Drizzle olive oil over the mixture. Olive oil is a healthy source of fat and can help improve the coat and skin health of your dog.

**Optional Additions:** If your dog enjoys the taste, you can add ground flax seed for additional omega-3 fatty acids and ground cinnamon for flavor. These additions are optional and can be adjusted based on your dog's preferences and dietary needs.

**Mix Thoroughly:** Mix all the ingredients together until well combined. Add water as needed to achieve the desired consistency. The mixture should be moist but not soupy.

**Serve or Store:** Serve the homemade dog food immediately or portion it into airtight containers for storage. Store any leftovers in the refrigerator for up to three days or freeze in individual portions for longer storage.

**Feeding Guidelines:** Consult with your veterinarian to determine the appropriate serving size for your small dog based on their age, weight, and activity level. Monitor your dog's weight and adjust the serving size as needed to maintain healthy weight.





# Grain-Free Dog Food Recipe for Small Dogs with Sensitive Stomachs

This recipe is specially formulated for small dogs with sensitive stomachs who may benefit from a grain-free diet. It's gentle on the digestive system while providing essential nutrients for optimal health. Always consult with your veterinarian before making significant changes to your dog's diet.

## Ingredients:

- 1 cup cooked and shredded lean protein (chicken, turkey, or lean beef)
- 1/2 cup cooked and mashed sweet potatoes
- 1/2 cup cooked and chopped green beans
- 1/2 cup cooked and chopped carrots
- 1/4 cup cooked and chopped spinach
- 1 tablespoon coconut oil
- 1/4 teaspoon ground flaxseed (optional, for added omega-3 fatty acids)
- 1/4 teaspoon dried parsley (optional, for fresh breath)
- Water (as needed for consistency)

**Feeding Guidelines:** Consult with your veterinarian to determine the appropriate serving size for your small dog based on their age, weight, and activity level. Monitor your dog's weight and adjust the serving size as needed to maintain healthy weight.

## Instructions:

**Prepare Ingredients:** Cook the lean protein of your choice until fully cooked and shred it into small, bite-sized pieces. Steam or boil sweet potatoes, green beans, carrots, and spinach until tender. Once cooked, mash the sweet potatoes and chop the green beans, carrots, and spinach into small, dog-friendly pieces.

**Combine Ingredients:** In a large mixing bowl, combine the cooked and shredded lean protein, mashed sweet potatoes, chopped green beans, chopped carrots, and chopped spinach.

**Add Healthy Fats:** Drizzle coconut oil over the mixture. Coconut oil is a healthy source of medium-chain fatty acids that can aid in digestion and support your dog's overall health.

**Optional Additions:** If desired, add ground flaxseed for additional omega-3 fatty acids, which can benefit your dog's skin, coat, and immune system. You can also sprinkle dried parsley into the mixture for fresh breath.

**Mix Thoroughly:** Mix all the ingredients together until well combined. Add water as needed to achieve the desired consistency. The mixture should be moist but not soupy.

**Serve or Store:** Serve the homemade dog food immediately or portion it into airtight containers for storage. Store any leftovers in the refrigerator for up to three days or freeze in individual portions for longer storage.



# *Nutrient-Rich Homemade Dog Food Recipe for Small Dogs with Cancer*

This recipe is designed to provide essential nutrients and support for small dogs battling cancer. It focuses on high-quality, easily digestible ingredients to help maintain strength and vitality during this challenging time. Always consult with your veterinarian to ensure this recipe is suitable for your dog's specific condition and treatment plan.

## **Ingredients:**

1 cup cooked and shredded lean protein (such as chicken or turkey breast)  
1/2 cup cooked and mashed sweet potatoes  
1/2 cup cooked and pureed butternut squash  
1/4 cup cooked and chopped broccoli  
1/4 cup cooked and chopped carrots  
1 tablespoon coconut oil  
1/4 teaspoon ground turmeric  
1/4 teaspoon dried parsley  
Water (as needed for consistency)

Consult with your veterinarian to determine the appropriate serving size and feeding schedule for your small dog with cancer based on their individual needs and condition. Monitor your dog's weight and energy levels, adjusting the serving size as needed to maintain optimal nutrition.

## **Instructions:**

**Prepare Ingredients:** Cook the lean protein of your choice until fully cooked and shred it into small, bite-sized pieces. Steam or boil sweet potatoes, butternut squash, broccoli, and carrots until tender. Once cooked, mash the sweet potatoes, puree the butternut squash, and chop the broccoli and carrots into small, dog-friendly pieces.

**Combine Ingredients:** In a large mixing bowl, combine the cooked and shredded lean protein, mashed sweet potatoes, pureed butternut squash, chopped broccoli, and chopped carrots.

**Add Healthy Fats:** Drizzle coconut oil over the mixture. Coconut oil provides a source of medium-chain fatty acids that can help support your dog's overall health and immune function.

**Incorporate Turmeric:** Sprinkle ground turmeric over the mixture. Turmeric contains curcumin, a compound with anti-inflammatory and antioxidant properties that may help support dogs with cancer.

**Optional Additions:** If desired, add dried parsley to the mixture for its potential benefits in freshening breath and supporting digestion.

**Mix Thoroughly:** Mix all the ingredients together until well combined. Add water as needed to achieve the desired consistency. The mixture should be moist but not soupy.

**Serve or Store:** Serve the homemade dog food immediately or portion it into airtight containers for storage. Store any leftovers in the refrigerator for up to three days or freeze in individual portions for longer storage.

# Nutrient-Rich Homemade Dog Food

## Recipe for Small Senior Dogs

We recognize that senior dogs have unique nutritional needs, including joint support, digestive health, and cognitive function. Therefore, our recipes are carefully crafted to address these concerns, ensuring that your beloved senior dog receives the nutrients they need to thrive in their golden years.



This recipe is designed to provide optimal nutrition for small senior dogs, taking into account their age-related dietary needs. Always consult with your veterinarian before making significant changes to your dog's diet.

### Ingredients:

1 cup cooked brown rice  
1/2 cup cooked and shredded chicken or turkey breast (skinless)  
1/2 cup cooked and mashed sweet potatoes  
1/4 cup cooked and chopped green beans  
1/4 cup cooked and chopped carrots  
1 tablespoon olive oil  
1/4 teaspoon ground flaxseed (optional, for added omega-3 fatty acids)  
1/4 teaspoon dried parsley (optional, for fresh breath)  
Water (as needed for consistency)

Consult with your veterinarian to determine the appropriate serving size and feeding schedule for your small senior dog based on their individual needs and condition. Monitor your dog's weight and energy levels, adjusting the serving size as needed to maintain optimal nutrition.

### Instructions:

**Prepare Ingredients:** Cook brown rice according to package instructions. Cook chicken or turkey breast until fully cooked and shred it into small, bite-sized pieces. Steam or boil sweet potatoes, green beans, and carrots until tender. Once cooked, mash the sweet potatoes and chop the green beans and carrots into small, dog-friendly pieces.

**Combine Ingredients:** In a large mixing bowl, combine the cooked brown rice, shredded chicken or turkey breast, mashed sweet potatoes, chopped green beans, and chopped carrots.

**Add Healthy Fats:** Drizzle olive oil over the mixture. Olive oil is a healthy source of fat that can support your senior dog's joint health and promote a shiny coat.

**Optional Additions:** If desired, add ground flaxseed for additional omega-3 fatty acids, which can benefit your senior dog's cognitive function and overall health. You can also sprinkle dried parsley into the mixture for fresh breath.

**Mix Thoroughly:** Mix all the ingredients together until well combined. Add water as needed to achieve the desired consistency. The mixture should be moist but not soupy.

**Serve or Store:** Serve the homemade dog food immediately or portion it into airtight containers for storage. Store any leftovers in the refrigerator for up to three days or freeze in individual portions for longer storage.

**Feeding Guidelines:** Consult with your veterinarian to determine the appropriate serving size for your small senior dog based on their age, weight, and activity level. Senior dogs may have different nutritional needs than younger dogs, so it's essential to feed them a diet that supports their aging bodies.



# How Much to Feed Your Dog: A Guide to Proper Portion Sizes



Feeding your dog the right amount of food is crucial for their health and well-being. The amount of food your dog needs depends on various factors, including their age, size, breed, activity level, and overall health.

Here's a guide to help you determine how much to feed your dog

## **Factors to Consider:**

**Age:** Puppies, adult dogs, and senior dogs have different nutritional needs. Puppies require more calories for growth, while senior dogs may need fewer calories to maintain a healthy weight.

**Size and Breed:** Large breeds typically require more food than small breeds due to their higher metabolism and energy needs. Additionally, certain breeds may have specific dietary requirements.

**Activity Level:** Active dogs, such as working dogs or those who participate in agility training, may require more calories to fuel their energy levels compared to less active dogs.

**Body Condition:** Monitor your dog's body condition score (BCS) to determine if they are underweight, overweight, or at an ideal weight. Adjust their food portions accordingly to maintain a healthy weight.

# How Much to Feed Your Dog: A Guide to Proper Portion Sizes

## Feeding Guidelines:

**Consult with Your Veterinarian:** Your veterinarian is the best resource for determining your dog's specific dietary needs. They can provide personalized recommendations based on factors such as age, weight, activity level, and any underlying health conditions.

**Follow Feeding Recommendations:** Most commercial dog food brands provide feeding guidelines on their packaging based on the dog's weight. These guidelines serve as a starting point, but adjustments may be necessary based on your dog's individual needs.

**Monitor Your Dog's Weight:** Regularly monitor your dog's weight and adjust their food portions as needed. Use a body condition scoring system to assess their body composition and make adjustments accordingly.

**Consider Treats and Table Scraps:** Keep track of treats and table scraps given to your dog throughout the day, as these can contribute to their overall calorie intake. Limit treats to no more than 10% of your dog's daily calories.

Here's a general feeding chart to provide you with an idea of how much to feed your dog based on their weight.

Remember, these are approximate guidelines, and you should adjust portion sizes as needed based on your dog's individual requirements.



Dog Weight (lbs)	Daily Food Amount (cups)
5	¼ to ½ Cup
10	½ to ¾ Cup
15	¾ to 1 Cup
20	1 to 1 ¼ Cup
25	1 ¼ to 1 ½ Cup
30	1 ½ to 1 ¾ Cup
35	1 ¾ to 2 Cups



# Foods to Avoid When Making Dog Food: Keeping Your Canine Companion Safe

While preparing homemade dog food can be a rewarding way to ensure your furry friend receives nutritious meals, it's essential to be aware of certain foods that can be harmful or toxic to dogs. Here's a guide to foods to avoid when making dog food and why they should be omitted from your canine's diet.

**Chocolate**: Why to Avoid: Chocolate contains theobromine and caffeine, which are toxic to dogs and can cause vomiting, diarrhea, rapid breathing, increased heart rate, seizures, and even death. *Alternative*: If you want to add a treat to your dog's diet, opt for dog-safe treats made specifically for them.

**Grapes and Raisins**: Why to Avoid: Grapes and raisins can cause kidney failure in dogs, leading to symptoms such as vomiting, diarrhea, lethargy, and decreased appetite. *Alternative*: Substitute with safe fruits for dogs, such as apples (without seeds), blueberries, or strawberries.

**Onions and Garlic**: Why to Avoid: Onions and garlic contain compounds that can damage a dog's red blood cells, leading to anemia. Symptoms may include weakness, vomiting, diarrhea, and pale gums. *Alternative*: Instead of using onions or garlic for flavoring, consider using dog-safe herbs such as parsley, basil, or oregano.

**Avocado**: Why to Avoid: Avocado contains persin, which can be toxic to dogs and may cause vomiting, diarrhea, and pancreatitis. *Alternative*: While avocado should be avoided, you can offer your dog other fruits and vegetables like bananas, cucumbers, or green beans.

**Xylitol**: Why to Avoid: Xylitol is a sugar substitute commonly found in sugar-free gum, candies, and some peanut butter brands. It can cause a rapid release of insulin in dogs, leading to hypoglycemia (low blood sugar), seizures, liver failure, and even death. *Alternative*: When choosing peanut butter for homemade dog treats, ensure it does not contain xylitol. Opt for natural, unsweetened peanut butter instead.

**Macadamia Nuts**: Why to Avoid: Macadamia nuts can cause weakness, tremors, vomiting, and hyperthermia (elevated body temperature) in dogs. *Alternative*: Avoid using macadamia nuts altogether and opt for other nuts that are safe for dogs, such as unsalted peanuts or almonds (in moderation).

**Alcohol**: Why to Avoid: Alcohol can cause intoxication and alcohol poisoning in dogs, leading to symptoms such as vomiting, diarrhea, difficulty breathing, tremors, and even coma. *Alternative*: Stick to water as the primary beverage for your dog, and avoid giving them any alcoholic beverages or foods containing alcohol.

By being mindful of these foods to avoid when making dog food, you can help keep your canine companion safe and healthy. Always double-check ingredients and consult with your veterinarian if you have any questions or concerns about the safety of specific foods for your dog. Your diligence and care will ensure that your dog receives nutritious and safe meals tailored to their dietary needs.



**Max's Ark Rescue**  
The Journey to a Loving Forever Home

## **Max's Ark Rescue: A Lifesaving Haven for Pets in Need**

At Max's Ark Rescue, our mission is simple yet profound: to provide a lifeline for pets in need, offering them a safe haven, compassionate care, and a second chance at finding loving forever homes. Our dedication to helping animals in crisis is at the heart of everything we do, and it's what drives us to make a positive impact in the lives of both pets and their human companions.

### ***Our Impact:***

Since our inception, Max's Ark Rescue has made a meaningful difference in the lives of countless pets and their families. From rescuing homeless animals and providing critical medical care to facilitating successful adoptions and advocating for animal welfare, our organization is dedicated to making the world a better place for animals in need.

### ***Get Involved:***

You can make a difference too! Whether you're interested in volunteering, fostering, donating, or adopting, there are many ways to support Max's Ark Rescue and help us continue our lifesaving work. Visit our website at [maxsarkrescue.org](https://maxsarkrescue.org) to learn more about how you can get involved and join us in our mission to save lives, one pet at a time.

[Maxsarkrescue.org](https://maxsarkrescue.org)