



# The Bland Diet Recipe

1 cup raw white long-grain rice (*not brown or minute rice*)

½ pound hamburger or ground chicken or ground turkey OR 1 cup 2% or less-fat cottage cheese; drained & remove excess fats/oils.

6 cups water

Boil rice, meat & water. Turn to low then cover. Simmer 25 minutes, turn off & let sit for 20 to 30 minutes (*it should be mushy*). If you use cottage cheese, add it at the end of the process. Keep refrigerated.

**NO SPICE OR SEASONINGS; can add low sodium chicken both**

## \*Recipe1: Classic Rice & Hamburger Bland Diet for Dogs

\**White* Rice

\* Lean Hamburger

Boil rice in a container; make sure it's well cooked & tender. Cooking it separately from the hamburger helps reduce absorption of fat. In the meanwhile, boil in another container some lean hamburger, making sure you drain off all the fat & that you're using a lean cut. For greater benefits, the rice should comprise the bulky part of the meal. Start your pet on small frequent meals of the meals of the boiled hamburger & rice & see if the diarrhea stops.

## \*Recipe 2: Classic Rice & Chicken Bland Diet for Dogs

\**White* Rice

\*Chicken Breast

Boil rice in container & make sure it's well cooked & tender. In the meanwhile, boil in another container the skinless & boneless chicken breast. For greater benefits, the rice should comprise the bulky part of the meal. We suggest a mixture of 75% cooked white rice, & 25% low fat protein such as boiled chicken breast with any fat scooped off. **NO SKIN OR BONES.**

## \*Recipe 3: Ground Turkey & Plain Pumpkin Bland Diet for Dogs

\*Ground Turkey

\*Plain Pumpkin

We suggest cooking ground turkey & adding pureed plain pumpkin (*not the pie type with added spices*).

**\*PLEASE AVOID EGGS because we won't know if any bile is in the vomit; egg yolks are the same color as bile.**