
The Ultimate Dog Owner's Guide

8 Homemade Treats, 6 Meals, Raw Food Guide & Emergency Checklist

- 5 Homemade Treat Recipes

- 3 Balanced Meal Recipes

- Raw Food Safety Guide

- Fruit & Vegetable Guide

- Emergency Health Checklist

- Daily Health Routine

■ *Save \$1,000+/year vs store-bought treats & meals*

■ TABLE OF CONTENTS

Cost Comparison	Pg 3
8 Homemade Treat Recipes	Pg 4
6 Balanced Meal Recipes	Pg 11
Raw Food Safety Guide	Pg 16
Fruit & Vegetable Guide	Pg 17
Emergency Health Checklist	Pg 18
Daily Health Check Routine	Pg 20
Troubleshooting & Quick Ref	Pg 22

■ COST COMPARISON

Store-bought vs. Homemade Annual Savings:

Item	Store Price	Homemade Cost	Annual Savings
Premium treats (6 bags/month)	\$12/bag = \$864/yr	\$60/yr	\$804
Wet food/toppers	\$3/day = \$1,095/yr	\$350/yr	\$745
Dental chews	\$25/month = \$300/yr	\$40/yr	\$260
TOTAL			\$1,809+

■ Pro Tip

This guide pays for itself in the first 3 days. Store-bought treats cost \$12/bag. Make 40+ treats for under \$5.

■ PART 1: 8 HOMEMADE TREAT RECIPES

Recipe 1: Peanut Butter Pumpkin Bites

■ Easy • ■ 25 min • ■ 40 treats

■ *Vet Note: Pumpkin aids digestion. Peanut butter = protein. NO xylitol ever.*

Ingredients:

- 1/2 cup natural peanut butter (NO xylitol)
- 1/2 cup canned pumpkin puree
- 2 eggs
- 2 1/2 cups whole wheat flour
- 1 tsp cinnamon

Instructions:

1. Preheat oven to 350°F
2. Mix peanut butter, pumpkin, and eggs
3. Gradually add flour and cinnamon
4. Roll out to 1/4-inch thickness
5. Cut into shapes
6. Place on parchment-lined sheet
7. Bake 12-15 min until golden
8. Cool completely

■ **Pro Tip:** Check peanut butter label EVERY TIME — xylitol is deadly to dogs.

■ **Storage:** Room temp: 1 week | Refrigerate: 2 weeks | Freeze: 3 months

Recipe 2: Chicken & Sweet Potato Jerky

■ Medium • ■ 6-8 hrs • ■ 25 strips

■ *Vet Note: Single-ingredient option. Great for dogs with allergies.*

Ingredients:

- 2 boneless chicken breasts
- 1 large sweet potato, thinly sliced

Instructions:

1. Preheat oven to 200°F
2. Slice chicken into 1/4-inch strips
3. Slice sweet potato into 1/4-inch rounds
4. Place on parchment-lined sheet
5. Bake 2-3 hours, flip, 2-3 more hours
6. Cool completely

■ **Pro Tip:** Single-ingredient option. Great for dogs with allergies.

■ **Storage:** Airtight container: 2 weeks | Refrigerate: 1 month

Recipe 3: Apple Carrot Cookies

■ Easy • ■ 35 min • ■ 50 cookies

■ *Vet Note: Carrots naturally clean teeth. Apples freshen breath.*

Ingredients:

- 1 cup grated carrots
- 1/2 cup unsweetened applesauce
- 1 egg
- 2 cups oat flour
- 1/4 cup rolled oats

Instructions:

1. Preheat oven to 350°F
2. Mix carrots, applesauce, and egg
3. Add oat flour and oats
4. Roll into 1-inch balls
5. Flatten with fork
6. Bake 18-20 min until golden
7. Cool completely

■ **Pro Tip:** Carrots naturally clean teeth. Apples freshen breath.

■ **Storage:** Airtight container: 1 week | Refrigerate: 2 weeks

Recipe 4: Banana Blueberry Oat Bars

■ Easy • ■ 35 min • ■ 30 bars

■ *Vet Note: Blueberries support brain health in senior dogs.*

Ingredients:

- 2 ripe bananas, mashed
- 1 cup fresh blueberries
- 2 cups rolled oats
- 1/4 cup honey (optional)
- 1 egg

Instructions:

1. Preheat oven to 325°F
2. Mix bananas, blueberries, honey, and egg
3. Stir in rolled oats
4. Spread 1/2-inch thick in greased 8x8 pan
5. Bake 22-25 min until set
6. Cool completely, cut into bars

■ **Pro Tip:** Blueberries support brain health in senior dogs.

■ **Storage:** Refrigerate: 5 days | Freeze: 2 months

Recipe 5: Cheesy Turkey Meatballs

■ Easy • ■ 30 min • ■ 30 meatballs

■ *Vet Note: Excellent for training. Use low-fat cheese for weight management.*

Ingredients:

- 1 lb ground turkey
- 1/2 cup shredded cheddar cheese
- 1/2 cup oat flour
- 1 egg
- 1 tbsp parsley (dried)

Instructions:

1. Preheat oven to 350°F
2. Mix all ingredients
3. Roll into 1-inch meatballs
4. Place on parchment-lined sheet
5. Bake 12-15 min until 165°F internal
6. Cool completely

■ **Pro Tip:** Excellent for training. Use low-fat cheese for weight management.

■ **Storage:** Refrigerate: 5 days | Freeze: 2 months

Recipe 6: Sweet Potato & Peanut Butter Frosty Paws

■ Easy • ■ 20 min • ■ 20 treats

■ *Vet Note: Frozen treats perfect for hot days. Hydrating and cooling.*

Ingredients:

- 1 large sweet potato (baked, mashed, cooled)
- 1/4 cup natural peanut butter (NO xylitol)
- 1/4 cup plain Greek yogurt
- 1 ripe banana (mashed)

Instructions:

1. Mix all ingredients until smooth
2. Spoon into silicone molds or ice cube trays
3. Freeze 4+ hours until solid
4. Pop out and store in freezer bag

■ **Pro Tip:** Frozen treats perfect for hot days. Hydrating and cooling.

■ **Storage:** Freeze: 2 months

Recipe 7: Chicken & Parsley Breath Fresheners

■ Easy • ■ 25 min • ■ 40 treats

■ *Vet Note: Parsley naturally freshens breath. Good for dental health.*

Ingredients:

- 1 cup cooked chicken (finely shredded)
- 1 cup oat flour
- 1/4 cup fresh parsley (chopped)
- 1 egg
- 1/4 cup water

Instructions:

1. Preheat oven to 350°F
2. Mix chicken, parsley, egg, and water
3. Gradually add oat flour until dough forms
4. Roll out to 1/4-inch thickness
5. Cut into small shapes
6. Bake 15-18 min until firm
7. Cool completely

■ **Pro Tip:** Parsley naturally freshens breath. Good for dental health.

■ **Storage:** Airtight container: 1 week | Refrigerate: 2 weeks

Recipe 8: Pumpkin & Coconut Cookies

■ Easy • ■ 30 min • ■ 35 treats

■ *Vet Note: Grain-free option. Coconut supports skin and coat health.*

Ingredients:

- 1/2 cup canned pumpkin puree
- 1/2 cup unsweetened coconut flour
- 2 eggs
- 1 tbsp coconut oil (melted)
- 1/2 tsp cinnamon

Instructions:

1. Preheat oven to 325°F
2. Mix pumpkin, eggs, coconut oil, and cinnamon
3. Gradually add coconut flour
4. Roll into small balls
5. Flatten with fork
6. Bake 18-20 min until firm
7. Cool completely

■ **Pro Tip:** Grain-free option. Coconut supports skin and coat health.

■ **Storage:** Airtight container: 1 week | Refrigerate: 2 weeks

■ PART 2: 6 BALANCED MEAL RECIPES

Meal 1: Chicken & Rice Bowl

■ Easy • ■ 50 min • ■ 4 servings

■ *Vet Note: Bland diet good for upset stomachs. Balanced protein + carb.*

Ingredients:

- 2 cups cooked brown rice
- 1 lb cooked chicken breast (cubed)
- 1 cup steamed carrots (diced)
- 1/2 cup peas
- 1 tbsp fish oil

Instructions:

1. Cook rice according to directions
2. Boil or bake chicken until 165°F
3. Steam carrots until soft
4. Mix all ingredients
5. Add fish oil
6. Cool to room temp

■ **Pro Tip:** Portion: Varies by weight

■ **Storage:** Refrigerate: 3 days | Freeze: 1 month

Meal 2: Beef & Vegetable Stew

■ Easy • ■ 60 min • ■ 6 servings

■ *Vet Note: Joint health support. High moisture content.*

Ingredients:

- 1.5 lbs ground beef (lean, 90/10)
- 2 cups sweet potatoes (cubed)
- 1 cup green beans
- 1/2 cup pumpkin puree
- 4 cups low-sodium beef broth

Instructions:

1. Brown beef, drain excess fat
2. Add broth, sweet potatoes, and green beans
3. Bring to boil, simmer 30 min
4. Stir in pumpkin puree
5. Cool completely

■ **Pro Tip:** Portion: Varies by weight

■ **Storage:** Refrigerate: 4 days | Freeze: 2 months

Meal 3: Fish & Quinoa Bowl

■ Easy • ■ 40 min • ■ 4 servings

■ *Vet Note: Omega-3 rich. Good for coat and skin health.*

Ingredients:

- 1.5 lbs salmon or white fish (cooked, flaked)
- 2 cups cooked quinoa
- 1 cup steamed broccoli (chopped)
- 1/2 cup plain Greek yogurt
- 1 tbsp olive oil

Instructions:

1. Cook quinoa according to directions
2. Bake fish at 400°F for 15-20 min
3. Steam broccoli until soft
4. Mix fish, quinoa, broccoli, and olive oil
5. Top with yogurt before serving
6. Cool to room temp

■ **Pro Tip:** Portion: Varies by weight

■ **Storage:** Refrigerate: 3 days

Meal 4: Turkey & Sweet Potato

■ Easy • ■ 35 min • ■ 5 servings

■ *Vet Note: Lean turkey is lower fat than beef. Good for weight management.*

Ingredients:

- 1.5 lbs ground turkey (lean)
- 2 cups sweet potato (cubed, steamed)
- 1/2 cup green beans (steamed, chopped)
- 1/2 cup plain pumpkin puree
- 2 cups low-sodium chicken broth
- 1 tbsp olive oil

Instructions:

1. Brown turkey, drain excess fat
2. Add broth and sweet potatoes
3. Simmer 20 min until soft
4. Add green beans and pumpkin
5. Simmer 5 more min
6. Add olive oil
7. Cool completely

■ **Pro Tip:** Portion: Varies by weight

■ **Storage:** Refrigerate: 4 days | Freeze: 2 months

Meal 5: Lamb & Rice

■ Easy • ■ 45 min • ■ 4 servings

■ *Vet Note: Lamb is a novel protein — good for dogs with food allergies.*

Ingredients:

- 1.5 lbs ground lamb
- 2 cups cooked white rice
- 1/2 cup steamed zucchini (diced)
- 1/4 cup plain Greek yogurt
- 1 tbsp olive oil

Instructions:

1. Brown lamb, drain excess fat
2. Cook rice according to directions
3. Steam zucchini until soft
4. Mix lamb, rice, zucchini, and olive oil
5. Top with yogurt before serving
6. Cool completely

■ **Pro Tip:** Portion: Varies by weight

■ **Storage:** Refrigerate: 3 days | Freeze: 1 month

Meal 6: Sardine & Sweet Potato

■ Easy • ■ 25 min • ■ 3 servings

■ *Vet Note: Sardines are excellent for coat health and joint support.*

Ingredients:

- 2 cans (4 oz each) sardines in water, drained
- 1.5 cups cooked sweet potato (mashed)
- 1 tbsp olive oil
- 1/4 cup cooked peas

Instructions:

1. Drain sardines, remove large bones
2. Mash sardines with fork
3. Mix sardines with mashed sweet potato
4. Add olive oil and peas
5. Stir to combine
6. Cool completely

■ **Pro Tip:** Portion: 1/2 to 1 cup per meal

■ **Storage:** Refrigerate: 2 days

■ PART 3: RAW FOOD SAFETY GUIDE

■ Safe Raw Foods

Food	Benefits	Precautions
Raw meaty bones	Dental health	Never cooked bones
Raw chicken necks/wings	Dental health	Supervise eating
Raw beef heart	Taurine rich	In moderation
Raw liver	Vitamin A	Max 1x/week
Raw eggs (with shell)	Protein + calcium	Wash shell first
Raw sardines	Omega-3s	Freeze 2+ weeks before feeding
Raw green tripe	Probiotics	Source from reputable supplier

■■ NEVER FEED RAW

Pork (trichinosis), Pacific NW salmon (salmon poisoning — 90% fatal), wild game (parasites), cooked bones (splinters), raw dough with yeast (alcohol poisoning)

■ Raw Feeding Safety Rules

1. Source from reputable suppliers (human-grade) 2. Freeze fish for 2+ weeks before feeding 3. Supervise bone eating always 4. Never leave out more than 20 minutes 5. Consult vet before starting raw diet

■ PART 4: FRUIT & VEGETABLE GUIDE

■ Safe Fruits (In Moderation)

Fruit	Benefit	Serving
Apples	Fiber, vitamins	1-2 slices (no seeds)
Bananas	Potassium, energy	1/2 banana
Blueberries	Antioxidants	5-10 berries
Cantaloupe	Vitamins A & C	1-2 cubes
Cranberries	Urinary health	2-3 berries
Mango	Vitamins	1-2 slices (no pit)
Pears	Fiber	1-2 slices (no seeds)
Pineapple	Bromelain (digestion)	1-2 cubes
Watermelon	Hydration	1-2 cubes (no seeds/rind)

■ Safe Vegetables

Vegetable	Benefit	Prep
Broccoli	Vitamins	Small amounts (gas risk)
Carrots	Dental health	Raw or steamed
Celery	Vitamins	Raw, chopped
Cucumber	Hydration	Raw
Green beans	Fiber, low cal	Steamed
Peas	Protein, vitamins	Steamed
Pumpkin	Digestive health	Pureed
Spinach	Iron	Small amounts (oxalates)
Sweet potatoes	Beta-carotene	Steamed
Zucchini	Low calorie	Steamed

■ TOXIC PRODUCE (NEVER FEED)

Grapes/raisins (kidney failure), onions/garlic/chives/leeks (destroys red blood cells), avocado (persin toxicity), cherries (cyanide in pits), tomato plants/leaves (solanine), green potatoes/eyes (solanine), rhubarb leaves (oxalates), wild mushrooms (various toxins)

■ PART 5: EMERGENCY HEALTH CHECKLIST

■ CALL THE VET IMMEDIATELY

Struggling to breathe, Collapse or can't stand, Suspected poisoning, Seizures >2 minutes, Bloat symptoms (swollen belly, retching, restlessness), Severe bleeding, Extreme lethargy, Eye injury, Temperature not 100.5-102.5°F, Broken bone

■ SCHEDULE VET VISIT WITHIN 24 HOURS

Persistent vomiting (2+ times), Diarrhea >24 hours, Loss of appetite 24+ hrs, Excessive thirst, Difficulty urinating, Bad breath suddenly worsens, Rapidly growing lump, Behavioral changes, Limping >24 hours

■ PART 6: DAILY HEALTH CHECK

Do this every morning during calm time:

- ■ Eyes Clear and bright, no discharge, equal pupils
- ■ Nose Moist or dry (both normal), no unusual discharge
- ■ Ears Clean smell, no discharge, not hot
- ■ Mouth Pink gums, no bad breath, no drooling
- ■ Body Glossy coat, no bald spots, no new lumps, weight stable
- ■ Behavior Eating normally, drinking normally, typical energy, bathroom normal

■ PART 7: TROUBLESHOOTING

■ My dog won't eat the treats

Solution: Try different protein | Make treats smaller | Warm slightly | Use as training reward | Some prefer soft vs crunchy

■ Treats are too crumbly

Solution: Add more egg | Add 1 tbsp olive oil | Bake less time | Store airtight immediately

■ Dog has diarrhea after new treats

Solution: Introduce ONE ingredient at a time | Wait 3 days between foods | Check for toxic ingredients | CALL VET if persists >24 hrs

■ Dog begs for treats constantly

Solution: Stick to scheduled times | Use for training only | Try low-cal options (carrots, green beans) | Remember: <10% daily calories

■ QUICK REFERENCE

Recipe	Difficulty	Time	Shelf Life	Cal/Treat
Peanut Butter Pumpkin	■ Easy	25 min	1 week room temp	~25
Chicken Jerky	■■ Medium	6-8 hrs	2 weeks room temp	~30
Apple Carrot Cookies	■ Easy	35 min	1 week room temp	~20
Banana Blueberry Bars	■ Easy	35 min	5 days refrigerated	~35
Cheesy Meatballs	■ Easy	30 min	5 days refrigerated	~40
Frosty Paws	■ Easy	20 min	Freeze 2 months	~30
Breath Fresheners	■ Easy	25 min	1 week room temp	~15
Coconut Cookies	■ Easy	30 min	1 week room temp	~20

Keep this guide somewhere accessible. The refrigerator. Your phone. Your car. The 10 seconds it takes to review could save your dog's life.

© 2026 — For personal use only. Not a substitute for professional veterinary care.