7 Day Cat Food Meal Plan

MONDAY - Chicken and Rice:

1. Cook 1 cup of brown rice according to package instructions.
2. While the rice is cooking, heat a pan over medium heat and add 1 cup of diced, raw chicken. Cook until the chicken is fully cooked.
3. Once the rice and chicken are cooked, mix them together in a bowl. Add a few sliced vegetables for added nutrition.
4.

TUESDAY - Tuna and Pasta:

1. Cook 1 cup of pasta according to package instructions.
2. While the pasta is cooking, drain 1 can of tuna and set aside.
3. Once the pasta is cooked, drain it and mix with the drained tuna in a bowl. Add a few diced vegetables for added nutrition.
4.

WEDNESDAY Turkey and Veggie Mash:

1. Cook 1 cup of brown rice according to package instructions.
2. While the rice is cooking, heat a pan over medium heat and add 1 cup of diced, raw turkey. Cook until the turkey is fully cooked.
3. Once the rice and turkey are cooked, mix them together in a bowl. Add a variety of diced vegetables, such as carrots, peas, and green beans. Mash everything together and serve.
4.

THURSDAY Chicken and Brown Rice:

1. Cook 1 cup of brown rice according to package instructions.
2. While the rice is cooking, heat a pan over medium heat and add 1 cup of diced, raw chicken. Cook until the chicken is fully cooked.
3. Once the rice and chicken are cooked, mix them together in a bowl.

FRIDAY Tuna and Brown Rice:

1. Cook 1 cup of brown rice according to package instructions.
2. While the rice is cooking, drain 1 can of tuna and set aside.
3. Once the rice is cooked, mix it with the drained tuna in a bowl.

SATURDAY Turkey and Brown Rice:

1. Cook 1 cup of brown rice according to package instructions.
2. While the rice is cooking, heat a pan over medium heat and add 1 cup of diced, raw turkey. Cook until the turkey is fully cooked.
3. Once the rice and turkey are cooked, mix them together in a bowl.

SUNDAY Chicken and Veggie Stir Fry:

1. Heat a pan over medium heat and add 1 cup of diced, raw chicken. Cook until the chicken is fully cooked.
2. Add a variety of diced vegetables, such as carrots, peas, and green beans, to the pan with the cooked chicken. Stir fry until the vegetables are tender.