

The Comprehensive Multi-Pet Culinary & Meal Planning Guide

Thorough Preparation Instructions, Weekly Meal Plans, and Dietary
Profiles for 13 Unique Companions

Compiled For: All-Animal Enthusiasts & Multi-Pet Households

1. Rabbits (*Oryctolagus cuniculus*)

Dietary Profile & Physiological Needs:

Rabbits are strict, hindgut-fermenting herbivores. Their gastrointestinal systems rely heavily on an uninterrupted stream of high-fibre roughage to prevent GI stasis, while their continuously growing teeth require intense mechanical chewing.

Core Dietary Components:

- **Timothy / Grass Hay:** 80-85% of total diet. Provides essential long-strand crude fibre.
- **Leafy Fresh Greens:** 10-15%. Low-calcium, varied, pesticide-free greens.
- **Fortified Pellets:** 5%. High-fibre, timothy-based, plain uniform pellets (no seeds/coloured bits).
- **Treats:** <5%. Limited to trace quantities of fruits (e.g., apple, berries) or root vegetables.

Thorough Recipe: Fresh Meadow Herb Mash & Forage Pot

Ingredients Required:

- 1 cup Fresh Timothy Hay (chopped finely)
- 1/2 cup Romaine Lettuce (shredded)
- 1/4 cup Fresh Cilantro & Mint leaves
- 1 tbsp Plain Timothy Pellets
- 2-3 thin slices of Fresh Strawberry (as top garnish)

Step-by-Step Cooking & Preparation Instructions:

1. Using sterile kitchen scissors, chop the fresh long-stem timothy hay into small, 1-inch manageable lengths to form a robust, fibrous base.
2. Gently wash the romaine lettuce, cilantro, and mint under cold running water. Pat thoroughly dry with a paper towel to remove excess surface moisture.
3. Finely shred the romaine lettuce and bruise the herbs between your fingers to release natural, aromatic essential oils that stimulate foraging drives.
4. Toss the chopped hay, shredded lettuce, and bruised herbs together in a non-porous ceramic bowl until evenly distributed.
5. Lightly crush the plain timothy pellets with the flat side of a knife and sprinkle across the top like a garnish.
6. Place the strawberry slices directly on top. Serve immediately. Remove any uneaten moist mash within 4 hours to avoid bacterial growth.

Weekly Feeding Plan & Schedule:

Timeframe / Days	Thorough Meal Plan & Feeding Schedule
Mon - Wed	Ad libitum Timothy Hay + 1 cup leafy greens (Romaine/Cilantro) + 1/4 scoop pellets
Thu - Fri	Ad libitum Timothy Hay + 1 cup leafy greens (Bok Choy/Mint) + 1/4 scoop pellets
Sat - Sun	Ad libitum Timothy Hay + 1 cup Meadow Herb Mash (Weekend Treat Recipe)

2. Birds (Companion Parrots & Passerines)

Dietary Profile & Physiological Needs:

Avian species possess highly active metabolisms requiring nutrient-dense, varied diets. Seed-only regimens lead to severe nutritional deficiencies, fatty liver disease, and hypocalcemia. A balanced mix of pellets and fresh foods is mandatory.

Core Dietary Components:

- **High-Quality Pellets:** 60-70% of daily caloric intake. Species-appropriate balanced formula.
- **Fresh 'Chop' (Vegetables):** 20-30%. Nutrient-dense, orange/dark green veggies.
- **Whole Seeds & Grains:** 5-10%. Used primarily as behavioral rewards or environmental foraging elements.
- **Fresh Fruits:** <5%. Occasional treats providing natural sugars and high moisture content.

Thorough Recipe: Nutri-Dense Sweet Potato & Quinoa Harvest 'Chop'

Ingredients Required:

- 1/4 cup Quinoa (thoroughly cooked and cooled)
- 2 tbsp Sweet Potato (steamed and mashed raw)
- 2 tbsp Broccoli florets (minced raw)
- 1 tsp Flaxseeds or Chia seeds
- 1/4 tsp Ground Ceylon Cinnamon (pure bird-safe spice)

Step-by-Step Cooking & Preparation Instructions:

1. Rinse the raw quinoa under running water, boil until completely translucent, and allow it to cool down to comfortable room temperature.
2. Steam a fresh, peeled sweet potato until soft throughout, then mash thoroughly using a clean fork until no large lumps remain.
3. Using a chef's knife or mini food processor, pulse raw broccoli florets until they are reduced to a fine grain-like consistency.
4. In a glass mixing bowl, combine the cooled quinoa, mashed sweet potato, and minced broccoli. Mix into a cohesive, crumbly paste.
5. Incorporate the flaxseeds or chia seeds and a dust of pure Ceylon cinnamon. Blend thoroughly.
6. Scoop an appropriate portion size (1-2 tablespoons depending on bird size) into a clean dish. Freeze remaining chop in ice cube trays.

Weekly Feeding Plan & Schedule:

Timeframe / Days	Thorough Meal Plan & Feeding Schedule
Mon - Fri	AM: Fresh daily Pellet allotment. PM: 2 tbsp Standard Green Chop (Kale, Carrot, Sprouted Lentils).
Sat - Sun	AM: Pellet allotment. PM: 2 tbsp Sweet Potato & Quinoa Harvest Chop. Seed foraging treats.

3. Guinea Pigs (*Cavia porcellus*)

Dietary Profile & Physiological Needs:

Like humans, guinea pigs lack the L-gulonolactone oxidase enzyme and cannot biologically synthesize Vitamin C. Deprivation quickly results in scurvy, joint degradation, and immune failure. Continuous high-fibre intake is also mandatory.

Core Dietary Components:

- **Grass Hay (Timothy/Meadow):** 80-85% of dietary mass. Essential for gut motility and molar wear.
- **Vitamin C-Rich Bell Peppers & Veggies:** 10-15%. Fresh daily greens high in ascorbic acid.
- **Fortified Guinea Pig Pellets:** 5%. Must contain stabilized, bioavailable Vitamin C.
- **Fresh Fruits / High-Oxalate Greens:** <5%. Given sparingly due to sugar and urinary stone risks.

Thorough Recipe: High-C Bell Pepper Salad Cups

Ingredients Required:

- 1 Medium Red Bell Pepper (hollowed out to form an edible cup)
- 1/4 cup Fresh Parsley (loosely packed, roughly chopped)
- 1/4 cup Green Bell Pepper (finely diced)
- 1/4 cup Dandelion Greens (foraged clean, rinsed)

Step-by-Step Cooking & Preparation Instructions:

1. Slice off the topmost crown of the red bell pepper. Carefully scoop out and discard all internal white ribs and seeds.
2. Finely dice the removed pepper crown (avoiding the stem) along with the green bell pepper into small, uniform cubes.
3. Chop clean parsley and dandelion greens coarsely, ensuring no heavy roots or dirt particles remain.
4. Mix the diced peppers and chopped greens together in a bowl, then gently pack the mixture inside the hollowed-out red bell pepper cup.
5. Place the stuffed pepper cup upright on a stable flat surface in the enclosure. Observe them chew down the structure.
6. Discard any unconsumed portions of the vegetable cup and interior contents after 3-4 hours to prevent spoilage.

Weekly Feeding Plan & Schedule:

Timeframe / Days	Thorough Meal Plan & Feeding Schedule
Mon - Thu	Ad libitum Grass Hay + 1/8 cup Vitamin C pellets + 1 cup standard greens (Green pepper, Romaine)
Fri - Sun	Ad libitum Grass Hay + 1/8 cup Vitamin C pellets + High-C Bell Pepper Salad Cup treat

4. Fish (Freshwater Community Species)

Dietary Profile & Physiological Needs:

Freshwater fish are highly prone to overeating, leading to rapid organic water pollution, ammonia spikes, and fatal swim bladder disorders. Their metabolic demands dictate tiny, nutrient-dense feedings that mimic wild planktonic encounters.

Core Dietary Components:

- **High-Grade Commercial Flakes/Pellets:** 70%. Formulated with clean aquatic marine proteins.
- **Frozen/Live Foods (Brine Shrimp, Bloodworms):** 20%. Necessary for essential lipids and pigment enhancement.
- **Blanched Fresh Vegetables:** 10%. Critical source of dietary fiber to prevent intestinal blockages.

Thorough Recipe: Gourmet Blanched Emerald Pea Medley

Ingredients Required:

- 5 Frozen Sweet Green Peas (organic, un-salted)
- 1/4 cup Purified/Dechlorinated Water (for cooling boil)

Step-by-Step Cooking & Preparation Instructions:

1. Place the frozen green peas into a small microwave-safe bowl with a tablespoon of water, or drop into a pan of boiling water.
2. Boil or microwave for 60 to 90 seconds until the interior starch becomes completely soft and pliable.
3. Plunge the heated peas immediately into cold dechlorinated water to stop the cooking process and lock in nutrients.
4. Using your fingers, gently pinch each pea to slide off and discard the fibrous, outer translucent skin capsule.
5. Roll the soft interior green cotyledon between your fingertips, crushing it into microscopic, bite-sized fragments.
6. Drop tiny pinches directly over the aquarium filter outtake. Feed only what is entirely consumed within 2 minutes.

Weekly Feeding Plan & Schedule:

Timeframe / Days	Thorough Meal Plan & Feeding Schedule
Mon - Wed	Once daily: Tiny pinch of high-grade flake or micro-pellet (completely eaten in 60 seconds).
Thu - Fri	Once daily: Small target-feeding of thawed frozen brine shrimp or daphnia.
Sat	Once daily: Emerald Pea Medley (Weekend digestive flush).
Sun	FASTING DAY. Zero food. Crucial for clear digestive tracks and maintaining aquarium parameters.

5. Chickens (*Gallus gallus domesticus*)

Dietary Profile & Physiological Needs:

Laying hens demand exceptionally high levels of dietary calcium to support regular eggshell calcification alongside complex carbohydrates for thermal regulation and scratching behaviors.

Core Dietary Components:

- **Balanced Layer Feed:** 85-90%. Pre-formulated with 16% protein and necessary calcium ratios.
- **Insoluble Granite Grit & Oyster Shell:** Ad libitum. Separate dishes; grit crushes food in the gizzard.
- **Healthy Coarse Scraps / Forage:** 10%. Grains, seeds, greens, and clean insect proteins.

Thorough Recipe: Warm Autumn Molt & Lay Protein Porridge

Ingredients Required:

- 1 cup Rolled Oats (unflavoured, plain)
- 2 cups Hot Water
- 1/4 cup Dried Black Soldier Fly Larvae (high protein/calcium)
- 2 tbsp Crushed Oyster Shells
- 1/4 cup Plain Greek Yogurt (probiotics)

Step-by-Step Cooking & Preparation Instructions:

1. Pour hot water over the plain rolled oats in a heavy-duty container and let steep for 5 minutes until thick and warm.
2. Stir the porridge thoroughly, verifying it has cooled down to an acceptable lukewarm temperature before adding extras.
3. Incorporate the dried black soldier fly larvae, scattering them throughout the oat matrix to promote natural pecking.
4. Blend the crushed oyster shells evenly into the porridge, ensuring the minerals stick to the oats.
5. Fold in the plain Greek yogurt to introduce beneficial live bacterial cultures for avian intestinal health.
6. Spoon the warm mixture into heavy, stable wide troughs. Clean up troughs completely before evening roosting.

Weekly Feeding Plan & Schedule:

Timeframe / Days	Thorough Meal Plan & Feeding Schedule
Daily Basis	Continuous, unrestricted access to commercial 16% Layer Feed + Free-choice Oyster Shell/Grit troughs.
Winter / Molt	Provide Warm Autumn Protein Porridge 2-3 times per week in the afternoon as a supplemental boost.

6. Hamsters (Syrian & Dwarf Varieties)

Dietary Profile & Physiological Needs:

Hamsters are natural desert omnivores with complex cheek pouches used to transport dry food items. High-moisture items or sticky sugars cause immediate pouch impactions, fermentation, and dangerous internal cheek infections.

Core Dietary Components:

- **High-Quality Seed & Pellet Mix:** 70-80%. Balanced lab blocks combined with varied whole seeds.
- **Fresh Crisp Vegetables:** 10-15%. Low-sugar, low-moisture crunchy raw greens.
- **Animal Protein Supplementation:** 5-10%. Occasional mealworms, hard-boiled egg, or freeze-dried chicken.

Thorough Recipe: Pouched-Safe Multi-Seed & Mealworm Crunch Bars

Ingredients Required:

- 1 tbsp Dried Mealworms (crushed roughly)
- 1 tbsp Hulled Pumpkin Seeds
- 1 tsp Rolled Oats
- 1/2 tsp Pure Organic Egg White (used strictly as a thin, safe, water-soluble binder)

Step-by-Step Cooking & Preparation Instructions:

1. Preheat your kitchen oven to 120°C (250°F) to prepare for a low-temperature, dehydration-style bake.
2. In a small clean bowl, thoroughly combine the dried mealworms, pumpkin seeds, and raw rolled oats.
3. Add the small half-teaspoon of pure organic egg white. Stir until all dry components are lightly coated.
4. Press the wet mixture firmly into a tiny square format on a baking sheet lined with silicone or parchment paper.
5. Bake for 15-20 minutes until the egg white completely hardens, binding the seeds into a fully dehydrated, dry bar.
6. Cool to room temp. Break into tiny single-serving sizes. Store in an airtight container away from ambient moisture.

Weekly Feeding Plan & Schedule:

Timeframe / Days	Thorough Meal Plan & Feeding Schedule
Mon - Thu	1-2 tbsp high-quality commercial seed/block mix scattered into the substrate to encourage natural foraging.
Fri	Add a tiny thumbnail-sized slice of fresh cucumber or broccoli florets.
Sat - Sun	One small piece of the Multi-Seed Crunch Bar treat + standard daily dry mix allotment.

7. Cats (Felis catus)

Dietary Profile & Physiological Needs:

Cats are obligate carnivores. Their bodies are biologically incapable of properly synthesizing essential amino acids like taurine and arginine from plant matter. Taurine deficiency directly triggers irreversible dilated cardiomyopathy and retinal blindness.

Core Dietary Components:

- **Animal Skeletal Muscle & Organ Meat:** 90-95%. Primary source of essential high-quality proteins and moisture.
- **Animal Fats & Lipids:** 5%. Essential for fat-soluble vitamins and cellular structure.
- **Soluble / Insoluble Fibre:** <5%. Trace amounts to aid hairball clearance and GI tract function.

Thorough Recipe: Taurine-Rich Salmon & Chicken Liver Gravy Mash

Ingredients Required:

- 100g Chicken Breast (boneless, skinless, cubed)
- 30g Fresh Chicken Liver (highly dense source of Vitamin A and Taurine)
- 50g Salmon Fillet (skinless, boneless)
- 1/4 cup Pure Water (for gentle poaching stew)

Step-by-Step Cooking & Preparation Instructions:

1. Carefully inspect the chicken and salmon flesh, ensuring absolutely all bones, skin fractions, and cartilage are removed.
2. Cube the meats into small pieces and place them alongside the chicken liver into a small, non-stick saucepan.
3. Pour in the pure water. Cover with a lid and simmer gently over low heat for 10-12 minutes until fully cooked through.
4. Remove from heat. Allow the meats to sit and cool within their natural cooking juices to preserve water-soluble vitamins.
5. Transfer contents into a blender or use a fork to mash thoroughly, forming a thick, smooth, aromatic purée gravy.
6. Serve warm (not hot) as a special supplemental bowl. Promptly freeze any leftovers to avoid rapid bacterial colonization.

Weekly Feeding Plan & Schedule:

Timeframe / Days	Thorough Meal Plan & Feeding Schedule
Mon - Fri	AM/PM: High-quality, commercial complete wet food or balanced dry kibble tailored to age/weight requirements.
Sat - Sun	Incorporate 2 tablespoons of the Salmon & Chicken Liver Gravy Mash as an evening meal topper or treat.

8. Dogs (Canis lupus familiaris)

Dietary Profile & Physiological Needs:

Dogs are adaptive omnivores/carnivores capable of digesting carbohydrates alongside proteins and fats. They require precise calcium-to-phosphorus ratios to prevent skeletal deformities, and are highly sensitive to acute pancreatitis from high-fat table scraps.

Core Dietary Components:

- **Clean Animal Protein:** 40-50%. Lean muscle meats providing foundational essential amino acids.
- **Complex Carbohydrates & Fibre:** 30%. Brown rice, oats, sweet potatoes for steady glycemic energy.
- **Dog-Safe Fruits & Vegetables:** 15-20%. Carrots, pumpkin, blueberries for natural antioxidants.
- **Essential Fatty Acids & Minerals:** 5%. Flaxseed, wild fish oil, and targeted calcium balances.

Thorough Recipe: Slow-Simmered Lean Beef & Garden Pumpkin Harvest Stew

Ingredients Required:

- 200g Extra-Lean Ground Beef (95% lean, to mitigate acute pancreatic risks)
- 1/2 cup Sweet Potato (peeled, finely diced)
- 1/2 cup Pure Canned Pumpkin Puree (100% plain, absolutely zero pumpkin pie spices)
- 1/4 cup Fresh Blueberries
- 1/2 cup Low-Sodium Bone Broth (completely garlic and onion free)

Step-by-Step Cooking & Preparation Instructions:

1. In a large skillet, brown the extra-lean ground beef over medium heat until completely cooked. Drain off all excess rendered fat.
2. In a separate saucepan, boil the diced sweet potatoes in water until completely soft, then drain thoroughly.
3. In a large mixing bowl, combine the cooked ground beef, boiled sweet potato cubes, and pure pumpkin puree.
4. Gently fold in the fresh, raw whole blueberries, distributing them evenly throughout the solid ingredients.
5. Pour in the garlic-free, low-sodium bone broth, stirring smoothly to create a thick, highly palatable stew consistency.
6. Let cool completely. Portion into meal bowls according to the dog's specific body weight and caloric target thresholds.

Weekly Feeding Plan & Schedule:

Timeframe / Days	Thorough Meal Plan & Feeding Schedule
Mon - Fri	Standard high-quality, life-stage appropriate commercial kibble or pre-balanced raw/fresh diet.
Sat - Sun	Replace 25-50% of the evening dry kibble volume with equivalent weight of the Beef & Pumpkin Harvest Stew.

9. Bearded Dragons (*Pogona vitticeps* - Adult Profile)

Dietary Profile & Physiological Needs:

Adult bearded dragons undergo a drastic metabolic shift from juvenile insectivores to primary herbivores. Feeding too many insects to an adult causes severe obesity, hepatic lipidosis, and gout. They require a strict 2:1 Calcium-to-Phosphorus ratio.

Core Dietary Components:

- **Leafy Greens (Low Oxalate/Phosphorus):** 70-80%. Collard, mustard, turnip greens, or escarole.
- **Grated Vegetables:** 10-15%. Squash, bell peppers, carrots.
- **Gut-Loaded Feeder Insects:** 10-15%. Dubia roaches, black soldier fly larvae, dusted with calcium.
- **Calcium & D3 Supplements:** Required daily. Micro-dusting over the salad greens.

Thorough Recipe: Vibrant Calcium-Rich Tri-Color Reptile Salad

Ingredients Required:

- 1/2 cup Collard Greens (destemmed, finely chopped)
- 1/4 cup Butternut Squash (peeled and finely grated)
- 2 tbsp Yellow Bell Pepper (finely minced)
- 1 pinch Calcium Carbonate Powder (without D3 if using strong indoor UVB lighting)

Step-by-Step Cooking & Preparation Instructions:

1. Thoroughly wash the collard greens. Slice away the thick, fibrous center stem which poses a severe choking hazard.
2. Chop the collard leaves into bite-sized pieces scaled perfectly to the width between your bearded dragon's eyes.
3. Peel the butternut squash and use a fine cheese grater to shred it into easily digestible, moist strands.
4. Finely mince the yellow bell pepper, discarding all internal white ribs and seeds.
5. Toss the collards, squash, and pepper together in a clean plastic feeding bowl until evenly mixed.
6. Just prior to serving, lightly dust the top of the salad with a precise pinch of calcium carbonate powder.

Weekly Feeding Plan & Schedule:

Timeframe / Days	Thorough Meal Plan & Feeding Schedule
Daily (AM)	Fresh Tri-Color Reptile Salad placed in the terrarium 2 hours after lights-on. Remove before lights-off.
Tue / Fri	PM: Offer 3-5 high-quality, gut-loaded Dubia roaches dusted with Calcium + D3 powder via feeding tongs.

10. Hedgehogs (African Pygmy - *Atelerix albiventris*)

Dietary Profile & Physiological Needs:

Hedgehogs are specialized insectivores/carnivores. They possess a short, simple digestive tract requiring high-protein, low-fat nutrition with adequate chitin (insoluble fibre derived from insect exoskeletons) to prevent obesity and hepatic diseases.

Core Dietary Components:

- **Premium Low-Fat Cat / Hedgehog Kibble:** 70-80%. Lean poultry base, high protein, low fat (<12%).
- **Chitinous Feeder Insects:** 15-20%. Gut-loaded crickets, dubia roaches, mealworms.
- **Lean Meats / Safe Veggies:** 5%. Hard-boiled egg, plain minced chicken, tiny amounts of pureed pumpkin.

Thorough Recipe: Chitin-Boosted Poultry & Egg Mash

Ingredients Required:

- 1 tbsp Plain Chicken Breast (boiled, finely minced)
- 1 tsp Hard-Boiled Egg White (mashed thoroughly)
- 3 Live Gut-Loaded Crickets (or freeze-dried equivalents, crushed)
- 1/2 tsp Warm Water

Step-by-Step Cooking & Preparation Instructions:

1. Boil a piece of chicken breast completely plain in pure water. Do not add salt, oils, or any seasonings.
2. Using a sharp knife, mince the cooled chicken breast into microscopic, thread-like pieces to suit their small jaws.
3. Mash a small piece of plain hard-boiled egg white with a fork until it is crumbly and uniform.
4. Lightly crush the crickets to break down the hard exoskeleton plates and expose the internal nutritional value.
5. Combine the minced chicken, egg white, and crushed crickets in a tiny feeding dish, adding warm water to create a moist mash.
6. Serve in the evening when the hedgehog wakes up. Remove any leftovers the next morning without fail.

Weekly Feeding Plan & Schedule:

Timeframe / Days	Thorough Meal Plan & Feeding Schedule
Nightly Base	1-2 tablespoons of premium low-fat kibble placed in the dish as their primary operational caloric fuel.
Mon/Wed/Sat	Supplement the dry kibble with 1 tablespoon of the Chitin-Boosted Poultry Mash placed in a separate dish.

11. Mice (Mus musculus)

Dietary Profile & Physiological Needs:

Mice are highly active, omnivorous rodents with rapid metabolic rates. They require balanced grain blocks supplemented with varied seeds, clean greens, and tiny amounts of animal protein to fulfill their nutritional needs without triggering obesity.

Core Dietary Components:

- **High-Quality Lab Blocks:** 70-80%. Formulated uniform pellets that prevent selective feeding behavior.
- **Grain & Seed Forage Mix:** 15%. Oats, millet, canary seed, flaxseed.
- **Fresh Produce & Protein:** 5-10%. Tiny pieces of broccoli, apple, or cooked egg.

Thorough Recipe: Toasted Grain & Egg White Forage Clusters

Ingredients Required:

- 1 tbsp Rolled Oats
- 1 tsp Millet Seeds
- 1/2 tsp Flaxseeds
- 1/2 tsp Hard-Boiled Egg White (finely mashed)

Step-by-Step Cooking & Preparation Instructions:

1. Preheat your oven to 120°C (250°F) to prepare a safe, low-temperature drying process.
2. In a small glass container, mix the rolled oats, millet seeds, and flaxseeds together thoroughly.
3. Incorporate the finely mashed hard-boiled egg white, using it as a natural, safe binder to form tiny, cohesive clusters.
4. Place the small clusters onto a baking sheet lined with clean parchment paper.
5. Bake for 12-15 minutes until the egg white is completely dry and crisp, binding the seeds tightly together.
6. Cool completely to room temperature. Scatter 1-2 clusters into the mouse enclosure to promote active foraging behaviors.

Weekly Feeding Plan & Schedule:

Timeframe / Days	Thorough Meal Plan & Feeding Schedule
Daily Basis	Continuous, unrestricted access to high-quality commercial lab blocks + clean water.
Bi-Weekly	Scatter 1-2 Toasted Grain Clusters into the substrate to encourage natural burrowing and foraging activity.

12. Rats (Rattus norvegicus)

Dietary Profile & Physiological Needs:

Rats are highly intelligent, opportunistic omnivores. They require a diverse diet to remain mentally stimulated, but are prone to obesity and tumors if fed excessive sugars or high-fat foods. They benefit greatly from complex textures.

Core Dietary Components:

- **High-Quality Rat Blocks:** 70-80%. Formulated to provide baseline nutritional requirements.
- **Fresh Vegetables & Cooked Grains:** 15-20%. Peas, broccoli, kale, brown rice, whole-wheat pasta.
- **Healthy Proteins & Seeds:** 5%. Pumpkin seeds, cooked lean poultry, or mealworms.

Thorough Recipe: Savory Tri-Bean & Broccoli Rice Medley

Ingredients Required:

- 1 tbsp Brown Rice (completely cooked, cooled)
- 1 tsp Leftover Cooked Lentils (plain, unseasoned)
- 1 tsp Broccoli florets (finely minced)
- 1/2 tsp Pumpkin Seeds (crushed)

Step-by-Step Cooking & Preparation Instructions:

1. Ensure the brown rice and lentils are fully cooked in plain water without any added oils, salt, garlic, or onions.
2. Finely mince the raw broccoli florets into a grain-like texture using a sharp kitchen knife.
3. Crush the pumpkin seeds slightly to break the outer shell and release the internal fats and nutrients.
4. In a small mixing bowl, combine the cooked brown rice, cooked lentils, minced broccoli, and crushed pumpkin seeds.
5. Mix the ingredients thoroughly until they form a diverse, texturally stimulating medley.
6. Serve 1-2 tablespoons of the medley per rat in a stable dish, removing any unconsumed portions within 4 hours.

Weekly Feeding Plan & Schedule:

Timeframe / Days	Thorough Meal Plan & Feeding Schedule
Daily Basis	Continuous, unrestricted access to high-quality commercial rat blocks to provide core nutrition.
Mon/Wed/Fri	Provide 1-2 tablespoons of the Savory Tri-Bean Medley in the evening as a supplemental fresh food meal.

13. Land Snails (e.g., Giant African Land Snail)

Dietary Profile & Physiological Needs:

Land snails require a high-moisture environment and a diet rich in calcium to constantly repair and expand their calcium carbonate shells. They are highly sensitive to copper, salt, and pesticide residues, which are rapidly fatal.

Core Dietary Components:

- **Fresh Vegetables & Fruits:** 80-85%. Sweet potato, zucchini, cucumber, apple, squash.
- **Pure Calcium Source:** 15-20%. Cuttlefish bone must be continuously available in the enclosure.
- **Protein Supplementation:** <5%. Occasional soaked oats or specialized snail protein powder.

Thorough Recipe: Calcium-Dusted Zucchini & Sweet Potato Carpaccio

Ingredients Required:

- 3 thin slices of Fresh Zucchini
- 2 thin slices of Fresh Sweet Potato (raw)
- 1/4 tsp Pure Calcium Carbonate Powder (without D3 or additives)

Step-by-Step Cooking & Preparation Instructions:

1. Thoroughly wash the zucchini and sweet potato under running water to eliminate any potential pesticide residues.
2. Using a mandoline or sharp knife, cut ultra-thin, translucent slices of both the zucchini and raw sweet potato.
3. Arrange the vegetable slices flat on a clean, chemical-free plastic or ceramic feeding plate.
4. Lightly dust the entire surface of the vegetable slices with the pure calcium carbonate powder using a fine sieve.
5. Mist the prepared plate lightly with dechlorinated water to ensure optimal moisture levels before placing it in the terrarium.
6. Remove any uneaten vegetable slices after 24 hours to prevent mold outbreaks and fruit fly infestations.

Weekly Feeding Plan & Schedule:

Timeframe / Days	Thorough Meal Plan & Feeding Schedule
Continuous	A whole cuttlefish bone must remain in the terrarium at all times for ad libitum calcium rasping.
Every 2 Days	Provide a fresh plate of Calcium-Dusted Zucchini & Sweet Potato Carpaccio. Vary the vegetables weekly.

