

Bearded Dragon *Feeding* Guide

A SIMPLE, NATURAL, AND BALANCED DIET FOR A HAPPY, HEALTHY DRAGON.

Feeding Schedule



Baby

Feed every day
(0–6 months)



Juvenile

Feed every other day
(6–18 months)



Adult

Feed 2–3 days per week
(18 months+)

What to Feed

A balanced diet includes:

Greens & Vegetables

Offer daily.
Variety is key!

- Collard Greens
- Mustard Greens
- Turnip Greens
- Dandelion Greens
- Endive
- Bell Peppers
- Butternut Squash
- Carrots



Protein (Insects)

Offer on feeding days.
Size = space between
dragon's eyes.

- Dubia Roaches
- Crickets
- Black Soldier Fly Larvae
- Silkworms
- Mealworms (treat only)
- Hornworms (treat only)



Supplements

Dust feeders right before feeding (tap off excess powder):



Calcium + D3

2–3x per week
(for babies & juveniles)
2x per week (adults)



Multivitamin

1x per week



Plain Calcium

All other
feedings



- Use Calcium + D3 & Multivitamins as directed in our Growth & Supplement Guide.
- Use Plain Calcium on remaining feedings.

Feeding Tips

- Gut-load insects 12–24 hours before feeding.
- Don't leave uneaten insects overnight.
- No fireflies, lightning bugs, or wild-caught insects.
- Always provide fresh, clean water in a shallow dish.
- Offer a variety of foods to ensure proper nutrition.
- Remove uneaten greens after 24 hours.

A GOOD DIET TODAY,
A HEALTHY DRAGON
TOMORROW.



Passion • Care • Legacy