



# Home Made Dog Foods Recipes



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## Table of Contents

<b>Introduction .....</b>	<b>6</b>
<b>Adult Maintenance Recipes .....</b>	<b>8</b>
<b>Adult Maintenance Recipe I.....</b>	<b>8</b>
<b>Adult Maintenance Recipe II.....</b>	<b>10</b>
<b>Adult Maintenance Recipe III.....</b>	<b>13</b>
<b>Adult Maintenance Recipe IV.....</b>	<b>16</b>
<b>Adult Maintenance Recipe V.....</b>	<b>18</b>
<b>Adult Maintenance Recipe VI .....</b>	<b>21</b>
<b>Adult Maintenance Recipe VII .....</b>	<b>23</b>
<b>Adult Maintenance Recipe VIII .....</b>	<b>26</b>
<b>Adult Maintenance Recipe IX.....</b>	<b>29</b>
<b>Adult Maintenance Recipe X.....</b>	<b>31</b>
<b>Adult Maintenance Recipe XI .....</b>	<b>34</b>
<b>Adult Maintenance Recipe XII .....</b>	<b>37</b>
<b>Active Dog Recipes .....</b>	<b>40</b>
<b>Active Adult Maintenance Recipe I .....</b>	<b>40</b>
<b>Active Adult Maintenance Recipe II .....</b>	<b>42</b>
<b>Allergenic Adult Maintenance Recipe.....</b>	<b>45</b>
<b>Vegetarian Adult Maintenance Recipe.....</b>	<b>48</b>
<b>Novel protein and carbohydrate Adult Maintenance Recipe ..</b>	<b>53</b>
<b>Low Fat Recipes.....</b>	<b>56</b>
<b>Low Fat Adult Maintenance I .....</b>	<b>56</b>

Low Fat Adult Maintenance II .....	59
Low Fat Adult Maintenance III .....	61
<b>Other 60 Healthy Dog Recipes.....</b>	<b>63</b>
Recipe 1: Beef or Lamb Stew for Dogs .....	64
Recipe 2: Steamed broccoli with cheese sauce dog food recipe.....	64
Recipe 3: Salmon & Pasta for Dogs .....	65
Recipe 4: Beef And Rice .....	66
Recipe 5: Basic Dog Broth recipe .....	66
Recipe 6: Vegetable Stew .....	67
Recipe 7: Mackerel Dinner .....	68
Recipe 8: Loosey-Goosey Chicken Fix .....	69
Recipe 9: Doggie Gravy .....	69
Recipe 10: Pasta Salad.....	70
Recipe 11: Doggy Casserole.....	71
Recipe 12: Pampered Pooch Rice and Lamb Casserole.....	71
Recipe 13: Meat Casserole.....	72
Recipe 14: Diabetic Dog Recipe .....	73
Recipe 15: Poodle Pasta .....	73
Recipe 16: Potatoes Au Canine .....	75
Recipe 17: Bread Pudding .....	76
Recipe 18: Easy Banana Pudding .....	77
Recipe 19: Good for You Gobblers .....	77
Recipe 20: Fruity Yogurt Treats.....	78
Recipe 21: Wheat Free Salmon Treats .....	78
Recipe 22: Massive Mastiff Munchy Muffins.....	79
Recipe 23: Cheesy Carrot Muffins.....	80
Recipe 24: Peanut Butter and Honey Dog Biscuits.....	81

Recipe 25: Pet Party Mix .....	82
Recipe 26: Pumpkin-Patch Dog Biscuits .....	82
Recipe 27: Puppy Formulas.....	83
Recipe 28: Scrambled Eggs Doggie Style .....	85
Recipe 29: Scrumptious Carob Bake .....	86
Recipe 30: Puppy Pretzels .....	86
Recipe 31: Sheltie Scones .....	87
Recipe 32: Trail Dog Grub.....	88
Recipe 33: Vegetarian Dog Biscuits.....	89
Recipe 34: Veggie Bones .....	89
Recipe 35: Yogurt Pups .....	90
Recipe 36: Boo's Biscuits .....	91
Recipe 37: Breath Busters Biscuits .....	92
Recipe 38: Bulldog Banana Bites.....	93
Recipe 39: Carob Cornered Crunchies .....	93
Recipe 40: Munchie Crunchy Meat Treats .....	94
Recipe 41: Bone Bonanza.....	95
Recipe 42: BARF Breakfast (med size dog).....	95
Recipe 43: Banana Biscotti.....	96
Recipe 44: Beardie Coolers .....	97
Recipe 45: Doggy Dip.....	98
Recipe 46: Breath Biscuits.....	98
Recipe 47: Dog Bones.....	99
Recipe 48: Dog Powder Mix .....	100
Recipe 49: Labrador Loaf.....	101
Recipe 50: Doggie Kesh.....	102
Recipe 51: Mutt Muffins .....	102

<b>Recipe 52: Liver Bits .....</b>	<b>103</b>
<b>Recipe 53: Meat Ball Mania .....</b>	<b>104</b>
<b>Recipe 54: Frozen Peanut Butter Yogurt Treats.....</b>	<b>105</b>
<b>Recipe 55: Apple Crunch Pupcakes.....</b>	<b>105</b>
<b>Recipe 56: The-Day-After Turkey Omelet.....</b>	<b>106</b>
<b>Recipe 57: Champion Cheese &amp; Veggies Chews .....</b>	<b>106</b>
<b>Recipe 58: Pugs Pops .....</b>	<b>107</b>
<b>Recipe 59: Frozen Doggie Yums .....</b>	<b>107</b>
<b>Recipe 60: Red Son's Reward - Wheat Dog Biscuits .....</b>	<b>108</b>

## Introduction

While many dog owners want what's best for their dogs, sometimes little thought is given to what we feed them.

Loving dog owners sometimes get carried away with those touting advertisements of yummy doggie snacks and gourmet canine goodies. In our frenzy to spoil our dog rotten, we just love to believe in what the manufacturers' claim.

If we were to trust the TV and magazine advertisements, all we have to do is pour some kibble that we buy at the supermarket in the bowl and make sure they have lots of fresh water.

Nothing could be further from the truth.

In reality, to have a happy, healthy and a long lifespan, your pup needs quality ingredients, the right nutritional proportions and something that will keep him full and satisfied without packing on the pounds.

Some dog owners are lucky to have a veterinarian, who supports the dog owner's efforts to feed the dog a varied diet that includes vegetables, fruits and various meats.

For the dog owner, this can be a tough balance to strike, especially when you factor in the work required of you to make the food. As you know, it's super-easy to go pick up those bags and cans of chow every week, but you never know exactly which preservatives go into them and whether or not they're really satisfying your dogs nutritional needs.

The only way to be absolutely positive of those things is to make the food yourself.

In order to make homemade dog food easier and more accessible to the everyday busy dog mom or dad, we've assembled an ebook with canine recipes.

It has 20 recipes of balanced dog food, for puppies, adults, senior dogs, low calorie foods and more. Plus, you will get some straightforward recipes, easy recipes that you can give your dog as a thank you for being such a great buddy.

You'll soon see that one of the best features of these recipes is that many of them can be made and enhanced by ingredients you already have in your cupboards.

Bon Appetite....to our pooch!!

## Adult Maintenance Recipes

### Adult Maintenance Recipe I

<b>CHICKEN PARMESAN Canine Adult Maintenance</b>				
Description	Quantity	Measure	Gram Weight	Kcalories
Chicken, light and dark meat, roasted	16	ounce-weight		
Pasta, bow ties or other shape, cooked, prepared without salt (measure after cooking)	5	cup		
Eggs, large, without shell, prepared as you wish	2	each		
Cottage Cheese, reduced fat	1/2	cup		
Zucchini squash, cooked, prepared without salt (measured before cooking)	2	cup		
Romaine Lettuce, shredded	1/2	cup		
Tomatoes, canned, crushed	2	cups		
Parmesan cheese, grated	1/2	cup		
Fresh Basil, chopped finely	1	teaspoon		
Canola/Corn oil blend	5	teaspoon		
Olive oil	1	tablespoon		
Salt substitute	1	teaspoon		
Centrum adult multivitamin-mineral tablet, crushed	3	tablet		
NOW Bone meal powder	1	tablespoon		
NOW Calcium carbonate powder	1 1/4	teaspoon		
Life Extension Choline Powder	3/4	teaspoon		
RECIPE YIELD			3,260 grams	3,750 kcalories

As fed: Protein 9.9%, Fat 4.1%, Fiber 1%, Carbohydrates 9.4%, Moisture 74.9%. This recipe provides 1.15 kcal/gram of food.



**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes about five days of food for a 25 lb (11.4 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.15 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and, carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a

balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.

- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.
- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

## Adult Maintenance Recipe II

LAMB, POTATOES, EGGS AND COTTAGE CHEESE Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Lamb, roasted, cut into cubes	16	ounce-weight		
White potatoes, cooked in skins, peeled and chopped	8	cup		

Eggs, large, without shell, prepared as you wish	2	each		
Cottage Cheese, reduced fat	1	cup		
Canola/Corn oil blend	4	teaspoon		
Centrum adult multivitamin-mineral tablet, crushed	2 1/2	tablet		
NOW Bone meal powder	3 1/2	teaspoon		
NOW Calcium carbonate powder	1/2	teaspoon		
Life Extension Choline Powder	1/2	teaspoon		
RECIPE YIELD			2,060 grams	2,770 kcalories

As fed: Protein 8.6%, Fat 5.4%, Fiber 1%, Carbohydrates 12.8%, Moisture 71.7%. This recipe provides 1.3 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes about three days of food for a 30 lb (13.5 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.3 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and, carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and

open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.

- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.
- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.
- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is

thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.

- ü Transition all dogs to a new food over a 5 to 7 day period.

### Adult Maintenance Recipe III

<b>TURKEY AND VEGGIES Canine Adult Maintenance</b>				
Description	Quantity	Measure	Gram Weight	Kcalories
Turkey, ground, 13% fat, pan fried	1 3/4	pound		
Sweet potatoes, cooked in skins, peeled and chopped	8	cup		
Carrots, cooked, prepared without salt (measured after cooking)	1/2	cup		
Squash, any type, cooked, prepared without salt (measured after cooking)	1/2	cup		
Broccoli, cooked, prepared without salt (measured after cooking)	1/4	cup		
Cauliflower, cooked, prepared without salt (measured after cooking)	1/4	cup		
Fresh tomatoes, chopped	1/2	cup		
Canola/Corn oil blend	4	teaspoon		
Centrum adult multivitamin-mineral tablet, crushed	2	tablet		
Iodized salt	3/8	teaspoon		
NOW Bone meal powder	4	teaspoon		
NOW Calcium carbonate powder	3/4	teaspoon		
Life Extension Choline Powder	1/2	teaspoon		
RECIPE YIELD			2,775 grams	3,550 kcalories

As fed: Protein 9.1%, Fat 4.4%, Fiber 2.1%, Carbohydrates 12.4%, Moisture 72.%. This recipe provides 1.3 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes about five and a half days of food for a 20 lb (9 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.3 calories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and, carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or

omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.

- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.
- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

## Adult Maintenance Recipe IV

CHICKEN AND BROWN RICE Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Chicken, mixed white and dark meat, roasted, no skin, chopped	16	ounce-weight		
Egg, Large, without shell, cooked as desired	2	each		
Brown Rice, cooked, prepared without salt (measured after cooking)	5	cup		
Canola/Corn oil blend	3	tablespoon		
Centrum adult multivitamin-mineral tablet, crushed	1 1/2	tablet		
Salt substitute	1	teaspoon		
Iodized salt	1/8	teaspoon		
NOW Bone meal powder	2 1/2	teaspoon		
NOW Calcium carbonate powder	1	teaspoon		
RECIPE YIELD			1,590 grams	2,450 kcalories

As fed: Protein 10.7%, Fat 5.7%, Fiber 1.1%, Carbohydrates 14.3%, Moisture 67.8%. This recipe provides 1.5 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes about four days of food for a 20 lb (9 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.5 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of



up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and, carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.
- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.

- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

### Adult Maintenance Recipe V

OATS AND PROTEIN TRIO Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Sardines, canned, w/bones, packed in oil, drained (1 can)	3.75	ounce-weight		
Ground beef, 15% fat, pan browned, measured before cooking	8	ounce-weight		
Pork Tenderloin, roasted, chopped	4	ounce-weight		
Oatmeal, cooked, prepared without salt (measured after cooking)	4	cups		
Broccoli, cooked, prepared without salt	2	cup		
Canola/Corn oil blend	1	tablespoo		

		n		
Centrum adult multivitamin-mineral tablet, crushed	1	tablet		
Salt substitute	1/4	teaspoon		
NOW calcium carbonate powder	1 1/2	teaspoon		
NOW bone meal powder	1	teaspoon		
Life Extension Choline powder	1/2	teaspoon		
RECIPE YIELD			1,776 grams	1,860 kcalories

As fed: Protein 8.6%, Fat 4.5%, Fiber 1.5%, Carbohydrates 7.5%, Moisture 77.9%. This recipe provides 1.0 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes about two days of food for a 40 lb (18 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.0 calories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and, carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.

- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
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- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

## Adult Maintenance Recipe VI

TUNA AND GRITS Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Tuna, canned, light, unsalted, packed in water, drained	12	ounce-weight		
Egg, Large, without shell, cooked as desired	3	each		
Grits, corn, cooked, prepared without salt (measured after cooking)	4	cup		
Cheddar cheese, shredded	2	cup		
Canola/Corn oil blend	1	tablespoon		
Centrum adult multivitamin-mineral tablet, crushed	2	tablet		
Salt substitute	1	teaspoon		
NOW bone meal powder	2	teaspoon		
Life Extension Choline powder	3/4	teaspoon		
RECIPE YIELD			1,750 grams	2,300 kcalories

As fed: Protein 10.1%, Fat 6.6%, Fiber 1%, Carbohydrates 7.7%, Moisture 74.3%. This recipe provides 1.3 kcal/gram of food.

**\*\*This recipe makes about two days of food for a 40 lb (18 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.3 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

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- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
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### Adult Maintenance Recipe VII

WHEAT TOAST AND EGGS, Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Eggs, large, prepared as you wish, without shell	4	each		
Whole wheat bread, toasted, broken up	3	slices		
Cottage Cheese, low fat, low sodium	1/8	cup		
Bell Pepper, chopped, (can cook with the eggs)	2	tablespoon		
Tomato, fresh, chopped	1/4	cup		
Centrum adult multivitamin-mineral tablet, crushed	1/2	tablet		
Salt substitute	1/4	teaspoon		

		n		
NOW calcium carbonate powder	1/4	teaspoon		
		n		
NOW Bone Meal powder	1/2	teaspoon		
		n		
RECIPE YIELD			424 grams	650 kcalories

As fed: Protein 9.9%, Fat 7.8%, Fiber 1.5%, Carbohydrates 10.4%, Moisture 69.4%. This recipe provides 1.5 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes a one days of food for a 25 (11.5 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.5 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### General Recipe Preparation Tips

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and, carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.



- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.
- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.
- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

## Adult Maintenance Recipe VIII

HADDOCK AND MILLET Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Haddock fillets, baked or broiled	16	ounce-weight		
Millet, cooked, prepared without salt (measure after cooking)	16	ounce-weight		
Carrots, cooked, prepared without salt, (measured before cooking)	4	ounce-weight		
Green beans, cooked, prepared without salt, (measured before cooking)	4	ounce-weight		
Corn and Canola oil blend	5	tablespoon		
	1/4	teaspoon		
Centrum adult multivitamin-mineral tablet, crushed	1 1/2	tablet		
Salt substitute	1/8	teaspoon		
NOW calcium carbonate powder	7/8	teaspoon		
NOW Bone Meal powder	1 1/2	teaspoon		
Life Extension Choline powder	1/2	teaspoon		
RECIPE YIELD			1,215 grams	1,741 kcalories

As fed: Protein 10.5%, Fat 6.6%, Fiber 1%, Carbohydrates 10.3%, Moisture 71.3%. This recipe provides 1.4 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes a one days of food for a 25 (11.5 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.4 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and, carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.

- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.
- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.
- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

## Adult Maintenance Recipe IX

<b>BEEF, POTATOES, AND VEGETABLES Canine Adult Maintenance</b>				
Description	Quantity	Measure	Gram Weight	Kcalories
Ground beef, 85% lean/15% fat, baked (measured after cooking)	12	ounce-weight		
White potatoes, cooked in skin, peeled and diced	4	cup		
Peas and carrots, cooked, prepared without salt, (measured before cooking)	1 1/2	cup		
Corn and Canola oil blend	1	tablespoon		
Iodized salt	1/4	teaspoon		
Centrum adult multivitamin-mineral tablet, crushed	1	tablet		
Salt substitute	3/8	teaspoon		
NOW calcium carbonate powder	3/8	teaspoon		
NOW Bone Meal powder	2	teaspoon		
Life Extension Choline powder	3/8	teaspoon		
<b>RECIPE YIELD</b>			1,230 grams	1,600 kcalories

As fed: Protein 8.7%, Fat 5.2%, Fiber 1.5%, Carbohydrates 12.3%, Moisture 72.0%. This recipe provides 1.3 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes a one days of food for a 25 (11.5 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.3 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and, carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked

recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.

- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.
- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

### Adult Maintenance Recipe X

<b>BEEF AND BARLEY - Canine Adult Maintenance</b>				
Description	Quantity	Measure	Gram Weight	Kcalories
Beef roast, 1/4 inch fat, cooked in crock pot with water (measured before cooking)	16	ounce-weight		

Barley, pearled, cooked (measure after cooking)	6	cup		
Tomatoes, crushed, canned	1/8	cup		
Peas and carrots, cooked, prepared without salt	2	cup		
Canola <b>or</b> Corn oil (2 ½ tablespoon = 7 ½ teaspoon)	2 1/2	tablespoon		
Centrum adult multivitamin- mineral tablet, crushed	2	tablet		
Lite Salt (this is a mixture of sodium and potassium chloride)	1/2	teaspoon		
Life Extension Choline powder	1/2	teaspoon		
NOW calcium carbonate powder	1/4	teaspoon		
NOW Bone Meal powder	4	teaspoon		
RECIPE YIELD			1,810 grams	2,420 kcalories

As fed: Protein 10.4%, Fat 3.5%, Fiber 2.2%, Carbohydrates 15.5%, Moisture 68.1%. This recipe provides 1.0 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes about 2 1/2 days of food for a 40 (18 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.0 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.



## General Recipe Preparation Tips

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.
- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.
- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.

- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

### Adult Maintenance Recipe XI

BUFFALO (BISON) AND PASTA - Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Ground buffalo (<20% fat), broiled pan fried (measured after cooking)	16	ounce-weight		
Macaroni, cooked al dente, prepared without salt (measure after cooking)	6	cup		
Egg, Large, cooked as you wish without salt, peeled	2	each		
Beef Liver, braised (measured after cooking)	2	ounce-weight		
Canola or Corn oil	1	tablespoon		
Centrum adult multivitamin-mineral tablet, crushed	2	tablet		
Salt substitute	1	teaspoon		
Iodized salt	¼	teaspoon		
Life Extension Choline powder	1/2	teaspoon		
NOW calcium carbonate	1/4	teaspoon		

powder				
NOW Bone Meal powder	4	teaspoon		
NOW Nutritional yeast	1	teaspoon		
RECIPE YIELD			1,490 grams	2,800 kcalories

As fed: Protein 12.5%, Fat 7.0%, Fiber 1.1%, Carbohydrates 17.9%, Moisture 60.4%. This recipe provides 1.9 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes about 3 days of food for a 40 (18 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.9 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and, carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.

- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.
- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.
- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

## Adult Maintenance Recipe XII

LAMB, RICE AND VEGETABLES - Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Ground lamb (~20% fat), broiled or pan fried (measured after cooking)	16	ounce-weight		
Brown Rice, cooked, prepared without salt, (measure after cooking)	4	cup		
Green beans, cooked, prepared without salt, (measure before cooking)	1	cup		
Carrots, sliced, cooked, prepared without salt, (measure before cooking)	1	cup		
Green peas, cooked, prepared without salt, (measure before cooking)	1	cup		
Pinto beans, canned	1	cup		
Summer squash, any kind, cooked, prepared without salt, (measure before cooking)	1	cup		
Kale, cooked, prepared without salt, (measure before cooking)	1	cup		
Sweet potatoes, cooked in skin, peeled, chopped	1	cup		
Canola <b>or</b> Corn oil	2	teaspoon		
Life Extension Choline powder	1/2	teaspoon		
NOW calcium carbonate powder	1	teaspoon		
NOW Bone Meal powder	2 3/4	teaspoon		
Centrum adult multivitamin-mineral tablet, crushed	2	tablet		
RECIPE YIELD			2,450	2,900

			grams	kcalories
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As fed: Protein 6.6%, Fat 4.5%, Fiber 2.2%, Carbohydrates 12.7%, Moisture 74%. This recipe provides 1.2 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes about 3 days of food for a 40 (18 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.2 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and, carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked

recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.

- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.
- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

## Active Dog Recipes

### Active Adult Maintenance Recipe I

TURKEY AND WHOLE WHEAT NOODLES Active Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Ground turkey, 13% fat, cooked (measure before cooking)	20	ounce-weight		
Whole Wheat pasta noodles, cooked, prepared without salt (measure after cooking)	6	cup		
Egg, large, without shell, prepared as you wish	1	each		
Canola/Corn oil blend	4	tablespoons		
Iodized salt	3/8	teaspoon		
Centrum adult multivitamin-mineral tablet, crushed	2 1/2	tablet		
Salt substitute	1 1/2	teaspoon		
NOW calcium carbonate powder	1/2	teaspoon		
NOW bone meal powder	3 3/4	teaspoon		
Life Extension Choline powder	1/2	teaspoon		
RECIPE YIELD			1,540 grams	2,950 kcalories

As fed: Protein 13.4%, Fat 9.1%, Fiber 1.5%, Carbohydrates 14.7%, Moisture 60.9%. This recipe provides 1.9 kcal/gram of food.



**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes about two days of food for an active 40 lb (18 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.9 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a

balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.

- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.
- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

### Active Adult Maintenance Recipe II

SALMON AND OATMEAL Active Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Salmon fillets, wild caught (measure after cooking)	24	ounce-weight		
Oatmeal, cooked, prepared without salt, (measure after cooking)	4	cup		
Egg, large, without shell, prepared as you wish	1	each		

Canola/Corn oil blend	3	tablespoons		
Iodized salt	1/4	teaspoon		
Centrum adult multivitamin-mineral tablet, crushed	2	tablet		
Salt substitute	3/4	teaspoon		
NOW calcium carbonate powder	2 1/8	teaspoon		
NOW bone meal powder	1	teaspoon		
Life Extension Choline powder	1/2	teaspoon		
RECIPE YIELD			1,725 grams	2,350 kcalories

As fed: Protein 11.9%, Fat 6.8%, Fiber 1%, Carbohydrates 6.7%, Moisture 73%. This recipe provides 1.4 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes a little less than two days of food for an active 40 lb (18 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.4 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and, carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules)

and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.

- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.
- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.
- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.

ü Transition all dogs to a new food over a 5 to 7 day period.

## Allergenic Adult Maintenance Recipe

PORK AND LENTILS Novel protein and carbohydrate - Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Pork Loin, lean, roasted	12	ounce-weight		
Lentils, cooked, prepared without salt, (measure after cooking)	4	cup		
Grapeseed Oil	2	teaspoon		
Centrum adult multivitamin-mineral tablet, crushed	1	tablet		
Iodized salt	1/2	teaspoon		
NOW calcium carbonate powder	2	teaspoon		
RECIPE YIELD			1,140 grams	1,710 kcalories

As fed: Protein 14.3%, Fat 3.8%, Fiber 4.5%, Carbohydrates 12.4%, Moisture 65%. This recipe provides 1.5 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes about two days of food for a 40 lb (18 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.5 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

## General Recipe Preparation Tips

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and, carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.
- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.
- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination

you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.

- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

## Vegetarian Adult Maintenance Recipe

<b>VEGETARIAN Canine Adult Maintenance (may be suitable for some allergic dogs)</b>				
Description	Quantity	Measure	Gram Weight	Kcalories
Millet, cooked, prepared without salt, (measured after cooking)	4	cup		
Lentils, cooked, prepared without salt, (measured after cooking)	6	cup		
Pinto beans, cooked, prepared without salt, (measured after cooking)	3	cup		
Canola oil	3	tablespoon		
Flaxseed oil	5	teaspoon		
Iodized salt	1/2	teaspoon		
Centrum adult multivitamin-mineral tablet, crushed	2	tablet		
NOW Taurine Powder	3/4	teaspoon		
TwinLab Zinc, 30 mg	2	capsules		
Methionine, Solgar, 500 mg	4	capsules		
NOW calcium carbonate powder	2 7/8	teaspoon		
Freeda Calcium Phosphate powder	1	teaspoon		
Life Extension Choline powder	1/2	teaspoon		



		n		
RECIPE YIELD			2,485 grams	3,513 kcalories

As fed: Protein 7.3%, Fat 3.0%, Fiber 5.5%, Carbohydrates 18.7%, Moisture 65.5%. This recipe provides 1.4 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes a three and a half days of food for a 40 (18 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.4 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and, carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.

- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.
- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.
- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

**Note:** In this recipe, there are no animal products. Vegetarian ingredients often have a limited amount of some essential amino acids, such as taurine and methionine. We supplement vegetarian recipes to be sure that the dog is receiving adequate amounts of nutrients. Instead of using bone meal (animal source) for this recipe, we use a calcium phosphate powder. Please note that this product is not readily available through common sources. It is available through Freeda vitamins and a few other online sources. It needs to be included in the recipe to balance the nutrients.



## Novel protein and carbohydrate Adult Maintenance Recipe

WHITEFISH AND QUINOA Novel protein and carbohydrate - Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Whitefish, fillets, baked or broiled	16	ounce-weight		
Quinoa, cooked, prepared without salt, (measure after cooking)	5	cup		
Grapeseed Oil	5	teaspoon		
Iodized salt	1/8	teaspoon		
Centrum adult multivitamin-mineral tablet, crushed	1 1/2	tablet		
Salt substitute	1/2	teaspoon		
NOW calcium carbonate powder	2 3/4	teaspoon		
Life Extension Choline powder	1/2	teaspoon		
RECIPE YIELD			1,415 grams	2,090 kcalories

As fed: Protein 10.7%, Fat 5.3%, Fiber 1.8%, Carbohydrates 14.1%, Moisture 67.6%. This recipe provides 1.5 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes about two days of food for a 40 lb (18 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.5 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which

may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.
- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.

- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

## Low Fat Recipes

### Low Fat Adult Maintenance I

CHICKEN AND RICE - Low-Fat Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Chicken breast without skin or bone, baked (measure after cooking)	12	ounce-weight		
Chicken dark meat, without skin or bone, baked (measure after cooking)	4	ounce-weight		
Brown Rice, cooked, prepared without salt, (measure after cooking)	4	cup		
White Rice, cooked, prepared without salt, (measure before cooking)	4	cup		
Fiber One Cereal	7	tablespoon		
TwinLab zinc (30 mg)	1	capsule		
Iodized salt	1/16	teaspoon		
Salt substitute	1 1/4	teaspoon		
Canola or Corn oil	1	tablespoon		
Life Extension Choline powder	1/2	teaspoon		
NOW calcium carbonate powder	3/4	teaspoon		



NOW Bone Meal powder	2 3/4	teaspoon		
Centrum adult multivitamin-mineral tablet, crushed	2	tablet		
RECIPE YIELD			1,925 grams	2,660 kcalories

As fed: Protein 9.1%, Fat 2.4%, Fiber 1.5%, Carbohydrates 19.8%, Moisture 67%. This recipe provides 1.4 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes about 3 days of food for a 40 (18 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.4 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### General Recipe Preparation Tips

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.

- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.
- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.
- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

## Low Fat Adult Maintenance II

TURKEY AND SWEET POTATOES – Low-fat Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Turkey light meat, roasted, without skin, chopped	12	ounce-weight		
Sweet potatoes, cooked in skin, peeled and chopped	5	cup		
Green Beans, cooked, prepared without salt	1/4	cup		
Cranberries, fresh	1	tablespoon		
Canola or Corn oil	5	teaspoon		
Centrum adult multivitamin-mineral tablet, crushed	1 1/2	tablet		
Iodized salt	1/8	teaspoon		
Life Extension Choline powder	1/4	teaspoon		
NOW calcium carbonate powder	3/8	teaspoon		
NOW Bone Meal powder	1 5/8	teaspoon		
RECIPE YIELD			1,410 grams	1,654 kcalories

As fed: Protein 8.6%, Fat 2.5%, Fiber 2.4%, Carbohydrates 14.5%, Moisture 72%. This recipe provides 1.2 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes about 3 days of food for a 20 (9 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.2 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which

may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.
- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.
- ü Please do not include onions in pet foods. Garlic can be used for flavoring, provided it is used conservatively. Chocolate, grapes, macadamia nuts, and raisins are also toxic to dogs and cats. Recently there has been some question about the safety of avocado, so please avoid.

- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

### Low Fat Adult Maintenance III

TURKEY, BARLEY AND VEGETABLES – Low-Fat Canine Adult Maintenance				
Description	Quantity	Measure	Gram Weight	Kcalories
Turkey breast, roasted, chopped	16	ounce-weight		
Barley, cooked, prepared without salt (measure after cooking)	6	cup		
Green beans, cooked, (measured before cooking)	1	cup		
Green peas, cooked, (measured before cooking)	1 1/2	cup		
Canola or Corn oil	5	teaspoon		
Centrum adult multivitamin-mineral tablet, crushed	1 1/2	tablet		

Salt substitute	3/4	teaspoon		
Life Extension Choline powder	1 4	teaspoon		
NOW calcium carbonate powder	1	teaspoon		
NOW Bone Meal powder	2	teaspoon		
RECIPE YIELD			1,810 grams	2,200 kcalories

As fed: Protein 9.5%, Fat 1.7%, Fiber 2.5%, Carbohydrates 17.1%, Moisture 69%. This recipe provides 1.2 kcal/gram of food.

**\*\*This is a balanced Dog Food recipe: specially contributed by Dr Susan Lauten, Ph D, Canine Nutritionist.**

**\*\*This recipe makes a little over 2 days of food for a 40 (18 kg) pound dog. Multiply your dog's daily caloric requirement by the 1.2 kcalories per gram of food to determine how much to feed your dog.**

**\*\*NOTE:** The calculations made to estimate caloric intake requirements are just a starting point. As with people, all animals have unique metabolisms which may require more or less calories to maintain ideal body weight. Differences of up to 30% higher or lower may be required. Please use the guidelines as given, and then adjust intake to maintain ideal weight.

### **General Recipe Preparation Tips**

- ü You may double or triple these recipes for ease of preparation. Prepare in whatever quantity suits you best.
- ü After everything is cooked and cooled, add the oils to the protein and carbohydrates. In a separate small bowl, mix together the crushed vitamins, and other supplements (crush any tablets, and open capsules) and mix together. Then sprinkle this dry mixture over your meat/carb mix and toss well.
- ü Divide finished recipe into freezer containers or zip lock bags, in approximately equal daily portions and freeze each separately. Move one from the freezer to the refrigerator every evening to thaw.

- ü Serve at body temperature, but be careful of microwave hot spots! It is best to warm the container in some hot water to avoid destroying the vitamins.
- ü Commercial diets are formulated to meet the lifelong nutritional needs of dogs or cats. Altering a recipe with substitutions or omissions changes the balance of the diet. This is also true for balanced home-cooked recipes. Balanced home-cooked diets can be used for the lifelong health of your dog or cat if no alterations are made. If you choose to prepare a balanced home-cooked diet for your pet, you should not change the components as you may affect your pet's health.
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- ü This recipe is completely balanced for adult maintenance. If you wish to combine this with a commercial food, you may do so in any combination you wish. Since both the home-cooked and the commercial food are balanced, you may mix freely with no worry of unbalancing the diet.
- ü Try to select organic where you can, but it is not necessary. Wash veggies and fruits thoroughly before use.
- ü These recipes were formulated in accordance with AAFCO requirements. They have not been tested on dogs. Be sure to follow up with your veterinarian in a few months to make sure your dog is thriving. We are relying upon the USDA database of foods for nutrient data and your ingredient selection for nutrients.
- ü Transition all dogs to a new food over a 5 to 7 day period.

## Other 60 Healthy Dog Recipes

## **Recipe 1: Beef or Lamb Stew for Dogs**

### *Ingredients:*

- \* 1 lb low fat beef or lamb
- \* 3 potatoes
- \* 3 carrots
- \* 2 Tbsp Olive Oil
- \* 2 celery sticks
- \* 2 pints chicken or beef broth

### **Directions:**

- Ü Brown meat in saute pan in 2 Tbsp oil. Cook till brown.
- Ü Stew the meat in broth for 45 minutes. Add vegetables. Cover.
- Ü Simmer for 45 minutes until all are softened.
- Ü Cool and serve.

## **Recipe 2: Steamed broccoli with cheese sauce dog food recipe**

### *Ingredients:*

Stems from 1 large broccoli, cut into bite size pieces  
3 tablespoons butter  
3 tablespoons brown rice flour  
1 ¼ cups milk  
1 cup of grated Mild Cheddar cheese  
Ground pepper  
cooked brown rice



**Directions:**

- ü Steam broccoli stem pieces until tender but not too soft. They should retain their bright fresh green appearance.
- ü Meanwhile place butter in a pan and melt over medium heat. Once melted mix in flour but be careful not to let roux brown.
- ü Stir in milk while mixing steadily. When milk is hot add the grated cheese and let melt. Add pepper to taste.
- ü Put cooked brown rice in dog bowl, place broccoli on top and pour sauce over. Makes about 4 cups of broccoli and sauce.

**Recipe 3: Salmon & Pasta for Dogs***Ingredients:*

- \* 1 salmon steak or other fish fillet
- \* 1/4 cup unsalted chicken broth
- \* 1/2 cup cooked pasta
- \* 1/2 cup steamed mixed veggies (carrots, spinach, zucchini)
- \* 1-2 Tbsp olive oil

**Directions:**

- ü Saute salmon steak or other fish in pan, 5 minutes on each side with 1 Tbsp olive oil.
- ü Cook pasta and add to salmon in pan with chicken broth and veggies.
- ü Simmer for 10 minutes and serve after cooling.

#### **Recipe 4: Beef And Rice**

##### *Ingredients:*

1lb ground beef (antibiotic & hormone free)

2 cups cooked organic brown rice

1 bag organic mixed vegetables

1-2 lb container of organic yogurt

##### **Directions:**

- ü Cook some organic brown rice.
- ü Organic vegetable blend like for stir fry put in a food processor.
- ü Combine all ingredients and mix thoroughly.
- ü You can freeze it in small containers thawing only as you need it.

**Note:** For small dogs this recipe lasts about 2 weeks.

#### **Recipe 5: Basic Dog Broth recipe**

##### *Ingredients:*

1 ½ kilos meaty beef bones

½ cup water

1 cup baby cabbage chopped

1 cup celery chopped

1 cup carrots chopped

¼ cup tomato paste or blended tomatoes (about 3 – 4 tomatoes)

4 strings parsley

##### **Directions:**

- ü Heat oven to 175C.
- ü Put the beef bones in a big roasting pan and roast them for about 1 hour. Turn them every so often so they brown on all sides. Once done drain out the fat and put the roaster on the stovetop burner and turn the stove on at medium heat. Add in ½ cup of water and loosen up the meat from roaster. Make sure to loosen all the browned bits left on the roaster. Keep all these drippings.
- ü In a large pot, heat up the oil over medium heat. Add in the baby cabbage , celery, and the carrots, cook the baby cabbage too until they are transparent, make sure to stir constantly. Add in the roasted beef bones, the reserved dripping from the roaster, tomato paste, parsley, salt, and the water. Bring all these ingredients to a boil over high heat and let it simmer covered for 2 hours.
- ü To use as a broth, strain the whole mixture, let it cool, and refrigerate. Take off any fat from the surface and either refrigerate this or freeze it.
- ü To make soup, take out the beef bones, and pour the vegetables over some kibbles. Makes about 2 liters of broth.

### **Recipe 6: Vegetable Stew**

#### *Ingredients:*

- 3 tbsp. olive oil
- 1 large pepper (sweet, not hot), sliced
- 1 medium zucchini, sliced
- 1 medium yellow squash, sliced
- 1 medium eggplants, peeled & cubed
- 1 potato, peeled & cubed
- 1 large can (24 - 28 ounces) tomatoes, cut up and save the juice
- 2 tsp. sugar (optional)

1 tsp. oregano or basil  
pepper

**Directions:**

- ☺ Heat oil.
- ☺ Add all of the vegetables, tomatoes, and sugar. Mix thoroughly.
- ☺ Bring the mixture to a boil, then lower the heat and let simmer for 30 minutes.
- ☺ Add the seasonings to taste. Simmer 15 minutes more.
- ☺ Let cool.
- ☺ Top with grated cheese, if desired.

**Recipe 7: Mackerel Dinner**

*Ingredients:*

1 tsp. extra virgin olive oil  
1 small mackerel  
1/2 cup hot water

**Directions:**

- ☺ Heat 1 tsp. extra virgin olive oil in a skillet and fry 1 small mackerel until it flakes apart easily.
- ☺ Remove and cool.
- ☺ Pour 1/2 cup hot water into the pan and scrape the brown bits into it.
- ☺ Remove the bones from the fish and mix with the juice.
- ☺ Serve in pieces with kibble.

**Recipe 8: Loosey-Goosey Chicken Fix** (For dogs that have had a bit too much 'stuff' that they're a little bit 'loose.')

*Ingredients:*

3 boneless, skinless chicken breasts

1 cup cooked brown rice

1 cup cooked plain carrots

1 cup non- or low-fat cottage cheese

**Directions:**

- ü Boil chicken breasts in a small amount of water until done; chop.
- ü Cook carrots in a small amount of water until tender but not mushy.
- ü Mix both with the brown rice and cottage cheese. You may want to add some broth from the meat or carrots if it seems too dry. Keep any leftovers in the fridge.
- ü Optional flavorings (add 1 if desired): 1/4 cup mashed banana; 1/4 cup mashed or chopped plain potatoes; 1/4 cup low-fat cheddar cheese.

**Recipe 9: Doggie Gravy**

*Ingredients:*

1 Boneless/skinless Chicken Breast

4 Cups Water

1 Cup Brown Rice Flour

2 Whole Eggs

Directions:

- ü Boil chicken breast for about 1/2 an hour, remove to cool.
- ü Add brown rice flour to chicken water.
- ü Beat out lumps.
- ü Add pre-beaten eggs.
- ü Cook on low heat until it's done thickening.
- ü Pulverize chicken in food processor. Add to flour/egg gravy.
- ü May need to add more water. Unfortunately it won't freeze.

### **Recipe 10: Pasta Salad**

*Ingredients:*

1 cup of macaroni

½ cup of grated mozzarella cheese

1 cup of chopped cooked chicken breast

½ cup of chopped carrots

½ cup of chopped green beans

1 tablespoon of parsley, chopped and fresh

1/3 cup of fresh chopped tomatoes

½ teaspoon of basil, dried

1 tablespoon of canola oil

2 tablespoons of buttermilk

**Directions:**

- ü Put a large pot of water on to boil.
- ü When the water is boiling put the macaroni in it and cook it until it is firm to the tooth. Then drain the macaroni and put it in a large bowl.

- ü Add the cheese into it while it is still warm and then stir in the chicken, carrots, green beans, parsley, and tomatoes.
- ü Mix the basil, oil and buttermilk together in a small bowl as the dressing.
- ü Pour the dressing over the pasta mixture and toss it around gently.
- ü Cool to normal temperature before serving out.
- ü Store covered in airtight container in the refrigerator for up to 2 days.
- ü Serves approximately 6 servings.

### **Recipe 11: Doggy Casserole**

#### *Ingredients:*

1 cup boiled poultry, chopped  
½ cup cooked brown rice  
½ cup boiled mixed vegetables  
3 to 4 Tbsp unsalted chicken broth

#### **Directions:**

- ü Stir together and serve at room temperature. A good doggy multivitamin/mineral supplement may be added for good measure.
- ü Be sure to store unused portions in a covered container in the refrigerator and discard remains after 3 days.

### **Recipe 12: Pampered Pooch Rice and Lamb Casserole**

#### *Ingredients:*

1 1/2 cups brown rice

2 teaspoons safflower oil

2 cups water

1/4 teaspoon ground thyme

1 cup grated Monterey Jack cheese

2 cubes beef bouillon

1 pound lean ground lamb

### **Directions**

- ü Combine rice and safflower oil in a saucepan over medium heat; stir and cook 2 minutes. Add the water, thyme, garlic powder, and bouillon. Cover, and cook 15 minutes more over medium heat, or until liquid is absorbed.
- ü Meanwhile, cook the ground lamb in a large skillet over medium heat until browned, about 10 minutes. Drain, then stir into the rice along with the Monterey Jack cheese until the cheese melts. Cool completely before serving.

### **Recipe 13: Meat Casserole**

#### *Ingredients:*

1lb Any meat (beef, venison, chicken)

1 Carrot finely chopped

1 Small potato finely chopped

1 Stick celery

1/2 Cups Sliced green beans (stringless)

1 T Gravox or steak sauce



**Directions:**

- ü Place all ingredients into a large casserole dish.
- ü Cover with water and mix.
- ü Place lid on casserole.
- ü Microwave on high for 10 minutes, mix again and then medium for 10 minutes. This should be cooked at least an hour before feeding so that it is well cooled.

**Recipe 14: Diabetic Dog Recipe***Ingredients:*

- 1/2 cup whole wheat flour
- 2 eggs
- 1 1/2 pounds beef liver, cut into pieces

**Directions:**

- ü Preheat the oven to 350 degrees F (175 degrees C). Line a 10x15 inch jellyroll pan with parchment paper.
- ü Place the liver into a food processor. Pulse until finely chopped. If you have room, add the flour and eggs, and process until smooth. Otherwise, transfer to a bowl, and stir in the flour and eggs using a wooden spoon. Spread evenly in the prepared pan.
- ü Bake for 15 minutes in the preheated oven, or until the center is firm. Cool, and cut into squares using a pizza cutter. The treats will have a consistency similar to a sponge. Store in a sealed container in the refrigerator.

**Recipe 15: Poodle Pasta**

## *Ingredients*

3 1/2 cups brown rice flour  
8 ounces beef liver  
3 whole eggs  
1 tablespoon olive oil  
8 tablespoons butter -- optional

## **Directions:**

- Û Puree beef liver in blender until smooth.
- Û Add eggs and blend for about a minute.
- Û Put flour in a large mixing bowl and make a well in the center of the flour.
- Û Pour liver and egg mixture into well along with olive oil.
- Û Mix well until thoroughly combined.
- Û Turn dough out on floured board and knead well for at least 5 minutes or until smooth and shiny.
- Û Wrap dough in plastic wrap and let dough rest in refrigerator for at least 1 hour, no longer than 2 days.
- Û When ready to make pasta, divide dough into 8 equal portions, approximately 4 oz. each.
- Û Form into desired pasta shapes with hands or use pasta machine.
- Û Cook in rapidly boiling water until al dente.
- Û For thin noodles, approximately 10 minutes, for thicker noodles a few minutes longer.
- Û Drain noodles and toss with 1 tablespoon butter per serving, if desired. Instead of butter, try tossing noodles with 1 tablespoon olive oil, canola oil or other oil high in omega-3 and omega-6 fatty acids.

**Yield:** "2 pounds"

**Serving Ideas :** Toss cooked pasta with finely shredded fresh vegetables such as carrots, zucchini, broccoli, sweet potatoes, etc. before serving.

Mix cooked pasta with 2 tablespoons low-fat cottage cheese and/or yogurt per serving for a smooth, creamy sauce.

### **Recipe 16: Potatoes Au Canine**

#### *Ingredients:*

3 cups boiled potatoes -- sliced

2 tablespoons vegetables -- grated

1/2 cup Creamed cottage cheese

1 tablespoon Nutritional Yeast

2 tablespoons Grated carrots

1/4 cup Whole milk

1/4 cup Grated cheese

#### **Directions:**

- ü Layer in a casserole dish the first 5 ingredients.
- ü Then pour the milk on top of all; sprinkle with cheese.
- ü Bake about 15 minutes at 350 until cheese melts and slightly browns.
- ü Serve cool.

**Notes:** As a potato substitute, you can use 3 cups of cooked oatmeal or 3 cups cooked brown rice.

### **Recipe 17: Bread Pudding**

#### *Ingredients:*

Butter or Margarine

4 slices of White Bread

3 Eggs

1/2 C Sugar

1/2 tsp Vanilla

2 C Scalded Milk

water

#### **Directions:**

- ü Preheat oven to 325 degrees.
- ü Grease baking dish with LOTS of Butter or Margarine. Cube 4 slices of White Bread and put in baking dish.
- ü In a bowl, mix 3 Eggs, 1/2 C Sugar and 1/2 tsp Vanilla.
- ü Add 2 C Scalded Milk and beat with wire whisk.
- ü Pour mixture into baking dish on top of cubed bread.
- ü Place baking dish in pan of water and bake (uncovered) for about 1 hour.

**Serving:** Feed dog 1/2 a "pudding" at each meal.

## Recipe 18: Easy Banana Pudding

### *Ingredients:*

9 1/2 cup low fat cottage cheese

1 over ripe banana

### **Directions:**

- ü Mash the banana directly in the dog's bowl.
- ü Mix with the cottage cheese.

Easy as that, and uses up over ripe bananas.

## Recipe 19: Good for You Gobblers

### *Ingredients*

- \* 2 cups brown rice flour
- \* 1/4 cup sunflower seeds -- chopped
- \* 2 tablespoons applesauce
- \* 1 tablespoon peanut butter
- \* 1/4 cup molasses
- \* 2 eggs -- beaten
- \* 1/4 cup milk

### **Directions:**

- ü Mix the dry ingredients (flour and seeds) together.
- ü Add applesauce, peanut butter and molasses and stir well.
- ü In a separate bowl mix the egg and milk together. Add to the dough.
- ü Add a little more milk if the mixture is too dry - you want a firm dough.  
Knead for a few minutes.
- ü Roll out to 1/2" thickness. Cut into desired shapes.

- Û Bakes at 350 degrees for 30 minutes, or until biscuits are brown and firm.

### **Recipe 20: Fruity Yogurt Treats**

#### *Ingredients*

- \* 2 kiwi fruit -- mashed, or jar baby food fruit
- \* 8 ounces strawberry yogurt -- or other

#### **Directions:**

- Û Mix together, freeze in ice cube tray.
- Û Serve

### **Recipe 21: Wheat Free Salmon Treats**

#### *Ingredients:*

- 1 8 oz. can salmon with juice
- 1/2 cup chopped parsley
- 3 eggs
- 1/2 cup sesame seeds ground up in coffee grinder
- 1/2 cup flax seeds ground up in coffee grinder
- 2-3 cups potato flour

#### **Directions:**

- Û Put these ingredients into a food processor, mix VERY WELL.
- Û Pour the potato flour through the opening while the motor is running. When the dough forms, like a pie crust, and rolls into a ball it is ready to take out.
- Û Dump this mess onto potato floured counter or board.

- ü Knead more flour into this and when it is a rolled out cookie consistency, it is ready to roll out into about 14 inch thick. You can use a pizza cutter to roll the long strips and then cut crosswise to make small squares . If you want fancy you may use a cookie cutter.
- ü Bake on cookie sheets, sprayed Pam or line the sheet with parchment paper. Put in as many as will fit. Usually two whole cookie sheets suffices.
- ü Bake this in a 375° oven for 20 min.
- ü Turn and rotate the cookie sheets and bake about 10 more minutes. You can make them as soft or as hard as you want.

## **Recipe 22: Massive Mastiff Munchy Muffins**

### *Ingredients*

- \* 2 carrots
- \* 2 3/4 cups water
- \* 1 egg
- \* 1/4 teaspoon vanilla extract
- \* 2 tablespoons honey
- \* 1 1/2 banana -- \*see Note
- \* 4 cups brown rice flour
- \* 1 tablespoon baking powder
- \* 1 tablespoon cinnamon
- \* 1 tablespoon nutmeg

### **Directions:**

- ü Shred the carrot with a hand shredder or in a blender. Mix all wet ingredients together in a bowl, and then add the pureed banana.
- ü Mix together thoroughly. Set aside.

- Û Combine the dry ingredients. Add the wet ingredients to the dry and mix thoroughly, leaving no dry mixture on the bottom.
- Û Coat a 12 muffin pan with nonstick spray. Fill each muffin hole 3/4 full. Bake about 1 hour at 350 degrees.

**Note:** over ripe. Try replacing the banana with one apple for a different flavor!

### Recipe 23: Cheesy Carrot Muffins

#### *Ingredients*

- 1 cup brown rice flour
- 1 cup whole wheat flour
- 1 tablespoon baking powder
- 1 cup cheddar cheese -- Shredded
- 1 cup carrot -- grated
- 2 large eggs
- 1 cup milk



#### **Directions:**

- Û Preheat oven to 350 degrees.
- Û Grease a muffin tin or line it with paper baking cups. Combine the flours and baking powder and mix well.
- Û Add the cheese and carrots and use your fingers to mix them into the flour until they are well-distributed. In another bowl, beat the eggs.
- Û Then whisk in the milk and vegetable oil. Pour this over the flour mixture and stir gently until just combined. Fill the muffin cups three-quarters full with the mixture.
- Û Bake for 20-25 minutes or until the muffins feel springy. Be sure to let the muffins cool before letting your dog do any taste testing!
- Û One muffin for medium to large dog, half a muffin for a toy or small dog.



## Recipe 24: Peanut Butter and Honey Dog Biscuits

### *Ingredients*

3/4 cup flour  
1 egg  
1 Tablespoon Honey  
1 teaspoon peanut butter  
1/4 cup vegetable shortening  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/4 cup rolled oats  
1/2 teaspoon vanilla

### **Directions:**

- ü Heat honey and peanut butter until runny (about 20 seconds in the microwave).
- ü Mix ingredients together and drop by 1/2 teaspoonful onto cookie sheet and bake at 350 degrees Fahrenheit for 8 to 10 minutes.
- ü My dog is a Pug, and a half a biscuit is plenty for her. So if you have a bigger or smaller dog, adjust the biscuit size (and the cooking time).
- ü This normally makes about 45 to 50 biscuits.

## **Recipe 25: Pet Party Mix**

### *Ingredients*

2 cups Cheerios(r)  
2 cups Chex mix  
2 teaspoons gravy, dry mix, brown  
1/2 cup Bacos(r)  
2 cups Shredded Wheat(r) -- spoon size  
1/2 cup melted butter -- or margarine  
1/2 cup American Cheese -- grated  
1 pieces Beef Jerky -- dog treats  
(pupperoni, Jerky Treats, etc.)

### **Directions:**

- Ü Preheat oven to 275.
- Ü Pour melted butter/margarine into a 33x23 cm baking pan. Stir in cheese, bacon bits, and gravy mix.
- Ü Add cereal and stir until all pieces are coated.
- Ü Heat until crisp, approx. 45 min.
- Ü Let cool and store in tightly sealed container.

## **Recipe 26: Pumpkin-Patch Dog Biscuits**

### *Ingredients*

1 1/2 cups brown rice flour

1 tablespoon brown sugar  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
4 tablespoons butter-flavored Crisco  
1/2 cup pumpkin, canned  
1 whole egg  
1/2 cup buttermilk

**Directions:**

- Preheat oven to 400 degrees.
- Combine flour, cinnamon and nutmeg and cut in shortening.
- Beat egg with milk and pumpkin and combine with flour, mixing well.
- Stir until soft dough forms.
- Using a tablespoon, drop mixture onto ungreased cookie sheet and bake for 12 to 15 minutes.
- Let cool and serve.

**Recipe 27: Puppy Formulas**

**Recipe #1**

*Ingredients*

2/3 Cup Goat milk canned (or just regular canned milk)  
1/3 Cup water or Pedialyte  
1 teaspoon Karo Syrup  
1 egg yolk  
1 teaspoon Dyne or pediatric vitamin

**Directions:**

Strain a couple of times to make sure there is no albumin in the mixture, although it has been used successfully without egg at all.

**Variation:** 1 can of Condensed Milk rather than goat's milk (it may be too high in protein and put a strain on the puppy's kidneys 1 envelope of Knox unflavored gelatin in addition to other ingredients (helps keep stools solid).

**Recipe #2***Ingredients*

- 1 cup of canned Condensed milk or evaporated milk
- 4 ounces plain, full-fat yogurt
- 1 egg yolk
- 1 dropper full of baby vitamins

**Directions:**

Mix well.

**Recipe #3***Ingredients*

- 2 cups hot water
- 1 can Evaporated milk (Not condensed--both are in bakery section of store but different products)
- 2 eggs
- 2 tablespoons Karo syrup
- 2 envelopes Knox unflavored gelatin.

**Directions:**

Mix thoroughly to get the gelatin working.

**Recipe #4***Ingredients*

4 ounces Carnation EVAPORATED milk

4 ounces FULL FAT natural, plain yogurt

1 tablespoon Mayonnaise, (NOT salad dressing and definitely NOT DIET)

1 egg yolk

1 dropper full of human baby pediatric liquid vitamin, no fluoride.

**Directions:**

Whiz in blender...feed baby.

**Recipe 28: Scrambled Eggs Doggie Style***Ingredients:*

1 cup dry dog food

3 eggs

1/2 cup ground hamburger

**Directions:**

- ü Mix eggs, hamburger, and any other ingredients.
- ü Scramble.
- ü Pour over dry dog food.

## Recipe 29: Scrumptious Carob Bake

### *Ingredients*

6 cups white rice flour  
1/8 cup peanut oil  
1/8 cup margarine -- safflower oil type  
1 Tbsp brown sugar  
4 ounces carob -- chips, melted  
1 cup water  
1/4 cup molasses  
1/2 cup powdered milk

### **Directions:**

- ü Mix dry ingredients in a large bowl. Add remaining ingredients and mix until blended.
- ü Dough will be stiff. Chill.
- ü Roll dough on a greased cookie pan and cut into shapes 1/2 inch thick. Bake at 300 degrees for 1 hour.

## Recipe 30: Puppy Pretzels

### *Ingredients*

1 teaspoon brown sugar  
2 teaspoons active dry yeast  
2/3 cup water  
3/4 cup whole wheat flour  
3 tablespoons soy flour, low fat  
1/4 cup nonfat dry milk  
1 tablespoon dried liver powder  
1 tablespoon bone meal flour  
1 egg -- beaten (1/2 in recipe, 1/2 in glaze)

2 tablespoons olive oil  
3 tablespoons wheat germ

**Directions:**

- Ü Dissolve yeast and sugar in warm water.
- Ü Combine dry ingredients. Add half of the beaten egg, oil and yeast-water mixture. Mix well.
- Ü Knead on a well floured board until dough is firm. Place in oiled bowl, cover and let rise until double in bulk.
- Ü Shape into pretzels and place on greased cookie sheet. Bake in preheated 375 degree oven for 15 minutes. Remove and brush with beaten egg and sprinkle with wheat germ. Return to oven and bake at 300 degrees for about 15 minutes until nicely browned and quite firm.

Note: You may omit liver powder and bone meal flour if you have difficulty locating them.

**Recipe 31: Sheltie Scones**

*Ingredients*

2 1/2 cups self-rising flour  
1 cup beef liver -- chopped  
1/2 cup water -- or beef stock  
1/2 cup milk  
2 tablespoons butter

**Directions:**

- Ü (Chopped Liver: Just boil the liver until it is gray and a rubbery consistency. Or if you have a microwave, cook it on high for about 8 mins.

- ü Chop it up into small pieces and when cool put the pieces into a number of airtight bags and store in the fridge. Use liver pieces as treats when training)
- ü **Scones:** Sift flour and salt into a bowl, rub in butter. Add chopped liver. Use a knife to stir in milk and enough water to mix to sticky dough.
- ü Turn dough onto lightly floured surface; knead quickly and lightly until dough is smooth. Press dough out evenly to about 2 cm and cut into rounds.
- ü Place on prepared tray and bake in very hot oven for 15 minutes. Makes about 16-18.

### **Recipe 32: Trail Dog Grub**

#### *Ingredients*

- 2 Cups Amaranth -- Cooked
- 1 Cup Lentils, Cooked
- 1 Cup Vegetables -- \*See Note
- 2 Tablespoons Cod Liver Oil
- 1 Pound Buffalo
- 1 Cup Beef Broth

#### **Directions:**

- ü Cut Buffalo meat to size for your dog, add to Stock Pot along with beef broth, vegetables and cod liver oil, cook 10 minutes.
- ü Add Water if more moisture is needed during cooking.
- ü Add cooked amaranth, cooked lentils mix well. Allow to cool and serve.



**Note:** Chopped to size for your dog, Assorted Veggies, carrot, kale, sweet potato, asparagus, zucchini etc.

### **Recipe 33: Vegetarian Dog Biscuits**

#### *Ingredients*

2 1/2 cups brown rice flour  
3/4 cup Powdered Milk  
1/2 cup vegetable oil  
2 tbs. brown sugar  
3/4 cup Vegetable Broth  
1/2 cup carrots -- optional  
1 egg

#### **Directions:**

- ü Preheat oven to 300F. Mix all ingredients into a ball and roll out to about 1/4" thick.
- ü Cut with bone-shaped cookie cutter, or strips, or a cutter shape of your own choice.
- ü Place on ungreased cookie sheet and bake 30 minutes at 300F.

### **Recipe 34: Veggie Bones**

#### *Ingredients*

3 cups minced parsley  
1/4 cup carrots -- shredded  
1/4 cup shredded mozzarella cheese  
2 tablespoons olive oil  
2 3/4 cups brown rice flour  
2 tablespoons bran

2 teaspoons baking powder

1/2 cup water -- possibly more

**Directions:**

- ü Preheat oven to 350 F, rack on middle level. Lightly greased baking sheet.
- ü Stir together parsley, carrots, cheese, and oil. Combine all the dry ingredients and add to the veggies. Gradually add 1/2 cup of water, mixing well.
- ü Make a moist, but not wet dough. If needed add a little more water. Knead for one minute.
- ü Roll out dough to 1/2 inch thickness. Using cookie cutter, cut out the shapes and transfer them to a baking sheet. Re-roll the scraps and continue until dough is all used up.
- ü Bake for 20 to 30 minutes until biscuits have browned and hardened slightly. They will harden more as they cool. Store in an airtight container.

**Recipe 35: Yogurt Pups**

Ingredients

16 ounces plain non-fat yogurt  
3/4 cup water  
1 tablespoon chicken bouillon granules

**Directions:**

- Dissolve bouillon in water, Combine water and yogurt in blender and blend thoroughly,
- Pour into small containers for freezing, cover and freeze.

**Dog Oil Supplement**

1/4 cup olive oil  
1/4 cup canola oil  
1/4 cup cod liver oil  
1/4 cup flax seed oil.

Place oils in brown bottle and shake well. Store in refrigerator. Add two teaspoons to the dog's food each day. Can be added to dry food as well. Safflower and Sunflower oil may used as well.

**Recipe 36: Boo's Biscuits**

*Ingredients*

3 1/2 cup whole wheat flour  
2 cup Quaker oats  
1 cup milk  
1/2 cup hot water  
2 beef or chicken bouillon cubes  
1/2 cup meat drippings

**Directions:**

- ü Dissolve bouillon cubes in hot water.
- ü Add milk and drippings and beat.
- ü In a separate bowl, mix flour and oatmeal. Pour liquid ingredients into dry ingredients and mix well.
- ü Press onto an ungreased cookie sheet and cut into shapes desired.
- ü Bake at 300 degrees for 1 hour. Turn off heat and leave in the oven to harden.
- ü Refrigerate after baking.

**Recipe 37: Breath Busters Biscuits***Ingredients*

1 1/2 cups whole wheat flour  
1 1/2 cups Bisquick (r) baking mix  
1/2 cup mint leaves -- loosely packed  
1/4 cup milk  
4 tablespoons margarine 1 egg  
1 1/2 tablespoons maple syrup

**Directions:**

- ü Combine all ingredients in food processor, process until well mixed, mint is chopped, and a large ball forms.
- ü Press or roll on non-stick surface (floured board or ceramic) to a thickness of 1/4-1/2".
- ü Cut into 1x2" strips or with bone-shaped cookie cutter and place on non-stick cookie pan.
- ü Bake at 375° for 20 minutes or until lightly browned.
- ü Cool and store in air-tight container.
- ü Makes about 30 medium biscuits.

### Recipe 38: Bulldog Banana Bites

#### *Ingredients*

2 1/4 cups whole wheat flour  
1/2 cup powdered milk – non-fat  
1 egg  
1/3 cup banana -- ripe, mashed  
1/4 cup vegetable oil  
1 beef bouillon cube  
1/2 cup water -- hot  
1 tablespoon brown sugar

#### **Directions:**

- ü Mix all ingredients until will blended.
- ü Knead for 2 minutes on a floured surface. Roll to 1/4 " thickness.
- ü Use a 2 1/2" bone shaped cookie cutter (or any one you prefer).
- ü Bake for 30 minutes in a 300 degrees oven on ungreased cookie pans.

### Recipe 39: Carob Cornered Crunchies

#### *Ingredients*

2 1/4 cups whole wheat flour  
1 egg  
1/4 cup applesauce  
1/4 cup vegetable oil  
1 beef bouillon -- or chicken  
1/2 cup hot water  
1 tablespoon honey  
1 tablespoon molasses



1 cup carob bar (approx)

**Directions:**

- ü Mix all ingredients together until well blended. Knead dough two minutes on a lightly floured surface.
- ü Roll to 1/4" thickness. Bake on an ungreased cookie sheet for 30 minutes in a 300 degree oven.
- ü Cool.
- ü Melt carob chips in microwave or saucepan.
- ü Dip cool biscuits in carob or lay on a flat surface and brush carob over the biscuits with a pastry brush.
- ü Let cool.

**Recipe 40: Munchie Crunchy Meat Treats**

*Ingredients:*

- \* 1/2 cup powdered milk -- non-fat
- \* 1 egg -- beaten
- \* 1 1/2 cups rice flour
- \* 1/2 teaspoon honey
- \* 1/2 cup water
- \* 5 teaspoons chicken broth -- or beef
- \* 1 jar baby food, meat, beef, strained -- meat, any flavor

**Directions:**

- ü Combine all ingredients well. Form into a ball. Roll dough out on a floured surface. Cut out desired shapes. Bake in a 350 degree oven for 25-30 minutes. Let cool. The treats should be hard and crunchy.

## Recipe 41: Bone Bonanza

### *Ingredients*

- \* 1/2 pound ground beef -- uncooked
- \* 1/4 cup chicken broth
- \* 1/3 cup black beans, cooked -- mashed
- \* 1/3 cup cottage cheese
- \* 1 teaspoon soy sauce

### **Directions:**

- ü Combine ground meat and chicken broth in a bowl.
- ü Add the black beans and cottage cheese. Add soy sauce. Mix all of the ingredients together thoroughly.
- ü Mold the mixture into bone shapes and place on a cookie sheet.
- ü Bake for 45 minutes in a 375 degree oven.
- ü Let cool.

## Recipe 42: BARF Breakfast (med size dog)

### *Ingredients*

- \* 1/4 cup rolled oats
- \* 1/2 cup yogurt 1/4 cup vegetables - \*see Note
- \* 250 mgs vitamin C - for dogs.
- \* Crushed 1 teaspoon honey
- \* 1 teaspoon apple cider vinegar
- \* 1 teaspoon kelp seaweed powder -- \*see Note
- \* 1 teaspoon alfalfa powder -- \*see Note

- \* 1 digestive enzyme -- for dogs (Optional)
- \* 1 teaspoon flax seed oil -- \*see Note
- \* 1/4 cup kibble -- optional

**Directions:**

- Û Soak rolled oats in yogurt overnight.
- Û Mix all ingredients and serve.
- Û Add kibble if desired.

**Note:** shredded, lightly steamed or pureed. Carrots, celery, spinach, yams and/or broccoli, apples etc.

**Note:** items can be purchased at health food store or pet store.

**Recipe 43: Banana Biscotti**

*Ingredients:*

5 cups brown rice flour  
1/4 cup peanuts, chopped  
1/2 teaspoon baking soda  
1 egg  
1/4 cup vegetable oil  
1 1/2 cups banana, pureed  
2 teaspoons vanilla  
water

**Directions:**

- Û Preheat oven to 325F.
- Û Place dry ingredients in a large bowl. Make a well in the center. Blend egg, oil and banana together. Add into the dry ingredients in well. Start combining together.



- ü Add water, one teaspoon at a time as needed. Knead by hand on table until mixed thoroughly.
- ü Form into logs approximately 2" - 2 1/2" high. Flatten so that log is 6" - 7" wide by 1" high. Place on non-stick baking sheets or lightly greased ones.
- ü Bake 30 - 40 minutes.
- ü Remove and cool for 10 minutes.
- ü Slice into 1/2" - 3/4" slices. Place on baking sheets and bake for about 20 minutes or until golden brown.
- ü Cool.
- ü Store in airtight container.

#### **Recipe 44: Beardie Coolers**

##### *Ingredients:*

2 fresh beef (or other species) marrow bones, each at least 1 in long  
water

##### **Directions:**

- ü In about a 2 qt pan, put the bones, and add enough water to cover the bones.
- ü Bring water to a boil; continue to boil for at least 10 min. (More time is ok, for a richer broth.)
- ü Remove bones, and return any beef marrow to the liquid, along with any meat that you can get off the bones.
- ü Cool the broth to room temperature.
- ü Pour liquid only into 2-4 ice cube trays.
- ü Chop up the marrow/meat/gristle into little bits, and put them into each section of the tray.
- ü Freeze solid.

- Û Serve 2-3 cubes on a very hot day. (Not too many if you made the broth very rich with extra bones or lots of marrow.)

### **Recipe 45: Doggy Dip**

#### *Ingredients*

- \* 3 tablespoons peanut butter
- \* 2 tablespoons honey
- \* 1 banana -- \*See Note
- \* 16 ounces vanilla yogurt
- \* 1 tablespoon brown rice flour

#### **Directions:**

- Û Mix the peanut butter, honey, and fruit together until well blended.
- Û In a separate bowl, combine the yogurt and brown rice flour, mix well.
- Û Add the fruit mixture to the yogurt and blend together.
- Û Keep cold in refrigerator.
- Û Use this dip to coat or dip biscuits and treats into.
- Û Allow treats to chill in refrigerator until coating is set and firm; this prevents big messes!

**Note:** Very Ripe, or a large jar of baby food fruit, any flavor

### **Recipe 46: Breath Biscuits**

#### *Ingredients:*

- 2 cups brown rice flour
- 1 Tbl. charcoal

1 large egg slightly beaten

3 Tbl. vegetable oil

1/2 cup chopped parsley

1/3 cup chopped fresh mint

2/3 cup milk

**Directions:**

- ü Preheat oven to 400.
- ü Combine flour, salt and charcoal.
- ü In a medium bowl, combine egg, oil, parsley and mint; mix well.
- ü Slowly stir in flour mixture, then add enough milk to make a dough the consistency of drop biscuits.
- ü Drop heaped tablespoons of dough about 1 inch apart onto greased baking sheets.
- ü Bake 15 min., or until firm.
- ü Store cooled biscuits in tightly covered container in refrigerator.

**Recipe 47: Dog Bones**

*Ingredients*

2 1/4 cups brown rice flour

1/2 cup non-fat dry milk

1 egg

1/2 cup vegetable oil

1 beef bouillon cube

1/2 cup hot water

1 Tablespoon brown sugar

**Directions:**

- Û Preheat the oven to 300 degrees.
- Û In a large mixing bowl, combine all ingredients, stirring until well blended.
- Û Knead dough 2 minutes.
- Û On a floured surface, use a floured rolling pin to roll out dough to 1/4-inch thickness.
- Û Using a bone shaped cookie cutter cut out bones.
- Û Bake 30 minutes on an ungreased baking sheet.
- Û Remove from pan and cool on wire rack.

#### **Recipe 48: Dog Powder Mix**

##### *Ingredients*

- \* 1 cup brewer's yeast
- \* 1 cup bone meal
- \* 1/2 cup kelp powder
- \* 1/2 cup alfalfa powder

##### **Directions:**

- Û Preheat the oven to 300 degrees.
- Û Mix well
- Û Add to air-tight container.
- Û Keep in freezer if desired add one tablespoon to dogs food each day

## Recipe 49: Labrador Loaf

### *Ingredients*

- \* 1 cup Amaranth
- \* 1 cup Dates -- dried
- \* 1 cup boiling water -- or beef broth
- \* 2 cups brown rice flour
- \* 2 teaspoons baking powder -- non aluminum sulfate
- \* 2 tablespoons canola oil
- \* 4 ounces Egg Beaters (r)
- \* 99% egg substitute
- \* 2 cups beef broth
- \* 1/2 pound ground beef, extra lean

### **Directions:**

- ü Put Amaranth and Dates in a bowl, pour boiling water over and allow to soak 30 minutes. Pre-heat oven to 350.
- ü In a large bowl, mix egg beaters and canola oil and beef broth and beef, mix well.
- ü Add brown rice flour and baking soda, and the soaked Amaranth and Dates. Mix well.
- ü Pour into an oiled loaf pan, bake for 1 hour or till done.

**Note:** Use Vegetable Broth and 1/2 Pound of Textured Vegetable Protein for a Vegetarian Diet.

## **Recipe 50: Doggie Kesh**

### *Ingredients:*

4 eggs

2/3 tbsp cream

2/3 cup skim milk

3 tbsp meat

3 tbsp cheese

9 inch pie crust/shell

fresh parsley

### **Directions:**

- ü Pre-heat oven to 375F degrees.
- ü Mix all ingredients together then pour into pie crust/shell put into oven for 35-45 min.
- ü Let it cool for 5 min.

## **Recipe 51: Mutt Muffins**

### *Ingredients:*

1 small jar of baby applesauce/or equivalent in \*regular\* applesauce

2 carrots

2 Tbsp honey

2 ¾ cup water

¼ tsp vanilla  
1 egg

**Directions:**

- ü Shred the carrots with hand shredder or food processor. In a bowl, mix all wet ingredients together and add the applesauce. Mix thoroughly.
  - § 4 cups whole wheat flour
  - § 1 Tbsp baking powder
  - § 1 Tbsp nutmeg/pumpkin pie spice
- ü Combine dry ingredients.
- ü Add wet ingredients to dry and mix thoroughly, scraping the sides and bottom of the bowl to be sure none of the dry mixture is left.
- ü Grease a muffin tin with non-stick spray. (Paper liners stick to the muffins so just use a greased muffin tin)
- ü Using an ice cream scoop, fill each cup ¾ full.
- ü Bake at 350° for approximately 1 hour. Makes about 2 dozen Mutt Muffins.

**Recipe 52: Liver Bits**

This works well if you want a dry treat that won't leave any residue. It's a bit like the liver bread recipe but less bready in texture. After it's cooked in the microwave and cut up into bite-size bits, the trick to drying it out is the last step.

*Ingredients:*

1 lb. chicken liver  
1 cup graham cracker crumbs  
3 tablespoons molasses or honey  
¼ cup parsley

**Directions:**

- ü Place all ingredients in the bowl of food processor. Process until smooth. Pour into a microwaveable container, approximately 8" square or round.
- ü Microwave on high until a toothpick inserted in the center comes out clean. This takes 7 minutes in my microwave, but your mileage may vary. When cooked, turn out of pan immediately, allow the bottom to dry since it will be damp from condensation, and cut into squares while still warm.
- ü Spread bits on a foil-lined cookie sheet and bake at 200° for 1.5 hours.
- ü Freeze or refrigerate.

**Recipe 53: Meat Ball Mania***Ingredients:*

1/2 lb. ground beef  
2 tbsp. grated cheese  
1 carrot, finely grated  
1/2 cup bread crumbs  
1 egg, beaten  
1 tsp. tomato paste

**Directions:**

- ü Preheat oven to 350 degrees.
- ü Combine all ingredients together; mix thoroughly.
- ü Roll into meatballs - whatever size is appropriate for your dog.
- ü Place on a cookie sheet sprayed with non-fat cooking spray.
- ü Bake for 15-20 minutes, or until they are brown and firm.
- ü Cool and store in the fridge or freezer.



## Recipe 54: Frozen Peanut Butter Yogurt Treats

### *Ingredients*

\* 32 ounces vanilla yogurt

\* 1 cup peanut butter

### **Directions:**

- Û Put the peanut butter in a microwave safe dish and microwave until melted.
- Û Mix the yogurt and the melted peanut butter in a bowl.
- Û Pour mixture into cupcake papers and freeze.

## Recipe 55: Apple Crunch Pupcakes

### *Ingredients*

2 3/4 cups water

1/4 cup unsweetened applesauce

2 tablespoons honey

1 medium egg

1/8 teaspoon vanilla extract

4 cups whole wheat flour

1 cup apple, dried

1 tablespoon baking powder

### **Directions:**

- Û Preheat oven to 350 degrees.
- Û In a small bowl, mix together water, applesauce, honey, egg, and vanilla. In a large bowl, combine flour, apple chips, and baking powder.
- Û Add liquid ingredients to dry ingredients and mix until very well blended.
- Û Pour into greased muffin pans,

- Û Bake 1 1/4 hours, or until a toothpick inserted in the center comes out dry. Store in a sealed container.
- Û Makes 12 to 14 pupcakes

### **Recipe 56: The-Day-After Turkey Omelet**

#### *Ingredients:*

- 1 egg
- 1-2 tbsp. mashed potatoes
- 1/2 cup diced cooked turkey meat
- 1/2 cup cooked vegetables, chopped
- 1/4 cup desired cheese, grated

#### **Directions:**

- Û Heat a medium-sized pan with a small amount of olive oil.
- Û Whisk together the egg and potatoes.
- Û Spread in pan. Place turkey and veggies on top in even layers.
- Û Cover; simmer until egg cooks and the mixture is warm.
- Û Sprinkle cheese on top, then cook a few more minutes until cheese is melted and egg is golden brown.
- Û Let cool.
- Û Cut into wedges. Store in refrigerator.

### **Recipe 57: Champion Cheese & Veggies Chews**

#### *Ingredients:*

- 1/2 cup grated cheese, room temperature
- 3 tbsp. veg. oil
- 3 tsp. applesauce
- 1/2 cup cooked veggies (whatever kind you prefer)

1 cup whole wheat flour

non-fat milk

**Directions:**

- ü Mix cheese, oil and applesauce together.
- ü Add veggies and whole wheat flour. Combine thoroughly.
- ü Add just enough milk to help form a ball.
- ü Cover and chill for one hour.
- ü Roll onto a floured surface and cut into shapes.
- ü Bake in a preheated 375 degree oven for 15 minutes or until golden brown. Let cool.

**Yield:** 12 - 15 chews

**Recipe 58: Pugs Pops**

*Ingredients:*

1 Quart fruit juice

1 banana, mashed

1/2 cup yogurt

**Directions:**

Mix ingredients together thoroughly, then freeze.

**Recipe 59: Frozen Doggie Yums**

*Ingredients:*

- 1 cup water
- 1 cube chicken or beef boillion (dog's favorite)
- 4 small pieces of chicken or beef

**Directions:**

- ü Dissolve boillion in water and tear meat into smaller pieces about 1/2 inch squares.
- ü Freeze for about 12 hours or until solid. Great for hot days.

**Recipe 60: Red Son's Reward - Wheat Dog Biscuits**

*Ingredients:*

- 3/4 cup hot water, beef broth or chicken broth
- 1/3 cup margarine
- 1/2 cup powdered milk
- 1 tbsp parsley flakes
- 1 egg, beaten
- 3 cups whole wheat flour

**Directions:**

- ü Preheat oven to 325 degrees. In large bowl, combine water or broth with margarine. Add powdered milk, parsley and egg. Stir in flour in 1/2 cup increments, mixing well after each addition.
- ü Knead the dough for 3-4 minutes and roll out to 1/2 inch thickness. Cut into desired shapes, place on greased cookie sheet and bake for 50 minutes.
- ü Remove from oven and let dog biscuits cool until dry and hard. Makes approx. 1-1/4 pound dry dog biscuits.