



Homemade Dog Food Delivered Weekly

30%-Animal Protein 30% Good Carbs 30% Fruits and Vegetables
 Available with or without supplements

Sample 15 # Batch

- 5 # Frozen Turkey or Turkey Breast
- 12 Fresh, Hardboiled Eggs, Ground Shell
- 3 # Cooked, Fresh Carrots & Sweet Taters
- 2.5 # Mix Spinach, Broccoli, Green Beans
- 2.5 # Cooked White Rice and Oatmeal
- 1/4 cup Cranberries or Blueberries
- 2 oz Ginger
- 2 oz Garlic
- 4 oz Ground Flax
- 3 TBS Evoo
- 1TBS Rosemary
- 1 TBS Oregano



Cost \$3.50 per pound ~ cup
WITHOUT supplements DELIVERED

Delivery w/in 10 miles to cooler at front door. Empty containers Returned

Optional Supplements -
 each additional cost per batch

- Glucosamine
- Chondroitin
- Selenium
- B Complex with C
- Vitamin E
- Evening Primrose oil
- Any other supplements desired**





FOOD FAQ's

- I boil the protein first, then use that same water to cook the vegetables, then use that same water to cook the carbs so that all of the nutrients are used.
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- The shells from the hard boiled eggs I grind up in a spice grinder.
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- The vegetables are cooked whole to maintain nutritional content, then pureed.
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- I also grind up the supplements (tablets) in a spice grinder.
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- I use mostly fresh vegetables, but sometimes frozen.
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- I always use eggs, but I stick to just one other protein.
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- For me, white rice works better than brown.
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- The Garlic and Ginger I have used minced raw, minced cooked, and dried. Same with Rosemary and Oregano.
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- Cranberries and Blueberries I have used cooked fresh and dried cooked. I usually throw them in with the rice.
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- The B Complex vitamins and egg yolks turn everything kinda yellow.
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- I use a stick blender on the vegetables so they become like a paste.
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- White potatoes and Pasta aren't my primary starches. If I use them at all.
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- I mix the supplements in with the batch
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- I mix up a week or so worth in a turkey fryer
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- My 50# dogs get around 2 cups once per day-
- I also offer them kibble free feed,
- but they hardly ever eat it.

- Often you can feed much less than you have to
- with commercial food- because every ingredient
- delivers wholesome nutrition.



Green Beans

Getting your dog to eat his green beans will probably be easier than getting your kids to do the same. Green beans are good for your pooch because of their omega-3 fatty acids and vitamins A, C, and K. They're also a good source of calcium, copper, fiber, folic acid, iron, niacin, manganese, potassium, riboflavin and thiamin, as well as beta carotene. Essentially, they're the superpower of vegetables for your pooch.

Spinach

We certainly understand the value of spinach in our own diets, but luckily this green, leafy vegetable can be just as powerful for your dog. Although it's high in iron (with almost twice as much of it as most other sources), spinach is a particularly good option for your dog since it helps fend off inflammatory and cardiovascular issues, along with cancer.

Apples

Besides the fact that it's super fun to watch a dog eat an apple, the powerful antioxidants and loads of vitamin C will do wonders for your dog's diet, as well.

Pumpkin

Feed your dog pumpkin to load him up on fiber, vitamin A and anti-oxidants to help alleviate diarrhea and constipation and to promote his overall cardiovascular health.

Sweet Potatoes

A great source of vitamins E, A, B-6 and C, as well as calcium, iron, folate, potassium, copper, thiamine and iron, sweet potatoes are a wonderful (and super tasty!) addition to any pooch's dinner bowl.

Blueberries

Blueberries, with their high levels of resveratrol and their anti-cancer and heart disease fighting qualities, make a great option for your dog's diet. As an added bonus, the tannins found in blueberries also help prevent urinary tract infections.

Rosemary & Oregano boost the immune system thanks to their antioxidant, anti-inflammatory, and anti-carcinogenic properties. Because they are healing in so many ways, they boost the overall health of the

Garlic has detoxifying effects. At least six compounds contained in garlic can enhance liver function by helping the liver to eliminate toxins from the body, thereby preventing toxic accumulation that may lead to cancerous growths.

As a general rule, dogs will eat around 2-3% of their body weight in fresh food daily (use cooked weights for foods that are cooked). Large dogs tend to eat a lower percentage while small dogs a higher percentage of their body weights. Toy breeds may need more - as much as 4-5% of their body weight daily. On the other hand, giant breeds might eat as little as 1.5%, or even less.



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Many people mistakenly believe that if they feed their dogs a commercial dog diet, then all the essential nutrients are there in the food, and as such they do not have to give any vitamins or other supplements to their dogs. After all, commercial dog food is supposed to be "complete and balanced", right?

Well, I wish I could agree but...

The fact is, sadly, commercial pet food is depleted of a lot of essential nutrients, either due to poor quality, or because of the way the food is being processed. As you know, many nutrients are unstable when exposed to air and/or heat, and can easily be destroyed during food processing. For example, digestive enzymes and vitamins can be destroyed by heat. When the food is cooked or processed to over 118°F, enzymes are destroyed. Fatty acids can become rancid. In addition, fatty acids in commercial food tend to be high in Omega-6's and low in Omega-3's.

It is therefore important that natural supplements are included as part of the dog's daily dietary routine - Don't wait until your dog is sick before you give him supplements!

Even if you feed your dog a very high-quality home-made diet, certain supplements (such as antioxidants, vitamins and minerals, fatty acids, probiotics, etc.) are beneficial to the overall health and wellbeing of the dog.

To help you understand a bit more about some beneficial natural supplements for dogs, I have put together several pages listed below, in alphabetical order. Please take the time to go over each page so that you can make a better-informed decision as to which supplement(s) your dog needs taking into consideration his age and health condition.

I hope you will find the information useful.

Natural Supplements for Your Dog's Health

- **[Apple Cider Vinegar](#)**

ACV is one of the most useful supplements for dogs as it can give our dogs a lot of health benefits. It is anti-bacterial and anti-fungal; therefore, it prevents infections caused by bacteria and fungus. ACV also supports and boosts the immune system. ACV can be used topically and orally, and is a "must-have" at home for dogs at all life stages.

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- **[Antioxidants](#)**

Antioxidants are some vitamins, minerals, and other chemical compounds that can stop cellular damage caused by free radicals. Vitamins A, C, and E, Carotenoids, [Selenium](#), Coenzyme Q10, and Alpha Lipoic Acid (ALA) are all powerful antioxidants.

Antioxidants can slow down the aging process and help prevent cancer. Older dogs and those with health problems such as cancer can benefit from supplementation of antioxidants.

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- **Coconut Oil**

Coconut oil can be given orally to dogs as a supplement, and it can also be applied topically on the skin to treat dry itchy skin, lesions, ringworm, and so on. It has a lot of health benefits (both for humans and dogs), and since most dogs like the taste of coconut oil, supplementing is not a problem!

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- **Enzymes**

Enzymes are special proteins that are essential for food digestion. However, as mentioned above, enzymes in food are easily destroyed or inactivated during food processing. It is therefore advisable to supplement dogs with digestive enzymes to help with food digestion. This is especially important for dogs with digestive issues such as colitis, IBD, chronic gastritis, and so on.

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- **Fatty Acids**

Fatty acids (Omega-3 and Omega-6 are two FAs that are essential for dogs) are specific types of polyunsaturated fats. They are, however, unstable and can go rancid easily. Dogs of all ages can benefit from fatty acid supplementation, in particular Omega-3 FAs since most dog foods are low in them.

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- **Glucosamine**

If your dog is over 7 or if your dog is starting to show signs of joint pain, glucosamine is an essential supplement since its function is to maintain and regenerate healthy cartilage in joints. If glucosamine is depleted, degenerated joint problems such as osteoarthritis occurs.

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- **Honey**

Honey can be used orally for allergies and digestive problems, and it can also be applied topically to burns, wounds, hot spots, and other skin problems. Like coconut oil, honey has loads of health benefits for dogs (and people), and because it is sweet, most dogs have no problem with the taste.

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- **Kelp**

Kelp is the most nutritious of all sea vegetables. It is rich in minerals and trace elements and has a nourishing and tonic effect on all of the body's systems. Kelp contains over 60 minerals and trace elements, 21 amino acids, simple and complex carbohydrates and several essential plant growth hormones. Kelp supplies a natural source of minerals to a dog's body and minerals are essential in every aspect of a dog's health.

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- **MSM**

Like glucosamine, MSM (Methyl-sulfonyl-methane) is one of the best natural supplements for dogs with joint problems.

- **Probiotics**

One of the most powerful natural supplements for dogs, probiotics are the "good bacteria" and are used to restore the normal balance of gut microflora (bacteria). They act as the body's first line of defence against all the potentially harmful bacteria and other microorganisms that your dog eats or inhales. Thus, having a constant supply of these friendly bacteria in your dog's GI tract can help prevent a wide range of health problems. Probiotic supplements are advisable for dogs at all life stages, but particularly for older dogs and those with chronic digestive problems, such as chronic diarrhea, colitis, IBD, and so on.

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- **Resveratrol**

Resveratrol is a powerful antioxidant and has anti-inflammatory and anti-cancerous properties. It may be one of the most important natural supplements for dogs who are aging and with weakened immunity.

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- **Vitamins**

Vitamins for dogs are as essential as they are for people. Vitamins are present in trace amounts in most foods and they are essential for numerous functions performed in the body, such as acting as antioxidants, assisting in digestion and nutrient absorption, keeping the skin and hair healthy. (For more information, visit our pages on [Vitamins for Dogs](#) and [Vitamin C for Dogs](#).)

- See more at: <http://www.natural-dog-health-remedies.com/natural-supplements-for-dogs.html#sthash.f2n6XQFN.dpuf>



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30 % Animal Protein - 30% Carbs - 30 % Vegetables + Supplements

Proteins : (cooked)

Fresh, Whole Chicken or Chicken Breast with skin **or**
Frozen, Whole Turkey or Turkey Breast with skin.
Fresh, Hard Boiled Eggs.

Carbs :

Cooked White or Brown Rice, Rolled Oats, Barley, Fresh White Potatoes, Fresh
Sweet Potato, Cooked Pasta

Vegetables/ Fruit :

Fresh or Frozen :Spinach, Green Beans, Broccoli, Carrots, Sweet Potato,
Canned Pumpkin, Green Pepper, Apple, Kale, Cranberries, Blueberries

Additional :

Ground Flax, Garlic, Ginger, Powdered Egg Shells, Rosemary, Oregano, EVOO

Supplements: (dosage by pet's weight)

Glucosamine & Chondroitin, Selenium, B complex, Vitamins E and C, Carnitine,
Evening Primrose Oil