



Benefits

- You know exactly what your pet is eating
- Wholesome ingredients
- Customizable
- Enticing
- Improved vitality
- Reduce costs

Product Suggestions

- Four Leaf Rover Meat Mixer
- The Honest Kitchen Fruit & Veggie Base Mix
- The Honest Kitchen Veggie, Nut & Seed Base Mix
- Grandma Lucy's Pureformance Premix
- Grandma Lucy's Macanna Premix
- Dr. Harvey's Canine Wellness
- Dr. Harvey's Veg-To-Bowl
- Dr. Harvey's Paradigm
- Dr. Harvey's Raw Vibrance

- Annamaet Enhance
- Herbsmith Nutrients
- Sustenance Herbs CWB

- Animal Essentials Calcium
- Four Leaf Rover Better Bones
- Pet's Friend Eggshell Calcium

- Four Leaf Rover Green Rover and Red Rover
- Four Leaf Rover Guts & Glory

HOME-COOKED DIETS

Balance Is A Must

Cooking for your pet *does* require that you think about how the diet is balanced over time. Every meal does not need to be identical, but you must be sure that your pet is getting all of the nutrients they need. **We strongly recommend that you use quality recipes or consult with a professional if this is going to be your pet's main diet. Diets for puppies and kittens, active adults, less active adults, and those with medical needs all *require* different recipes. See Recipe Resources on page 2 to find help.**

Multi-Vitamin/Mineral Supplementation: Adding a full spectrum supplement should be done if your pet is getting more than 25% of its food as homemade. It's an easy way to ensure that baseline nutritional needs are met and is especially important if you are feeding a limited variety of ingredients.

Calcium: Dogs and Cats need more calcium for their size than you might think. For a diet high in meat (which is most appropriate for most dogs, and all cats) you must ensure that your pet is getting enough calcium every day. See our handout on calcium for more on this.

The Pre-Mix Option: There are many options of premixes which, when combined with meat, create a complete diet. These offer the easiest way to ensure balance with ease.

Moist Cooking Is Best

Using a crock pot or gently poaching the food with the lid on ensures that you retain water soluble nutrients. If you bake the food, or boil meat and don't retain the liquid, you must supplement with taurine in addition to a standard full-spectrum supplement (which for dogs usually doesn't contain taurine). Even with moist cooking some nutrients are degraded, so cooking a commercial balanced raw diet will make it unbalanced.

A Simple Formula For A Healthy Adult Pet - Part-Time Feeding

This basic recipe is suitable if you are feeding it a few times a week, or want to try out daily feeding for a couple of weeks. A long-term daily diet must be more carefully designed (see Recipe Resources on the next page).

DOGS

- Protein 50-75%, Complex Carbohydrates 15-25%, Vegetables 10-15%, + calcium and multivitamin.
- Real world proportions (measured before cooking): 2 lbs. of lean meat and 1 cup of your chosen carb/veg combination.

CATS

- Protein, 80-90%, Complex Carbohydrates 10-15%, Vegetables 3-5%, + calcium and multivitamin.
- Real world proportions (measured before cooking): 1 lb. of lean meat and 3 Tablespoons of your chosen carb/veg combination.



Recipe Resources

- animaldietformulator.com
- freshfoodconsultants.org
- monicasegal.com
- petdiets.com
- healthydogworkshop.com
- dailydogfoodrecipes.com
- balanceit.com

- The Forever Dog Life (book)

Pet Health Guides:

- *Essential Calcium*
- *D.I.Y. Veggies for Raw Diets*

Protein options for both dogs and cats:

- Lean muscle meat should make up most of the protein: beef, chicken, turkey, white fish (cod, tilapia, etc), oily fish (sardines, salmon, etc), lamb, venison, bison. Don't limit your meat to just one thing like chicken breast.
- Organs should make up 10% of your protein: liver (which should be up to half of your organ portion), gizzards, heart, kidney, spleen. These provide unique nutrients and are essential for cats, so supplement if not using organs.
- Proteins to feed in smaller amounts: eggs, cheese, cultured dairy (yogurt, kefir).

Complex Carbohydrate should always be cooked: sweet potato, yam, white potato, millet, bulgur, buckwheat, quinoa, oats, brown rice, beets, turnips, carrots.

Vegetable options for both dogs and cats: Make use of trimmings from your own cooking, like broccoli stems. Always grind veggies for cats. It's best to combine a variety from all categories below:

- Leafy greens: leaf lettuces, salad mix, dandelions, watercress, sprouts, nettles, cilantro, parsley
- Hearty greens: cabbage, bok choy, kale, collard greens, broccoli, brussel sprouts, spinach, asparagus, chard
- Sweet Veggies: green beans, peas, summer squashes, cucumber, purslane

Common Foods You Should Not Feed: Onions, Large Amounts of Garlic (a clove a day for a medium-sized dog is fine), Macadamia Nuts. Cooked Bones. Raisins, Grapes.

Helpful Ideas

- Add ingredients to a crock pot with some water and cook as you normally would for yourself. If you're ingredients are thawed you can cook them quickly on the stovetop (again, with some water added and the lid on).
- Add supplements *after* cooking. Some (like enzymes, probiotics, and fish oil) should be added when food is dished up.
- Make a big batch at once and freeze it in smaller containers. You can store the cooked food in your freezer for a few weeks, and up to 5 days in your fridge.
- Write down what you used so that you can be sure you're varying it in the next batch, as well as having accurate information if an issue arises.
- Have a "Pre-Mix" from brands such as Grandma Lucy's, The Honest Kitchen, & Dr. Harvey's on hand for those busy days. They include some supplements, you just add meat & oil for a meal.
- Supply important Omega-3 fats with fish oil or fish (those used for making oil).
- It can be hard to find a variety of organ meats. Shop Asian markets, and make use of products at Dexter's like Halshan organ blends.
- Grinding your veggies and cooked starches in a food processor in a large batch once a month makes it easier when you're busy. You can freeze it in ice cube trays (for cats and small dogs), in small tupperware or use a half-cup or quarter-cup measure to freeze on a cookie sheet, then store them in ziplock bags. See our handout *DIY Veggies*.

