



Basic Beef Recipe

RECIPE INGREDIENTS

<i>Item</i>	<i>Pounds</i>	<i>Grams</i>	<i>Ounces</i>	<i>Percent</i>
Sweet potato, flesh only, baked in skin	1.24 lb	561.41	19.80	30.77%
Beef, ground, 80% lean, 20% fat, crumbles, pan-browned	1.02 lb	461.84	16.29	25.31%
Spinach, boiled, drained, no salt	0.62 lb	280.70	9.90	15.38%
Sardines, canned in water, no salt	9.90 oz	280.70	9.90	15.38%
Beef liver, cooked, braised	7.43 oz	210.53	7.43	11.54%
Bonemeal, NOW brand	13.61 gms	13.61	0.48	0.75%
Hempseed oil	13.47 gms	13.47	0.48	0.74%
Kelp, dried	1.24 gms	1.24	0.04	0.07%
Zinc, 15 mg/ g ; 1 capsule = 1g	1.24 gms	1.24	0.04	0.07%
Total	-	1,824.74	64.37	100.00%

Instructions:

All ingredients in this recipe should be prepared as described. Practice safe food handling techniques including washing of hands before and after handling raw meat. After cutting raw meats, wash all surfaces with hot, soapy water.

Mix all ingredients thoroughly. A food processor works well for this.

While food may be refrigerated for use within 48 hours, you may freeze meals in portions for serving later. Use within 2 months of preparation.

While this recipe is nutritionally complete, it is intended for intermittent use. Feeding a variety of proteins and other ingredients is recommended for optimal health. It is intended for adult dogs and is not suitable for growing puppies.

This recipe provides, on an as formulated basis:

Protein	14.5%
Fat	7.4%
Ash	2.2 %
Moisture	68%
Fiber	1.4%
Net carbs	6.3%

Calories per ounce: 42.5

The recipe provides approximately 39% of calories from protein, 45% from fat, and 17% from carbohydrates.

Feeding recommendations per day for adult, moderately active dogs:

Weight of dog	Amount to feed per day
10 pounds	4 ounces
20 pounds	7 ounces
30 pounds	11 ounces
40 pounds	14 ounces
50 pounds	16 ounces
60 pounds	20 ounces
70 pounds	22 ounces
80 pounds	25 ounces