

# My Healthy Homemade Dog Food

**Dog 25 pounds**

**Change from dog food to all raw have 100% Pumpkin (no spices in it) on hand and go back to the week before if upset stomach.**

**Week one: I put the yogurt or kefir and honey in with kibbles in the morning**

**Week two: Added herbs, supplements and ½ in recipe cooked oatmeal**

**Week three: Slowly add meat and take away part of kibbles**

**Week four: Take all kibbles away and feed healthy dog recipe below**

**If at any point the dog gets an upset stomach, go back to the week before and feed some pumpkin. After they have been on the healthy dog food diet, you can change things with out many problems.**

*This recipe is for a healthy dog*

## **What You'll Need to Get Started**

Freezer, Scissors, Knives, Food Scale, Food Chopper, Grinder or Food Processor, Refrigerator Space, Plastic Containers and Zip-lock bags.

### **Remember This:**

- Fresh is Best
- Frozen is Good
- Canned is OK

<http://www.arthursdoghouse.com/>

## Breakfast

### INGREDIENTS:

4.5oz Meat Raw (thawed and cut in to bit size pieces) (turkey- heart, liver or ground), (beef- heart, liver, kidney or ground), (chicken-heart, gizzards, liver, ground), (fish, canned- salmon in water, sardines in water. *Once a week I feed fish, wash gizzards in water before feeding and take any foreign objects out.*

1 teaspoons 100% Pumpkin (no spices in it) *on day I feed fish, I added more pumpkin, so they do not get a loose stool*

Cooked ROTATING (2 tablespoons (Baked) Sweet potato, Yams, (Cooked) Brown Rice or Oat Meal, (Canned) White Potatoes, (Or I also give ½ cup cereal, like cheerios )

1 eggs Hard cooked with shell or with out (Cook for 5 min) *one or two times a week*

½ teaspoon Olive oil

1 teaspoon Blackstrap molasses

½ teaspoon Ground flaxseed

2 teaspoons Yogurt (plain) or kefir

1/2 cup Tap water

1 drop vitamin E (Buy 400 IU soft gels for people, poke with a fork and squeeze on to food then throw left over away). How to put 1 drop vitamin E on dog food <https://youtu.be/V-YOkKyb3s8>

**Fruit or vegetables put in a food chopper, grinder, and food processor or cut up very small ROTATING when feeding or mix vegetables and fruit and put in zip bag and freeze, then thaw and give 1 teaspoon.**

1 ½ teaspoons Fruit (Yellow Fruit, Melons, Pears, Banana, Strawberry's, Blueberries, Red Raspberries, Apples, no seeds)

Or

1 ½ teaspoons Vegetables (Green leafy, Carrots, Kale or Greens, Green beans, Peas,

Lettuce, Cucumbers, Beets, Broccoli, Spinach, Cabbage, Celery, (Canned) Pumpkin, or (Cooked) Squash)

## **Dinner**

### **INGREDIENTS:**

4.5oz Meat Raw (thawed and cut in to bit size pieces) (turkey- heart, liver or ground), (beef- heart, liver, kidney or ground), (chicken-heart, gizzards, liver, ground) *Gizzards wash in water before feeding and take any foreign objects out.*

1 teaspoons 100% Pumpkin (no spices in it)

Cooked ROTATING (2 tablespoons (Baked) Sweet potato, Yams, (Cooked) Brown Rice or Oat Meal, (Canned) White Potatoes, (Or I also give ½ cup cereal, like cheerios )

½ cup Cottage cheese (low fat)

2/3 teaspoon Bone meal power (found in health food store)

Kelp (found in health food store) 1 small spoon that comes with Kelp or 1/16 teaspoon

Dash of herbs ROTATING (Sage, Parsley, Ginger, Rosemary or Cayenne Pepper)

1 teaspoon Apple cider vinegar

½ cup Tap water

**On day dog are not feeling good or 1 or 2 times a week / once a day**

1 or 2 drops Honey

### **INSTRUCTIONS:**

-Meat you can weigh it and put in zip bags and freeze, thaw two or three bags and just put it in dish. If you like, you can cut it in bit size pieces before or after freezing.

-Boil eggs in water for 5 minutes, drain water and brake shell, cool. Brake up with or

with out shell and put in food when ready to feed.

- Fruit and vegetables can be put in a food chopper, grinder or cut up very small, then store in fridge until you need, or you can freeze them for later use.

-Oat meal cook as directions on box, just cook with water and oatmeal.

-Brown rice, put water in a med size pan heat to a boil then add 1 - 2 cups rice to water and boil until all liquid is gone and rice is soft, rinse in cool water and store in fridge until you feed your dog.

-Any canned vegetables take a wet rag and wipe off top of can then open and drain all liquid out, then run water over vegetables and drain before feeding.

Meat, vegetables and fruit you can use baby food as long as it does not have any thing that a dog should not eat in it.

<http://www.arthursdoghouse.com/avoid-feeding.html>

**Remember:** This is only a guide, if your dog gets to thin consider giving the dog more food, but if the dog is putting on to many pounds give the dogs less. Each dog is different, one may be a couch potato another may be on the go all the time, but they may weigh the same. Then a dog in a colder climate will eat more then a warmer climate dog. Then age play is a big part in how much they eat too.

Keep an eye on dogs stool if it's loose give more pumpkin, if dog has problems going give less pumpkin or you can give them some fish, it helps when a dog can't go potty.

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