



Homemade Diet for Dogs

Protein - 40% - Use ground beef, chicken, turkey, lamb, and organic egg yolk; cooked egg white; tofu (no cooked bones)

Vegetable - 20% - Use finely grated or chopped steamed zucchini or carrot; alfalfa sprouts; steamed broccoli, corn; baked winter squash; yam or sweet potato.

carbohydrates - 40% - Bulgur, millet, brown rice, rolled oats, cornmeal, or barley

Daily supplement (add to homemade diet):

- . Sea Vet Gold (Fish Oil) (see Dr. Plavin for dose)
- . Lite salt (Morton), (Potassium Chloride)
- . Olive Oil
- . Solid Gold bone meal or calcium carbonate (Tums), (dose is 20 mg/lb) . Pioneer Nutritional 1 + Vitamin Mineral (brand name).

Sample Diets:	20lb dog	40lb dog	80lb dog
Protein:	4 - 6 oz	8 - 12 oz	16 - 24 oz
Vegetable:	1 - 2 oz	2 - 4 oz	4 - 6 oz
Carbohydrate:	4 - 6 oz	8 - 12 oz	16 - 24 oz
Lite Salt	1 tsp	1 tsp	1 tsp
Olive Oil	2 tsp	4 tsp	8 tsp
Calcium Carbonate	400 mg	800 mg	1600 mg
Pioneer Vitamin	1 tablet	1 tablet	2 tablets

*Use discretion for the above amounts, i.e.: overweight dog you would use less, and a highly athletic dog you would use more. Organic foods would of course be the ideal, but again use your discretion when purchasing foods.