

Basic home cooking recipes

Here are some basic getting started recipes for dog food. Remember to use a good supplement one that has all the essential fatty acids lutein and calcium. I use Nupro but there are lots of other good ones out there too.

These recipes will give you approximately 14 days worth of food. To be stored in your freezer and warmed in the microwave at feeding time. As with any home cooking diet blood tests should be taken every 6 months to be sure there isn't any deficiency in the dog's diet.

Your dog should be supplemented with calcium/magnesium tablets because of the lack of bones in home cooking. You can purchase calcium +D and magnesium in a low enough dose to give your dog 120 mg per day and Vitamin E 200 mg per day from your local grocery store. If you wish you can supplement them with a fish oil tablet or flax seed oil for their Omega 3 and 6, but if you serve salmon once a month that should be sufficient for the omegas. Blood tests will tell you if you need to increase or decrease the dosage of any supplement.

Each of these recipes will be handled the same way as far as combining. The only difference is the canned salmon does not have to be cooked.

Simmer all grains or potatoes till done. Thaw any frozen vegetables in warm water but do not cook. Grate vegetables and fruit in a blender. I like to use 2 c broth and fill the pitcher half full with the vegetables then strain off the excess water and reuse it until all the vegetables are grated. Then add that water when you grate the meat and potato or grain to preserve any vitamins or nutrients that might be in the broth.

All raw meats are to be steamed and then de-boned. You can steam your grains or potatoes with the meat if you wish. Then if you want you can reserve the broth for the grating of the vegetables just make sure there is no fat in the broth.

Add the potato or grains to the blender with the eggs and the meat. Then grate until smooth then add mixture to the bowl with the grated vegetables. Stir until thoroughly mixed and measure out into zip lock sandwich bags. I feed approximately 1/3 c per feeding (2 feedings per day) you will need to watch your dog for weight gain or loss and adjust your feeding amount by the activity level of your dog. **ADD ALL SUPPLEMENTS TO THE FOOD AFTER IT HAS BEEN WARMED IN THE MICROWAVE. DO NOT COOK ANY SUPPLEMENTS**

Salmon and Potato	Ground Beef and Brown Rice
1 can (15 oz) canned salmon	
8 oz chicken gizzards	1 lb Lean Ground Beef
4 large potatoes (6 oz or larger) washed and cooked with skin on	8 oz chicken livers
1 pound green beans (Fresh frozen is fine)	2 c whole grain brown rice
1 pound carrots	1 lb brocolli
4 apples	1 lb carrots
3 eggs (cooked)	4 apples
2 oz fresh parsley (a natural antibiotic)	3 eggs (cooked)
	2 oz fresh parsley

<p>Chicken and Rice</p> <p>1 lb chicken thighbone in</p> <p>8 oz chicken gizzards</p> <p>2 c whole grain rice</p> <p>1-pound squash or pumpkin</p> <p>1-pound green beans</p> <p>1 melon (rind removed)</p> <p>3 eggs (cooked)</p> <p>2 oz fresh parsley</p> <p>©Sheltielove.net</p>	<p>Turkey and Barley</p> <p>1 lb Turkey</p> <p>8 oz chicken gizzards</p> <p>2 c Barley</p> <p>1-pound green beans</p> <p>4 apples</p> <p>3 eggs (cooked)</p> <p>2 oz fresh parsley</p>
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Basic recipes too time consuming?

I've come up with a solution.

Cook eggs and meat thoroughly. Grate vegetables and fruit with broth in a blender. Grate all meats and eggs in the blender and mix with the vegetables and fruit. Put this slury in the refrigerator and spoon one to two table spoons of it over about 1/2 to 1/4 cup uncooked instant oatmeal then add enough water to mix. The amount of oatmeal will depend on how much your dog eats normally.

Kadin and Brandi are 20 pound dogs. Kadin is much more active than Brandi so he gets the full 1/2 cup of oatmeal. Brandi gets only the 1/4 cup of oatmeal but they are both given the same two tablespoons of slury.

I still add the nupro (1 tsp per meal) to their meal.

Hope this makes home cooking easier....