

Substitutions and Money Saving Tips

Meats

Rabbit
Turkey
Chicken Gizzards
Chicken Liver
Beef Liver
Beef tongue
Tripe
Goat
Lamb
Eggs
Sardines

Vegetables

Carrots
Pumpkin
Sweet Potatoes
Broccoli
Green Beans
Tomatoes
Avocados

Fruits

Apples
Bananas
Blueberries
Cantaloupe
Papayas
Cranberries
Watermelon

Grains

Whole rolled oats
Whole Brown Rice

Experiment: Pick one from each category.

Other Tips:

Plan ahead. Make the mixture on days off and put it in ziplock bags (2 gallon size) then freeze it. Take out the next days meal the evening before and it is ready to scoop in the morning.

Get the Oats from the feed store: Tell them you want whole ROLLED/steamed oats. A 50 pound bag costs about \$13 and lasts awhile. Get whole brown flax seed from the feed store; 50 lbs...I think cost me \$16.....this will last quite a LONG time too.

The vitamin E and Evening Primrose oil you can find at Wal-mart.

The nutritional yeast: I bought 50 lbs for \$71. I had the local Peachtree Natural Foods order it for me but you can find it online too.

Buy meats that are on sale. Check at your local store and ask if they have meat that is past it's "sell by" date. This is usually perfectly fine for your dog if you use right away or freeze right away. Most stores will sell it to you at a fraction of the price too.