

The "I am ready to try it and I am open to everything" Recipe

This recipe is for those who are not opposed to a variety of ingredients such as grains, fruits, and vegetables.

Recipe for Feeding 14 dogs over 50 lbs

- 5 pounds of meat ground sirloin, chuck, or beef, (or ground turkey)
- 5 cups of either: Lentils, or green split peas (cooked).
- 6 cups rolled oats either soaked overnight or cooked in microwave for 5 min. (add just enough water so it covers the top of the oats).
- 1 shredded/grated carrot (raw)
- some broccoli florets grated (a couple depending on size) (raw)
- little bit of fresh ginger (raw) grated.
- a whole apple shredded/grated (raw).

Mix all of the above together. THEN , either add the following to each individual dogs bowl or add it all together to the main mix (if adding it to the main mix, you will need to multiply the ingredients below by 14 because it is "per dog" as listed below.

1 Tablespoon Nutritional Yeast
½ teaspoon of Solid Gold Bone Meal
1 Tablespoon whole flax seed
1/4 tsp of vitamin C in the form of ascorbic acid
1 gel-cap of Evening Primrose Oil (1000 mg)
2 gel caps of Vitamin E (400 EU each) or (1) if the dog is less than 3 yrs old.
1 tsp fresh garlic (minced)

Ok...now let me explain the "whys"

By using both animal and vegetable proteins (the beans and lentils), you can provide your dog the protein it needs in a cost effective way. Plus the dogs love it.

>The carrots are for eyes, skin, and glands.
>oats-source of fiber to slow down the digestive tract for maximum nutrient absorption.
>Broccoli-a cancer fighting vegetable
>ginger- good for sensitive stomachs
>vitamin E-good antioxidant
>Nutritional yeast-has ALL the B-Complex vitamins plus minerals like Selenium
> Vitamin C-research is showing that it helps prevent dysplasia because it helps bones and muscles grow properly.
>Evening Primrose Oil-contains GLA which is for skin and hair growth
>Flax Seed-contains Omega 3 and 6-good for skin and coat and also a source of protein.