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## HOMEMDADE DOG FOOD RECIPE

**2 tsp. organic coconut oil**  
**1 cup of water, preferably filtered**  
**Small pinch of sea salt**

**1 lb. (16 oz) ground meat or boneless skinless poultry** – Chicken, turkey, rabbit, very lean ground beef, venison, buffalo, pheasant, quail, goat are all good choices.

**1 Egg Scrambled or 2 oz. liver**

**4 oz. (1/2 cup) Pumpkin Puree or Sweet Potato/Yam**

- Pureed pumpkin in BPA-free cans
- Sweet Potatoes/yams can be baked or steamed (cut into one inch rounds, steam for 10 minutes or until soft, let cool, peel skin, dice or mash) - also available canned and frozen

**8 oz. (1 cup) Diced Veggies (pick one or two for each batch of food)**

- Zucchini, green beans, cabbage, cauliflower, broccoli - all good choices
- Can use frozen or steam fresh veggies or cook the veggies with the meat

**4 oz. (1/2 cup) Cooked Oats or Millet (optional) if not using, increase the pumpkin to 8 oz. and veggies to 12 oz.)**

- Whole oats, not quick cook or instant

**2 oz. (1/4 cup) Blueberries or diced apple (no need to cook fruit)**

- Can be fresh or frozen - organic is best

**1 Tsp. Pets Friend Eggshell Calcium**

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**Rx Essentials for Dogs** - <http://www.wellpetdispensary.com> - add this to food daily – 1 scoop per meal for large dogs; ½ scoop per meal for small dogs

Vegetables can be fresh or frozen. Because dogs cannot breakdown the cellulose in vegetables, fresh veggies should be steamed alone or cooked along with the meat.

### DIRECTIONS

- If you are steaming veggies and/or cooking grain, this is a good time to do that
- Heat coconut oil in a medium or large pan over medium heat
- Add half the water
- Add meat and stir. If using liver, it can be cooked together with the meat
- Add Veggies (if not steaming)

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- Add the rest of the water
- Ground meat will usually cook in 10 minutes
- Boneless, skinless chicken or turkey will take 15 minutes or more to cook. You will need to cut the cooked meat into bite sized pieces
- Once the meat is cooked, transfer contents of entire pan (meat, water, veggies) to a glass bowl/container OR
- If your dog prefers a pate type consistency, transfer the entire contents of the pan to a blender
- Scramble the eggs, if using, and add them along with the pumpkin and minerals to the bowl/container or blender
- If in a container/bowl, add fruit and stir everything together
- If in a blender, transfer to a container/bowl and add the fruit
- Store in fridge or freezer
- Food will stay fresh in the fridge for 4 days

For each serving of food, warm up water and add a few teaspoons to the food to bring it back to room temperature. Never microwave food for your dog.

Feel free to add shredded unsweetened coconut (sprinkled on top before serving) or fresh herbs, like parsley, oregano, basil, etc.

**Portion** (these are average amounts – your dog may need more or less)

**10 lb. dog:** ½ - ¾ cup per day

**30 lb. dog:** 1 ½ - 2 cups per day

**70 lb. dog:** 3 ¼ cups per day

### **RECOMMENDED SUPPLEMENTS FOR HOMEMADE FOOD**

#### **Nordic Naturals Omega 3 Pets**

<https://www.nordicnaturals.com/consumers/omega-3-pet>

This is important for the immune system, digestion, skin and coat health, joint mobility, cell reproduction and so much more including reducing inflammation in the body.

**Pets Friend Eggshell Calcium** - <https://www.mypetsfriend.com/calcium-supplement>

**Rx Essentials for Dogs** - <http://www.wellpetdispensary.com> -