

The Natural Canine Kitchen

Emma Rutherford
Functional Canine Dietary Consultant

www.thenaturalcaninekitchen.com

emma@thenaturalcaninekitchen.com



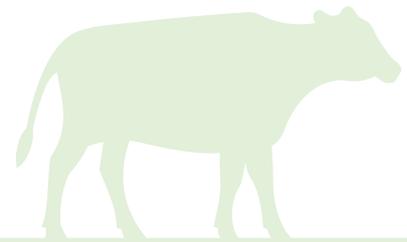
Bouncy Beef Single Protein Recipe

For adult dogs

Balanced to: FEDIAF

Recipe amount: 1,000 g

Calories in recipe: 1,391 cKal



Recipe	Grams	Ounces	Percentage
Beef, cubed, raw, 10% fat	500 g	1.1 oz	50 %
Beef heart, raw	200 g	0.43 oz	20 %
Beef liver, raw	110 g	0.25 oz	11 %
Beef Bonemeal, grass-fed	20 g	0.04 oz	2 %
Kale, Raw	28 g	0.06 oz	2.8 %
Red Cabbage, raw	28 g	0.06 oz	2.8 %
Zucchini, includes Skin, raw	28 g	0.06 oz	2.8 %
Mushrooms, brown, raw	25 g	0.05 oz	2.5 %
Ginger, ground	15 g	0.03 oz	1.5 %
Parsley, dried	8 g	0.02 oz	0.8 %
Chia Seeds, dried	15 g	0.04 oz	1.5 %
Himalayan Salt Crystal	2 g	0 oz	0.2 %
Dulse Sea Vegetables Powder	3 g	0.01 oz	0.3 %
Hempseed Oil	18 g	0.04 oz	1.8 %
Total	1,000 g	2.19 oz	100 %

If at all possible use ORGANIC or BIO ORGANIC ingredients.



METHOD

Coarsely chop the liver, heart and veggies.

Pop the chopped veggies including the mushrooms into a frying pan with 5 tablespoons of cold, pure filtered water. Cover with a lid and cook on medium for 5 mins. Now combine all of the other ingredients together including the water from cooking the vegetables into a large glass bowl, mix everything together using a wooden spoon. Let this stand for a few moments before serving so that the chia seeds have some time to swell.

I prefer the veggies to be cooked as in my experience lightly steamed vegetables are a more enjoyable experience, plus they are more gentle on the digestive system. If your dog prefers them raw and blitzed up (pulped) that is your choice.

STORAGE

Store in an airtight container, preferably non recycled glass containers with bamboo or plastic free lids. Store in the fridge for up to 3 days or portion up and freeze for up to 3 months. I would prefer you to add any oils/fats at the time of serving, proportionally.

ALTERNATIVE SERVING SUGGESTION

This recipe is also suitable to use if you prefer to lightly cook your beloved dogs food, you will need to mix the bonemeal, whole food supplements and oils in after you have lightly cooked the ingredients.

HOW TO LIGHTLY COOK

Pop the boneless beef into a deep frying pan with 5 tablespoons of pure, fresh, cool, filtered water, heat from cold to a medium temperature. Cook for 6 mins, now add the heart and liver and veggies, cover with a lid for a further 3 mins (9 mins in total) Now add the rest of the ingredients and serve!

Stand back and watch your beloved dog get a full eating experience.

A WORD ABOUT CALCIUM

If you prefer to use bone (this is what feed) you would need to add 260g of chicken necks to this recipe to maintain the calcium requirement. This can be fed either

blitzed up in the blender and added to the raw mixture. This can be fed as a snack throughout the day or bashed with a rolling pin and cut up with scissors. Chicken necks or duck necks can be added to the cooked version after cooking only. Its very dangerous to feed cooked bone. This is a single protein recipe if you add a chicken neck it will no longer be single protein. You can also use a calcium citrate natural supplement if you prefer.



IS IT BALANCED?

This recipe is fully balanced to FEDIAF and AAFCO meeting all minimum requirements including copper, D3, Calcium, Selenium, the correct percentages of protein and plant matter with the correct omega 6 to 3 ratio.

I am an experienced formulator and recipe creator, through my own spreadsheet and analysis data I go beyond the minimum standards to bring you my extensive experience and guidance on the best possible set of ingredients to feed.

All of these ingredients could be put into a blender and blitzed! I personally believe in an "Eating Experience" and adding flavour & texture to our pets meals.

Yes, they deserve a fresh food diet but also they deserve flavour, texture and an experience when they eat. Not just gulping or licking and lapping the food up as fast as possible.

Add fresh herbs and grate fresh turmeric over this dish! If it smells good to you then it will smell a 1000 times better to your dog! Drizzle over some honey or add warm bone broth on a cold winter day! Experiment and enjoy.

Although this recipe is balanced I do not recommend that you only feed this recipe for 2 weeks only! Variety is the SPICE of life.

SUPPORT

If you love having free recipes please show your appreciation by sending me photos of this recipe or videos of your dog enjoying it!
Thank you for loving your dog so much

With love

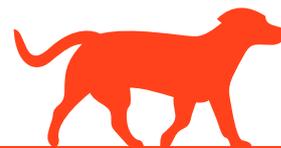
Emma xx



Macronutrient Analysis	Percentage as formulated	Percentage kCal
Protein	17.0%	42.900%
Fat	8.600%	52.600%
Ash	2.700%	
Moisture	68.100%	
Fiber	1.700%	
Net Carbs	1.800%	4.500%
Sugars (limited data)	0.400%	1.0%
Starch (limited data)	0.0%	0.0%

RECIPE FORMULATED EXCLUSIVELY BY

EMMA RUTHERFORD



THIS RECIPE IS NOT FOR COMMERCIAL USE OR FOR SHARING

Please check with your veterinarian before feeding this recipe if your puppy has any health issues. This balanced recipe has been created to feed a healthy puppy using the calorific information as the feeding guidelines. Although this recipe is balanced we do not recommend that you continuously feed this recipe. You are feeding this recipe under your discretion.



FEEDING GUIDE FOR AN ADULT HEALTHY DOG

Weight (kg)	Weight (lb)	Calories per day	Grams from Recipe per day
5 kg	11 lb	550kCal	395.4 g
10 kg	22 lb	1,100kCal	790.8 g
15 kg	33 lb	1,650kCal	1,186.2 g
20 kg	44 lb	2,200kCal	1,581.6 g
25 kg	55 lb	2,750kCal	1,976.99 g
30 kg	66 lb	3,300kCal	2,372.39 g