

## Raw Feeding Sample Menu – Additional Information

(The references and reports noted herein can be found on our website)

- See Feeding - Amounts and Frequencies for information and a handy Feed Calculator to help you determine how much raw food to feed your particular companion animal.
- Also see Calcium to Phosphorus Ratio or the individual *boneless* meat product descriptions to see how we proportion food components to bring the Calcium to Phosphorus in *boneless* meats into balance.
- To reduce cost of raw food, you can substitute any of the exotic meats (i.e. Bison, Venison, Quail, Pheasant, Salmon, etc.) with whole-prey- Beef, Chicken or Turkey and White Fish and/or you can substitute with one or two more Beef Tripe meals into the weekly menu. The important thing is to get your carnivorous companion on a raw animal protein diet! You will still be providing your loved one a good variety of nutritious food and you can spoil them with the exotic meats every now and then just like you treat yourself to lobster or a top choice filet every once in a while. See estimated costs below.
- Cutting the 1 lb. frozen meat into suitable portions is easy. Place the chub bag on a cutting board for 15 to 20 minutes. The meat will still be frozen, but with a heavy serrated knife and a little muscle you will be able cut through to make your portions (as small as 1/8 of a lb., if necessary). Package the portions in freezer-safe bags and place back in the freezer immediately.

If you are feeding a small dog or cat and have not portioned out appropriate serving sizes, it is perfectly fine to feed the same meat source for a few meals and then a different meat source for the next few meals; just as long as you are offering variety in the overall diet. Once defrosted, the meat will stay good in the refrigerator for 3 days.

- With the exception of Beef Tripe, cats also will eat most of what is listed in this Menu. However, many cats just do not like Beef Tripe. Cats seem to prefer the Rabbit, Fish, the Poultry, Mouse, and Beef.
- In addition to ground whole-prey, include edible meaty bones in your cat's weekly diet (i.e. poultry necks and Rabbit Chunks) and supply additional Taurine with a few poultry hearts or equivalent amount of beef heart every day. Raw meat and especially heart and Mouse supply Taurine, but it may be slightly depleted in the freezing process. You cannot overdo Taurine and cats *must* consume it in their food. It is so essential to their health that even with a raw diet including weekly heart and Mouse we advise also supplementing your cat's diet with about 150 mg. of pure Taurine daily.
- Dogs will also benefit with the inclusion of calcium-packed edible bones (poultry necks) in the weekly diet, but don't go feeding several meals of

poultry necks a week. Too much calcium can also be detrimental. We offer our dogs poultry necks as a snack, not a whole meal. You can substitute a whole prey meal with a poultry neck meal during the week if your pet tolerates the high percentage of bone found in necks. Too much bone in one meal can cause overly hard stool and discomfort for the animal. Start with half portion of the meal in necks and see how they tolerate it before doing an entire meal of necks.

- Organ meats are included in the *Carnivores* Whole-Prey ground meats and adding a *little* extra organ meat in the weekly diet is okay. Extra heart for example is a great way to supply added Taurine for the cat, the giant breed, or any pet with heart issues. However, organ meats are very high in Iron, Phosphorus and fat-soluble Vitamin A. These nutrients are important to good health, but in reasonable quantities, *not* excessive quantity.
- Gullet and Trachea, as well as Chicken Feet, are both all-natural sources of whole-foods for joint health support. They are excellent additions to the weekly diet.
- Including fish in the weekly diet provides *essential* Omega 3 Fatty Acids. Most dogs, and especially cats, love raw fish. However, some (particularly dogs) won't eat the fish raw. If this is the case, offer canned sardines and fish. Select the ones that are packed in water (with no preservatives) and rinse the canned fish to remove excess salt before feeding.
- The veggie we use is our Veggie Puree Recipe. It is fed in a small quantity. For example: our dogs eat 1 1/2 lbs. of raw food twice daily and we add 3/4 to 1 Tbsp. of Veggie Puree to *one* of their meals a day. We do not include any starches (potatoes, sweet potatoes, yams, etc.) or starchy vegetables (winter squash, beets, peas, parsnips, etc.). Starches can interfere with the carnivore's digestion and assimilation of vital amino acids and other nutrients.
- The Chew - RKB is a raw (Recreational) Knuckle Bone. You do not have to offer a chew every night, but it is a natural instinct of the carnivore to chew and grind and it offers them many benefits (including getting the gastric juices flowing). Our dogs will usually enjoy working at the chew for 10 to 15 minutes after their meal and be satisfied. Try to at least offer the raw Knuckle Bone two to three time a week.
- When we offer a snack at lunch time we feed a slightly smaller amount at the breakfast meal (i.e. for our big guys, 1 lb. for breakfast instead of 1 1/2 lbs. and then a 1/2 lb as lunch snack). Note: The Chicken Feet snack would be fed in smaller quantity (1/2 oz. to 4 oz. depending on your pet's weight).

If you are not available to offer a lunch snack everyday, do so on the days you are available or as a late night snack if you feed an early dinner, or a late afternoon snack if you feed a late dinner.

- Many dogs and some cats will skip a meal every so often. We notice our dogs tend to do this once a month or so. We put the food out and they have no interest, refrigerate, wait an hour, try again, and still no interest. They are happy and energetic (no signs of distress/illness) they are just not interested in that meal. We have come to realize this may just be a natural instinct for the carnivore- to fast, to give their digestive systems a rest. Remember, wolves and wild cats eat in huge quantity at the time of a kill and then may not eat again for 2 or 3 days or they will eat small prey a few times a day. We are replicating the wild carnivore's diet to the best of our ability and we feel fasting is good for people and animals. We trust that our animals instinctively know if they need to give their bellies a rest. We simply put the food in the refrigerator and they eat their next meal 12 hours later with zest! Note: Cat's and miniature dogs should not go without food for more than 24 hours. If this occurs contact your veterinarian.
- Supplements are optional and up to your personal preference. We feel with a wide variety of whole, raw animal proteins including bone and organ meat our animals don't need *synthetic* supplements. They are getting unadulterated amino acids and natural vitamins and minerals from the foods they eat. However, we do strongly recommend a *daily* dose of Omega 3 Fatty Acids for *all* animals and a daily dose of pure Taurine for cats.

We give our dogs the following supplements daily:

Krill Oil – (*essential* Omega 3 Fatty Acids) pure and unadulterated

Chlorella – (Wild green algae) packed with chlorophyll it offers superb health benefits

Garlic – (fresh chopped clove, garlic oil or a slow dried powder) – Although raw fed companion animals are healthier and therefore much less attractive to fleas, garlic in the diet acts as an excellent all-natural flea, tick, and mosquito repellent. Garlic is also a known parasitic with many health benefits. Although there is still controversy over feeding garlic to animals, it has been used for centuries. We have fed our pets garlic for 14 years now with no problems. Like anything, a small amount okay, excessive amounts no good. Garlic in excessive amounts can cause anemia. If your pet is anemic, stay away from garlic. Most dogs tolerate garlic just fine. As for cats, some do, some don't. We prefer to use fresh chopped garlic because it supplies the most health benefit. In flea and mosquito season we give our 200 lb. dogs 3/4 tsp. of fresh chopped garlic twice a day with food and less than half that amount in the winter months. We suggest only a smidgen for cats, for small dogs- 1/16 tsp. to 1/8 tsp., for medium to large/giant dogs- 1/4 to 1 tsp. twice a day in height of the season. As with anything...go slow, add a small amount to start and work up from there to determine if your pet tolerates garlic. Go especially slow with cats and use very sparingly (every other day). If your

cat is an indoor cat, garlic may not be necessary at all

Avoid using pre-chopped garlic that comes in a jar. Most contain soybean oil which many animals are sensitive to. Do not use products that contain garlic and vinegar- (not needed) or garlic and brewer's yeast- (does nothing and contains MSG)

Celtic Sea Salt - (unprocessed, sun and wind dried) - Supplies 84 trace minerals. We feed about 1/16 tsp a day to our giant breeds, so just a smidgen for the little ones

Ubiquinol - (Active form of CoQ10) for the older and giant breed dogs, as well as any animal with heart issues

Once or twice a week:

LifeForce Super Food - (wild organic herbal formula) Whole greens food for energy and immune support. Also supplies a little extra fiber to the diet

Coconut Oil (organic) and/or Olive Oil (First Cold Pressed) - Good source of fatty acids, fiber, Vitamin E and other nutrients. Just a 1/8 to 2 tsp. depending on pet's weight

- Fresh Water - At all times. If you haven't already done so, please invest in a filter to remove the chlorine and fluoride from your drinking water. It is essential to your and your furry-family member's health. If you use a Reverse Osmosis (RO) filter, be sure to add two drops of pure colloidal trace minerals per 8 to 10 oz. of water. RO filters are very good, but they do remove everything from the water including the trace minerals that are essential to good health.

Raw animal protein eliminates metabolic stress because it provides intracellular (between the cells) moisture and, therefore, natural hydration. You may notice your pet drinking less water especially if you had been feeding a dry (kibble) diet. However, fresh water should be made available to them at all times. Again, do not add any garlic flea control product that contains vinegar to your pet's water. As I am sure you can imagine...the vinegar will discourage your pet from drinking. Something you definitely do not want to do!

We have been feeding this menu of raw food and select whole-food supplements to our dogs for nine years. Our English mastiff (Hooch) is healthy, trim and muscular. He also has excellent oral health which is a sure sign of nutritional adequacy. His gums are pink with no inflammation/gingivitis. His teeth are white and strong with no tartar build up. We have never had our pets' teeth cleaned nor do we clean their teeth. It is not necessary when they are fed the diet they were meant to eat and allowed to do what comes naturally- chew and grind on those yummy recreational knuckle bones. Hooch does not suffer with food allergies (no itching or chewing or ear discharge). His coat is full and

shiny with little shedding. He rarely has *a* flea. He is energetic and active without pain, discomfort or effort. He is 8 1/2 years old and still walks/jogs 1 1/2 miles twice a day. At every annual check-up his veterinarian marvels at just how healthy he is. We have no concern that our furry-family members are receiving the nutrition they need to thrive. Their excellent state of health and well being is all the proof we need!

**Approximate cost to feed the average adult, average activity dog or cat the suggested Standard Menu:**

<u>Weight</u>	<u>Weekly Cost of Raw Diet</u> (Based 2% of body weight)
12 lbs.	\$8.00
25 lbs	\$16.00
50 lbs.	\$32.00
75 lbs.	\$48.00
100 lbs.	\$64.50
150 lbs. plus	\$96.00

Raw feeding the Standard Menu is comparable if not less expensive than feeding a premium (considered high quality) canned food. Premium canned dog foods cost an average of \$2.85 per 12.5 oz. can and manufacturers feeding instructions state 1 to 1 1/2 ounces per pound of body weight a day. This recommendation has a 25 lb dog eating at least 25 oz. of canned food a day! At nearly 2 cans per day the cost is about \$5.00 daily or \$35.00 a week. Even if you say a 25 lb dog won't eat that much canned food and you fed only half the recommended amount at only one can a day, the cost would be \$17.50 a week. Feeding your furry-loved one a much healthier raw diet is the same cost!

Keep in mind that animals fed nutrient dense, highly absorbable raw food need less volume of food to be satisfied because raw animal protein contains much more biologically available calories. In short, they are utilizing what they eat and not just passing through the indigestible proteins and fillers found in processed foods.

To further reduce cost of Standard Menu: For those who have large breeds or multiple pet households and like most people these days are on a tight budget, simply substitute some of the Rabbit, Goat, and Mutton with the lesser expensive Beef Tripe and whole-prey Beef, Chicken or Turkey. This will reduce the above cost by 10% to 15%, bringing the cost in line with a medium priced processed food. This diet will still provide variety and far surpasses the nutrient value found in *any* processed food.

Example: one of our customers with a 125 lb dog was feeding him a premium dry dog food at a cost of \$80.00 every 10 days. The dry-kibble, which is devoid of usable nutrition, was costing her \$240.00 a month. She now feeds 100% natural raw diet for \$236.00 a month and her dog now has more stamina and is yeast and allergy symptom free!

In addition, you definitely need to take into consideration other annual savings: Most likely several visits to your veterinarian, time lost from work, and medications – approximately \$300 to \$700 a year. In the example given above, in a 14 month period, this particular companion animal guardian had spent over \$1,200 in vet bills attempting to diagnose and treat allergies, yeast infections and hot spots!