

## Diet Chart for your Puppy

### From 8 weeks to 4 months

- 7 am BREAKFAST: **Cereal.** Soak overnight 2 tablespoons of quick-cooking oats in a ½ cup of milk (goat's preferably) with 1 teaspoon coconut with a few chopped dates. In the morning, add 1/4 cup boiling water, tablespoon yogurt and teaspoon raw honey or molasses. Mashed ripe banana, carob or polenta are good optional extras.
- noon LUNCH: **Chicken Mince with mashed up raw vegies – mostly leafy greens** (refer *Adult Diet Recipe*). This can be made up in advance and kept in fridge for 24 hours (or freezer for longer). Start with 1/2 cup and gradually increase to 1 cup, by the time the pup is 6 months.
- 5 pm DINNER: **Raw meat on the bone**– 1 raw chicken wing (which has been bashed to break down the bones). Gradually increase to 2, 3, 4 each month. ***At 3 months you do not need to bash the bones. At 6 months replace with one raw chicken carcass/frame*** (sold as soup bones).
- 8 pm SUPPER: Varied - **Cottage Cheese Mixture, Sardines or Chicken Necks**  
½ cup cottage cheese with a tin of sardines, or chopped chick liver or lamb heart.  
OR one small tin sardines. Or 2 chicken necks.

- **At 4 months** of age when the amounts have been increased gradually, reduce to **3 feeds** by replacing the Breakfast cereal meal with the mince and veg mix for breakfast. Move the Dinner to Lunch and the Supper to Dinner.
- **At 6 months of age** go to the adult diet – two feeds a day.

***When on two feeds per day the main ingredients in the diet should be:***

1. Raw meat and mashed vegies/ripe fruit with yogurt, egg, oil, and Power Powder, about 1 cup (*refer to Adult diet page for recipe*)
2. Raw meat on the bone – eg a small carcass or half a lamb neck to start with (*refer to Adult Diet page*).

***ideally with a fast day every 7 days.***

Do try to fast your adult dog for one day a week, or at least only give one meal on one day of the week. This together, with appropriate exercise, should keep you dog fit and trim.

**Obesity is the most common health problem for pet dogs.** We often make the mistake of showing how much we love our dog by giving it something to eat. As this is often done in between meals it can inadvertently lead to obesity.

The diet I recommend is based on quality (nutritional density) not quantity.

## ***RECIPE FOR FEEDING YOUR ADULT DOG***

The following is two week's supply of one naturally nutritious breakfast a day for one medium-sized dog and takes no more than 30 mins to do (once you get the hang of it).

### **MEAL ONE – meat and vegies mix ( serve this for breakfast)**

*Place in a large bowl:*

- 1 kg RAW meat: minced or chopped chicken or beef, or lamb or roo (alternate to give variety) with up to 250 gm roughly chopped liver, heart, brains, tongue,
- (using a juicer or vitamiser) *Add at least 2 large cups of -*

the pulp and juice of RAW vegetables and ripe fruit, eg: lots of leafy greens - *spinach, celery, outer lettuce leaves etc, with vegies and ripe fruit eg: apple, carrot, pumpkin, beetroot, orange, herbs - parsley, garlic cloves, small knob ginger.* (Not potatoes or onions.)

*Plus.....*

- 500gms Natural (Acidofilous bifidus) yogurt
- 6 Free Range Eggs (including some shells crushed by hand for adult dogs)
- 6 dessertspoons of cold pressed oil (linseed/olive)
- 6 dessertspoons Apple Cider Vinegar (with Mother)
- 6 heaped dessertspoons of Power Powder©

*Optional extras: handful of rolled oats, polenta, cottage cheese, roughly chopped dried fruit, mashed banana*

Mix together and put in containers approx 1 cup per meal (per day) and freeze - DO NOT COOK. Serve thawed - at room temperature.

### **MEAL TWO**

**RAW MEATY BONES** - from **young** animals - chicken (wings when pup/dog is small) carcasses (by the age of 6 months) lamb necks, off-cuts, knuckles, flaps, rabbits, ox-tail etc. Only buy meat for human consumption. So get friendly with your local butcher. *Beware of meat sold in pet shops.*

Some dogs find chicken over-heating, particularly in Summer, so feed ox-tail, pork or rabbit instead.

**FISH - Fresh, raw fish** is best (eyes and all) Or tinned mackerel or sardines once a week.

**Note:** Do not take short cuts by leaving out certain ingredients on a regular basis. However, not all ingredients need to be in every meal – just ensure they are covered over a period of time.

**Recipe (in cup proportions) for Power Powder ©**

***Kelp (3) Crushed Linseeds(2) Torula yeast (1), Coconut (1) Wheatgerm (1/2), Psyllium Husks (1/2) Lecithin (1/2) Dolomite (1/4) . Make up the lot and store in fridge.***

If you don't have time to make this up, do give at least the kelp.