

Basic Beef and Broccoli

We've limited our first recipe to a few ingredients to show you how easy it is to create complete and balanced meals. Both versions translate to the same nutritional intake in terms of vitamins and minerals.

Adult Canine, Whole Foods
 Yields 5½ pounds
 44 calories/ounce

48 ounces (3 pounds) ground beef, 90 percent lean
 16 ounces fresh broccoli
 6 large eggs, shelled
 8 ounces cooked salmon
 6 ounces beef liver
 2 ounces raw sunflower seeds
 25 grams wheat germ oil
 8 grams ground ginger

8 grams ground cloves
 5 grams nutritional yeast
 17 grams eggshell powder
 2 grams kelp powder (containing 700 micrograms of iodine per gram of kelp powder. This is a total of 1,400 micrograms iodine if you choose to use an iodine supplement instead of kelp powder.)

1. In a large bowl, mix food ingredients (except eggshell and kelp powders) together.
2. In a small bowl, mix powders together, stirring well.
3. Dust ½ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.

Adult Canine, with Supplements
 Yields 4½ pounds
 50 calories/ounce

48 ounces (3 pounds) ground beef, 90 percent lean
 16 ounces fresh broccoli
 6 ounces beef liver
 2 ounces raw sunflower seeds
 2 grams salt

Supplements

- 11 grams calcium carbonate
- 1,400 micrograms iodine
- 300 milligrams magnesium
- 2,500 milligrams choline
- 10 grams fish oil with at least 250 milligrams EPA+DHA per gram, without added vitamin D
- 8 milligrams manganese
- 50 milligrams thiamine (vitamin B1)
- 1,000 IU vitamin D
- 100 IU vitamin E

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