

Indian Beef

This fragrant meal mimics a *saag paneer* with spinach, providing a healthy dose of folate for cell growth and lutein for eye health and tumor suppression. Cardamom—the small green pod that gives this recipe a sweet, savory flavor—has been used for centuries to enhance digestion, but it also contains powerful anti-inflammatory compounds. Beets are one of the richest sources of betanin, which exhibits antioxidant defense mechanisms, gene-regulatory activities, and neuroprotective effects, and can help lower the production of free radicals. Beets also offer the body an abundant source of nitric oxide, which helps relax and dilate blood vessels, leading to better circulation and overall heart health.

Adult Canine Less Active, Mostly Whole Foods

Yields 6½ pounds

44 calories/ounce

50 ounces (approximately 3.125 pounds) ground beef, 90 percent lean

10 large eggs, shelled

8 ounces fresh spinach

8 ounces beetroots

6 ounces beef liver

6 ounces cooked salmon

2.5 ounces raw sunflower seeds

30 grams wheat germ oil (or 100 IU vitamin E supplement)

8 grams ground turmeric

8 grams ground cardamom seeds

8 grams nutritional yeast

4 grams ground black pepper (enhances the absorption of curcumin in the turmeric)

2 grams kelp powder (containing 700 micrograms of iodine per gram. This is a total of 1,400 micrograms iodine if you choose to use an iodine supplement rather than kelp powder.)

42 grams bonemeal

Supplements

- 1,000 milligrams choline
- 100 milligrams magnesium
- 30 milligrams zinc

1. In a large bowl, mix food ingredients (except kelp and bonemeal) together.
2. In a small bowl, mix supplements, kelp, and bonemeal 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.

Yeast Power: Nutritional yeast is a whole food supplement loaded with glutathione, fiber, potassium, and—crucially in these recipes—thiamine. Thiamine, also known as vitamin B1, is vital for your pet's ability to metabolize glucose into energy. It also supports brain function and DNA production, and, without sufficient quantities, dogs and cats may experience vomiting, lethargy, or nervous system damage. Cats require two to four times more thiamine in their diets than dogs, and nutritional yeast is the best source of it. **If you can't feed your pet nutritional yeast, substitute a thiamine (B1) supplement: 1 oz nutritional yeast = 20 milligrams thiamine (vitamin B1) supplement.**