

Mixed-Protein-Raw

Mixed Protein Raw Food for Growing Puppies

Recipe by Karen Shaw Becker, DVM

- 5 pounds (2270g) Raw chicken wings with skin, ground
- 4 pounds (1816g) 90% lean ground beef, raw
- 4 pounds (1816g) Raw beef hearts, chopped
- 1 pound (454g) Raw carrots, finely chopped
- 1 pound (454g) Raw broccoli, finely chopped
- 1 pound (454g) Raw brown (crimini) mushrooms, finely chopped
- 12 ounces (340g) Raw beef liver, chopped
- 8 ounces (227g) Cooked pink salmon (if you use canned, drain the liquid)
- 8 ounces (227g) Raw endive, finely chopped
- 5 ounces (142g) Raw sunflower seeds, finely ground
- 4 ounces (114g) Raw blueberries, chopped
- 4 ounces (114g) Raw cilantro, finely chopped
- 4 ounces (114g) Raw flaxseeds, freshly ground
- 3 ounces (85g) Dried oregano (from your spice drawer)
- 3 ounces (85g) Dried thyme (from your spice drawer)
- 1 ounce (28g) Dried basil (from your spice drawer)
- 0.3 ounces (8g) Kelp powder (that contains iodine)

Mix all ingredients together in a large bowl, then add in supplements:

Supplements:

- 200mg Zinc gluconate Capsules from health food store; open capsules and mix powder thoroughly and completely throughout entire batch of food prior to freezing in portions.

PDF Document · 685 KB
foreverdog.com