



SALADMASTER®

Dog Food Recipe Book



Note: It's important to consult your veterinarian before making any changes to your dog's diet, especially if they have specific health conditions or dietary needs. These recipes are meant to be general guidelines and can be adjusted based on your dog's size, age, and health requirements.

Remember to introduce new foods gradually and monitor your dog's reactions. If you notice any digestive issues or allergies, discontinue the new food, and consult your vet.

Additionally, always make sure to provide fresh water for your dog and maintain portion control based on their calorie needs and activity level.

We would like to express our gratitude to the Saladmaster family for providing recipes for this book. We are excited to collect more content for Volume 2!



Hello fellow dog lovers!

Our furry friends deserve the best, and the food we give them plays a critical role in their health. Cooking healthy meals for your dog is the optimal way to feed them, as it helps with weight control, allows us to cater to our dog's specific health needs, helps manage allergies, and allows for control of ingredient quality.

Did you know that over 56% of dogs in the United States are overweight or obese?* That's more than half of our canine companions! In Canada, the situation isn't much better, with around 50% of dogs being overweight or obese. Obesity in dogs can lead to severe health problems that can impact their quality of life and shorten their lifespan. Moreover, treating diet-related diseases can be costly, with pet owners in the U.S. spending a whopping \$29.3 billion on veterinary care in 2019.**

To keep our dogs healthy and our wallets happy, cooking healthy meals for them is the best option. Cooking for your dog allows you to control the ingredients and ensure they're getting the right balance of nutrients without unhealthy additives that are often found in commercial dog food. Plus, it can be a lot cheaper than buying specialty dog food.

Investing time and effort into understanding what goes into your dog's bowl can have a significant impact on their health and your wallet.

Let's give our furry friends the best we can offer them!

*Information obtained from the Association for Pet Obesity Prevention Report 2022 and the American Kennel Club, VCA Canada & Canadian Kennel Club, <https://www.petobesityprevention.org/>, www.akc.org, www.ckc.ca, www.vcacanada.com

**Information obtained from the Human Animal Bond Research Institute Healthcare Cost Savings Report published in 2019 <https://habri.org/>

Chicken and Rice Delight

Ingredients:

- 1 cup cooked and shredded chicken (skinless and boneless)
- 1/2 cup cooked brown rice
- 1/4 cup cooked and finely chopped carrots
- 1/4 cup cooked and finely chopped green beans
- 1 tablespoon olive oil (for added healthy fats)
- 1/4 teaspoon calcium supplement (consult vet for proper dosage)
- Water for cooking

Instructions:

1. Cook the chicken thoroughly and shred it into small pieces.
2. Cook the brown rice according to package instructions.
3. Cook the carrots and green beans until tender.
4. In a bowl, mix the cooked chicken, rice, carrots, and green beans.
5. Add the olive oil and calcium supplement. Mix well.
6. Allow the mixture to cool before serving.



Salmon & Sweet Potato Feast

Ingredients:

- 1 cup cooked and flaked salmon (boneless)
- 1/2 cup cooked and mashed sweet potatoes
- 1/4 cup cooked peas
- 1/4 cup cooked and finely chopped spinach
- 1 tablespoon coconut oil (for healthy fats)
- 1/4 teaspoon fish oil supplement (consult vet for proper dosage)
- Water for cooking

Instructions:

1. Cook the salmon thoroughly and flake it into small pieces.
2. Cook the sweet potatoes until soft and mash them.
3. Cook the peas and spinach until tender.
4. In a bowl, mix the flaked salmon, mashed sweet potatoes, peas, and spinach.
5. Add the coconut oil and fish oil supplement. Mix well.
6. Allow the mixture to cool before serving.

Many premium dog food brands can cost up to three times as much as regular brands, but not all of them live up to their promises. Some commercial dog foods, including premium brands, do not meet the nutritional standards they claim.



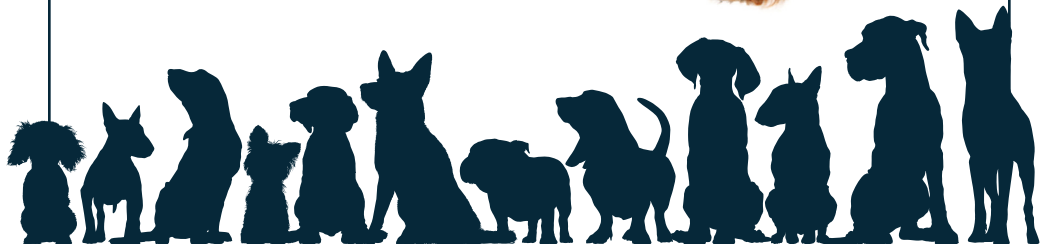
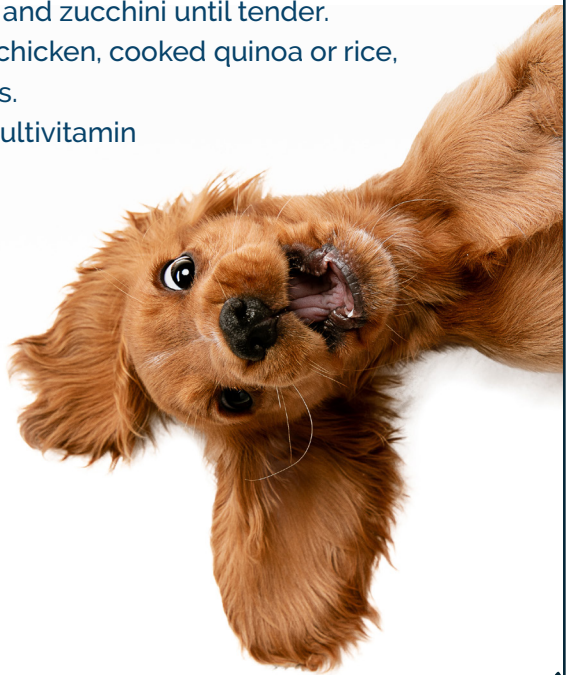
Chicken & Veggie Medley

Ingredients:

- 1 cup cooked and shredded chicken (skinless and boneless)
- 1/2 cup cooked quinoa or brown rice
- 1/4 cup cooked and finely chopped carrots
- 1/4 cup cooked and chopped broccoli
- 1/4 cup cooked and chopped zucchini
- 1 tablespoon coconut oil (for added healthy fats)
- 1/4 teaspoon multivitamin supplement (consult vet for proper dosage)
- Water for cooking

Instructions:

1. Cook the chicken thoroughly and shred it into small pieces.
2. Cook the quinoa or brown rice according to package instructions.
3. Cook the carrots, broccoli, and zucchini until tender.
4. In a bowl, mix the cooked chicken, cooked quinoa or rice, and the cooked vegetables.
5. Add the coconut oil and multivitamin supplement and mix well.
6. Allow the mixture to cool before serving.



Beef and Sweet Potato Stew

Ingredients:

- 1 cup cooked and diced lean beef
- 1/2 cup cooked and mashed sweet potatoes
- 1/4 cup cooked and chopped green beans
- 1/4 cup cooked and chopped carrots
- 1 tablespoon olive oil (for healthy fats)
- 1/4 teaspoon glucosamine supplement (consult vet for proper dosage)
- Water for cooking

Instructions:

1. Cook the lean beef thoroughly and dice it into small pieces.
2. Cook the sweet potatoes until soft and mash them.
3. Cook the green beans and carrots until tender.
4. In a bowl, mix the cooked beef, mashed sweet potatoes, green beans, and carrots.
5. Add the olive oil and glucosamine supplement. Mix well.
6. Allow the mixture to cool before serving



Turkey and Pumpkin Casserole

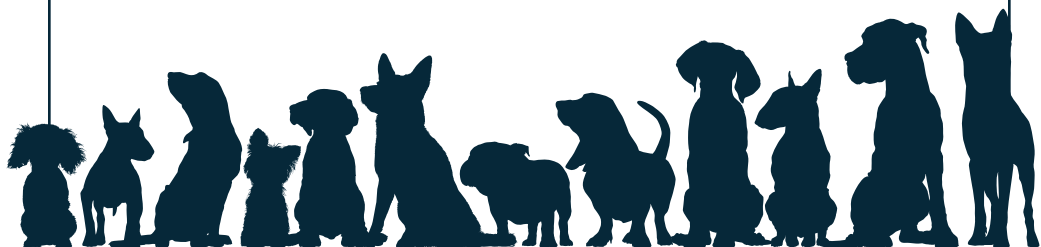
Ingredients:

- 1 cup cooked and ground turkey
- 1/2 cup cooked and pureed pumpkin (unsweetened)
- 1/4 cup cooked and chopped peas
- 1/4 cup cooked and chopped spinach
- 1 tablespoon fish oil (for healthy fats)
- 1/4 teaspoon taurine supplement (consult vet for proper dosage)
- Water for cooking



Instructions:

1. Cook the ground turkey thoroughly and make sure it's finely crumbled.
2. Cook or steam the peas and spinach until tender.
3. In a bowl, mix the cooked ground turkey, pumpkin puree, peas, and spinach.
4. Add the fish oil and taurine supplement. Mix well.
5. Allow the mixture to cool before serving.



Zoey's Favorite Soup

submitted by Sebastian Stankiewicz

Ingredients:

- 4 carrots (large)
 - 4 yellow potatoes (large)
 - 4 celery sticks
 - 1 Qt. bag frozen sweet peas
 - 2 chicken breast
- NO SEASONING!!!**

Instructions:

1. Cut chicken breast into small cubes.
2. Cut potatoes with Saladmaster Food Processor Cone #3
3. Cut Carrots with Saladmaster Food Processor Cone #2
4. Cut celery sticks with Saladmaster Food Processor Cone #1 - do not add strings to soup
5. Put everything in 7 Qt. Roaster
6. Fill with cold water till about an 1 ½ inch from the top (otherwise will overflow during cooking).
7. Set the temperature on your stove to medium.
8. When the Vapo-Valve™ is clicking fast, lower to low temperature. Cook for about 30 minutes.
9. Optional - blend everything in a blender—some dogs prefer it this way!
10. Allow to cool and divide into portions in freezer bags.
11. When ready to serve- remove bag from the freezer and put the soup in 1 Qt. Sauce Pan. Set stove temperature to medium. When Vapo-Valve™ is clicking--it's ready.
12. Cool and allow your dog to enjoy!

TIPS:

- Use 10 Qt. - or larger if you want additional portions — just remember to add more veggies and meat.
- If you want extra healthy flavors, fry the chicken breast (or boneless thighs) in 12" Electric Oil Core Skillet .
- Substitute regular potatoes for sweet potatoes (they are much bigger, so use less).



Vegan Homemade Dog Food

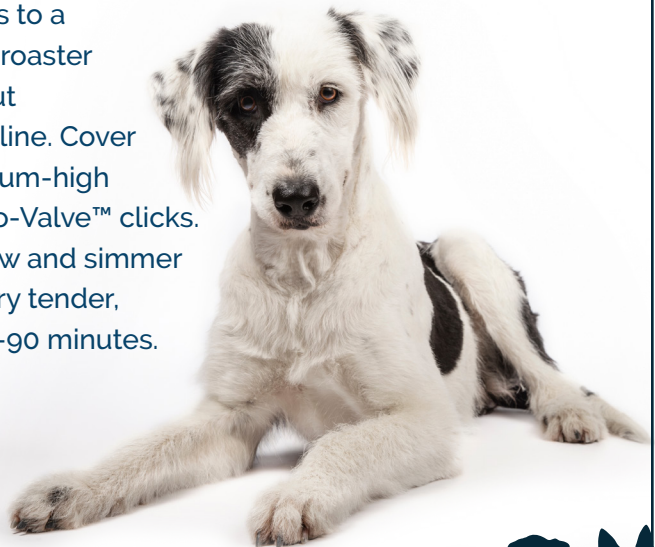
Ingredients:

- 48 oz Dried Lentils
- 1 cup uncooked Brown rice or Quinoa or Barley
- 6 large Carrots, cut with Saladmaster Food Processor Cone #1
- 2 Yellow Squash, cut with Saladmaster Food Processor Cone #2
- 2 Zucchini, cut with Saladmaster Food Processor Cone #2
- 4 stalks Celery, cut with Saladmaster Food Processor Cone #2
- 2 large Sweet Potatoes, cut with Saladmaster Food Processor Cone #1
- 3 crowns Broccoli, cut with Saladmaster Food Processor Cone #3
- 1 head Green Cabbage, cut with Saladmaster Food Processor Cone #4
- 1-10 oz frozen, chopped Spinach or Kale
- Water



Instructions:

1. Add all ingredients to a 16 Qt. Roaster. Fill roaster with water to about 3" above the food line. Cover and cook on medium-high heat until the Vapo-Valve™ clicks.
2. Reduce heat to low and simmer until lentils are very tender, approximately 60-90 minutes.



3. Chop veggies with Saladmaster Food Processor Cone #3 on the Saladmaster Food Processor. Place into a 2 Qt. Sauce Pan with 2 Tbsp. water, start at medium heat, click down to low. Cook for 8 minutes until tender.
4. If using leafy greens like spinach or kale, chop them finely and lightly cook them. This helps break down any compounds that could inhibit nutrient absorption.
5. Once all cooked ingredients are ready, mix them together in a large bowl.
6. Add the flaxseed or coconut oil to the mixture. These healthy fats are essential for your dog's coat and overall health.
7. Store any leftovers in an airtight container in the refrigerator. Remember that homemade dog food should be used within a few days or frozen for longer storage.



Sweet Potato and Chicken Jerky

Ingredients:

- 2 medium sweet potatoes, washed and peeled
- 2 boneless, skinless chicken breasts

Instructions:

1. Preheat your oven to 200°F (95°C) and line a baking sheet with parchment paper.
2. Slice the sweet potatoes and chicken breasts into thin strips. You can use a sharp knife or a mandoline slicer to achieve uniform thickness.
3. Blot the chicken strips with a paper towel to remove any excess moisture.
4. Place the sweet potato and chicken strips on the prepared baking sheet. Make sure they're not overlapping.
5. Bake in the preheated oven for about 2 to 3 hours, or until the treats are dried and slightly chewy. The cooking time might vary based on the thickness of the strips.
6. Once the treats are cooked, let them cool completely before offering them to your dog.
7. Store the treats in an airtight container in a cool, dry place.



Carrot and Oat Dental Chews

Ingredients:

- 2 large carrots, washed and peeled
- 1 cup rolled oats
- 1/4 cup water

Instructions:

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. Grate the carrots finely using a box grater or a Saladmaster Food Processor.
3. In a mixing bowl, combine the grated carrots, rolled oats, and water. Mix well to form a dough-like consistency.
4. Take small portions of the mixture and roll them into sticks or bite-sized shapes. Alternatively, you can flatten the mixture and use cookie cutters to create different shapes.
5. Place the shaped treats on the prepared baking sheet.
6. Bake the treats in the preheated oven for about 20-25 minutes, or until they are golden and slightly firm.
7. Allow the treats to cool completely before giving them to your dog.
8. Store the treats in an airtight container to maintain their freshness.

The natural texture of carrots and the chewy oats can help in mechanically cleaning your dog's teeth while they enjoy the treat. However, these treats are not a substitute for regular dental care, so make sure to continue brushing your dog's teeth and schedule regular dental check-ups with your veterinarian.

Always monitor your dog while they're enjoying treats, especially if they're prone to swallowing treats quickly. Consult your veterinarian before adding new treats to your dog's diet, especially if your dog has specific dental concerns or dietary restrictions.



Pumpkin treats

Ingredients:

- 1 large egg
- 1/2 cup canned pumpkin (not pumpkin pie mix!)
- 3/4 cup oatmeal flour

Instructions:

1. Preheat oven to 350°F (175°C)
2. Line cookie sheet with parchment paper
3. Whisk egg
4. Add pumpkin and oatmeal flour and mix
5. Shape into balls using about 1 Tablespoon for each or roll out and use cookie cutter
6. Bake about 20 - 25 minutes
7. Let cool completely
8. Makes 16-17 treats depending on size/cut



Peanut Butter Dog Bones

Ingredients:

- 1 cup flour
- ½ cup oatmeal
- ½ cup peanut butter
- ½ cup water

Instructions:

1. Preheat oven to 350°F (175°C).
2. Line baking sheet with parchment paper.
3. Put all ingredients into bowl and mix thoroughly with your hands. If dough is too sticky, add more flour, if desired. If it is too dry or crumbly, add a few drops of water.
4. Roll into bite size balls in size that best suits your fur baby. You can also roll out flat and use cookie cutters. Bake for about 30 minutes. Depending on the size of treats you may need additional time in the oven.
5. Take out and let cool.
6. Treats will keep for about a week in an airtight container; up to 3 weeks in the fridge; and up to 6 months frozen.





SALADMASTER®

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WE CHANGE LIFE



A dog is your best friend for life, they love you unconditionally. Wouldn't you agree they deserve the best quality food? They depend on us to make the right decision for them.

The choice is yours!

In Saladmaster everyone in the family is important and deserves the best!