

lyka

NUTRITION 101

The puppy edit





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Here's what you need to know!

We're Lyka, Australia's freshest dog food. We serve healthy, human-grade meals — tailored to your pup and delivered to your door.

Here's How



Meals

Our biologically-appropriate meals are carefully formulated by in-house Integrative Veterinarian, Dr Matthew Muir, alongside a team of Board-Certified Veterinary Nutritionists, with targeted nutrients to support each growth stage of puppyhood and beyond.



Flexible meal plan

We create a flexible meal plan customised to your puppy's breed, weight, age, and activity level that adjusts as they age, so you can be confident they're getting exactly what they need at every stage of their life — from adulthood through to seniors.



Research

Based on scientific research and longstanding evidence, our meals contain a mix of over 60% protein, moderate fat and low GI carbohydrates prepared using 100% human-grade ingredients.



Life changing nutrition

At Lyka, we combine in-house expertise, scientific research and top-quality ingredients to create complete and balanced diets for long and healthy lives — in short, life changing nutrition.



The real food difference

We know processed food isn't great for pups. In an industry built around processed diets, a little fresh feeding goes a long way. Much like us humans, dogs feel better and live better when they eat fresh, real ingredients.

While kibble and canned foods are cooked at high temperatures, losing essential vitamins and minerals in the process, our lightly-cooked meals retain highly digestible, vital nutrients, optimal for early development and boosting the long-term health of your puppy

Every meal is carefully formulated for all life stages, ensuring the correct balance of micro and macronutrients to support your puppy's early development through to adulthood and even their golden years.

A balanced fresh food diet provides high-quality nutrition, promotes sustained energy levels, supports a strong immune system, and helps manage a healthy weight.



“Prioritising high-quality nutrition in puppies ensures they grow up into healthy, strong and resilient adults. Lyka provides each pup with the required nutrients, along with the perfect amount of calories to support their growing energy requirements. Fresh, human-grade meals also help reduce the risk of puppies developing chronic disease later in life.”



DR DARCY MARSHALL
Veterinarian at Lyka

Life on Lyka

After feeding thousands of dogs across Australia, here's what we've heard from our Lyka community, and some of the benefits you and your pup may start experiencing.

1 More energy

Growing puppies require two to three times more energy than adults (on average). Eating a high bioavailability diet gives them the nutrients they need to be extra playful — hello zoomies!

2 Goodbye gurgly gut & stinky poos

Our low-glycaemic load meals promote better weight management, reduce the risk of health conditions and have a positive effect on your pup's microbiome. This means less gas, better digestion and smaller, firmer poos! Our meals are lightly cooked, which makes them super digestible for developing tummies.

3 Nourished skin & coat

Lyka meals are rich in omega 3s and bioactive ingredients for softer and shinier coats. This optimal omega ratio helps alleviate itchy skin symptoms and improve skin health.

4 Optimal weight

We make portion control easy, with customised pouches based on your puppy's requirements. Our meals contain low-GI ingredients, keeping your puppy fuller for longer.

5 Improved immunity

High-quality, human-grade ingredients and powerful phytonutrients and antioxidants, including shiitake mushrooms, blueberries and spirulina, helps reduce the risk of disease and returning infections.

6 Healthy bones & joints

Optimum ratio of Calcium: Phosphorus designed to meet growth demands while avoiding skeletal problems associated with excessive calcium.

7 Good teeth

It's a myth that kibble completely cleans teeth. Carbohydrates can actually accelerate bacterial growth leading to bad breath, tartar, and periodontal disease. Our meals include kelp and high levels of vitamin E for dental health. Pair this with a daily teeth-brushing routine for healthy pearly whites!

8 Happy heart

Our meals are low in salt, but rich in omega 3s, vitamin E and antioxidants for optimal heart health.

9 Better behaviour

A high-protein, low carbohydrate and low-GI real food diet balances and builds a healthy gut and ultimately, behaviour. Rich in omega 3s, vitamins E and B, along with zinc and iron for brain development and function, your puppy will be sitting, dropping, and rolling faster than you can say treats!

10 Designed for all life stages

Our meals are carefully developed to be complete and balanced for dogs of all life stages and every breed. This means there's no need to switch your growing pup to new food once they're on Lyka — they'll be set well into their golden years!



Our meals

Every meal formulation is heavily researched by our team.

Lyka's meals are formulated by our co-founder, **Dr. Matthew Muir**, alongside a Veterinary Nutritionist, and designed to optimise dog health.

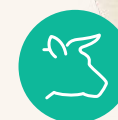
Based on scientific research, longstanding evidence and advice from top nutritionists, our meals are formulated to contain a mix of high protein, moderate fat and low GI carbohydrates.



Free Range Chow Chompin' Chicken Bowl

Our Free Range Chicken meal is low in carbohydrates and complete and balanced for all life stages. It is also the lowest in fat across our range.

- ✓ Suitable for puppies, adults and seniors
- ✓ Includes a mix of bioactive ingredients, like shiitake mushrooms and basil
- ✓ High in Omega-3s which contain gut-healing properties
- * Small puppies may need our more calorie dense meals in their rotation alongside this bowl to ensure their daily energy requirements are met



Grass Fed Big Boppin' Beef Bowl

Our Grass Fed Beef meal has a moderate-high fat. Content and is complete and balanced for all life stages. It boasts a variety of vegetables, leafy greens, and psyllium seed husk, which contains soluble and insoluble fibre to support digestive health.

- ✓ Suitable for puppies, adults and seniors
- ✓ Rich in heart-friendly amino acids, like carnitine and taurine
- ✓ High in Omega-3s to help promote healthy joints and skin
- ✓ Bursting with bioactive ingredients, like ginger, to help protect cells against free radicals



Barn Raised Tail Tappin' Turkey Bowl

Our Barn Raised Turkey meal has a low-to-moderate fat content and is complete and balanced for all life stages. Supplemented with omega-3 fatty acids from fish oil and flaxseed oil, this meal also boosts a variety of vegetables and even psyllium seed husk, to provide a range of antioxidants, vitamin K and soluble and insoluble fibre.

- ✓ Rich in Omega-3s to support growing bones and joints
- ✓ Bioactive and antioxidant ingredients like turmeric to help reduce inflammation
- ✓ Amino acids like tryptophan help calm your puppy and reduce anxiety

Grass Fed Lip Lickin' Lamb Bowl

Our Grass Fed Lamb meal is complete and balanced for all life stages, and the richest bowl we have on offer.

- ✓ High in zinc to promote healthy skin
- ✓ Calorie dense ingredients for active or high energy puppies
- ✓ Rich in antioxidants to prevent cell damage
- * Not suitable for pups with sensitive digestive tracts

Wild Caught Rip Rollickin' Roo Bowl

Our Wild Caught Kangaroo meal is complete and balanced for all life stages, ultra-low in fat, high in protein and highly digestible. Rich in Vitamin B for energy, Omega-3s for a healthy coat and nourished skin, iron for optimal blood health, and zinc to help support your pup's immune system, our Kangaroo Bowl is a versatile option and our leanest meal.

- ✓ Suitable for puppies, adults and seniors
- ✓ A novel, high protein option for puppies with sensitivities
- ✓ Rich in bioactive ingredients, like raspberries, to help fight disease
- ✓ Low sodium for optimal heart health
- ✓ High in phytonutrients like Vitamin C, to assist in preventing cell damage
- * Small puppies may need our more calorie dense meals in their rotation alongside this bowl to ensure their daily energy requirements are met



Therapeutic Diet Hypoallergenic Pro

Hypoallergenic Pro is a fresh therapeutic diet for dogs with food allergies, skin conditions, and gut sensitivities. Formulated with goat, a unique single novel protein, ideal for elimination diets and long-term feeding.

- ✓ Formulated without common food allergens
- ✓ Omega-3s from algae oil manage gut and skin inflammation
- ✓ Prebiotic fibre and phytonutrients promote gut health
- ✓ Suitable for puppies, adults and seniors
- ✓ Suitable for elimination diets and long-term feeding
- * To be used with veterinary approval and support

Our treats



Whether you are using them for training, making mealtime more exciting or to double down on health benefits, our treats are the perfect complement to a complete and balanced diet.



Mussel Munchies

A perfect treat for any situation — feed whole or crumble.



Sardine Snaps

Crumble onto your meals as a topper for some extra crunch.



Lamb Bark

These treats can help to breathe new life into meal and training time.



Chicky Chews

Snappable, on-the-go treats great for training young pups!



Pig Twigs

A boredom-busting chew perfect for keeping jaws active and minds busy.



Beefy Bites

Containing 100% Australian grass fed beef heart, these treats are suitable for all pups.



How to order your Lyka box

- 1 Get started through our website



SCAN ME

- 2 Answer a few questions about your puppy to help us **tailor their plan**
- 3 **Enter your breeder's discount** at checkout for **50% off** your first box
- 4 That's it – now to await your drool-worthy delivery!

Best practices for chowing down

Your pup might gobble with gusto from day dot, but if your first Lyka box isn't a hit, don't be disheartened! Puppies can take a little time to warm up to their new environment.

These are some reasons why your puppy may not be chowing down in the first few weeks:

- 1 New sounds and smells in the house
- 2 New toys
- 3 New friends (other dogs, cats or household members)
- 4 Missing their littermates



Let's set you and your puppy up for success! Try these tips and tricks for a smooth mealtime experience:

Stick to a routine

Establish a consistent routine for feeding, playtime, and potty breaks to create security for your puppy and set them up for success.

- Implement a consistent feeding routine from early on. Puppies thrive off routine – knowing they will be fed at roughly the same time each day makes them feel more secure and in control.
- Choose mealtimes that suit your lifestyle that you can maintain
- Don't leave out their food for more than 15-20 minutes

Create a calm environment

Make sure your puppy has a quiet and comfortable space to rest, away from any loud noises or disruptions. New environments can be stressful, so a relaxed spot away for children and other dogs is a must!

Slow transition

If you're transitioning your puppy from other food to Lyka, make sure to follow the transition guide to avoid tummy issues and give their gut time to adjust. Slowly increase the proportion of Lyka over five to 14 days to minimise the risk of stomach upset and help them better tolerate and digest the new nutrients.

Dial down treats

Treats make great rewards, especially during the early days of training your puppy and making them feel at home. However, some pups prefer to wait for a treat rather than eating their healthy, well-balanced meals. If they seem bored or disinterested, they might already be full: or they're waiting for dessert. Keep treats for training time and don't give in to those big puppy eyes!

Dial-up positive reinforcement

Coming home to a new environment can be overwhelming for some pups. Fear of new things like smells, textures and tastes is a survival tactic. Maintain a relaxed, confident energy when dishing up meals to encourage them to let their guard down and fully enjoy their food. Give them praise after eating to positively reinforce the experience.

Heat up the food

Get ready to turn up the heat! This will enhance the food's aroma, increasing its appeal — your puppy's sense of smell is much stronger than ours. Pop a pouch into a bowl of warm water and heat for a short period so that it's lukewarm before serving.



Feeding schedules for puppies

We recommend feeding puppies three times a day until they are half their expected adult weight.

Depending on their breed, this may be between three and nine months. You can then transition them to two meals a day any time between six and 12 months. When transitioning to Lyka, take it slow to avoid upset tummies, especially if your pup was eating kibble as their gut needs some extra time to adjust to more diverse ingredients.

The feeding schedule for puppies can vary depending on their age, breed, size, and activity level. In general, puppies need to be fed more frequently than adult dogs because they have smaller stomachs and require more energy for growth and development.

A slow-growth feeding plan is especially crucial for big breeds such as Great Danes, Labradors and Rottweilers. An excess of calories or calcium can speed up growth and potentially cause serious health problems like hip dysplasia and other skeletal abnormalities. Small breeds also require enough calories to support optimal growth.

Lyka customers get access to our Vet and Customer Care support team who will be able to recommend the best portion size and meals suited to your puppy.



Preparing for puppy arrival

Setting up your home

Eating area

Always feed them in the same place and at around the same time each day. Make sure fresh water is available and use a rubber mat under their food and water bowls for easy clean-ups. Looking for the perfect bowl? A stainless steel bowl with a non-slip base is a popular choice because it's durable, easy to clean and doesn't absorb bacteria. Make sure it's the right size for your puppy's breed and age to encourage a smooth eating experience.

Must have supplies



Toys

Having a selection of toys on hand for your puppy to play with is a great way to keep them stimulated, provide hours of entertainment and help with teething. Make sure that toys are safe for puppies and don't have any buttons, ribbons or zips, which they may chew and swallow!



Grooming brush

Make sure to start brushing your puppy from an early age to get them used to the feel! Although puppy fur usually doesn't tangle or get matted, this reinforced experience will make grooming a breeze in the future.



Nail clippers

Puppy claws can be sharp! If you feel comfortable with the technique, you can clip your puppy's nails at home. Start playing with their paws early on so they are used to the feeling.



Weeks 1-4

Understanding separation anxiety: how to comfort your puppy

Dogs can experience separation anxiety at any time, but being weaned from their mother and taken from the comfort of their siblings can be a significant adjustment for them.

There are many things you can do to help them through this transitional period, like giving them plenty of playtime, making their space comfortable and safe, along with leaving them with high-value treats and toys to keep them occupied.

When picking up your pup, try scheduling time off work or have someone at home for the first few weeks.

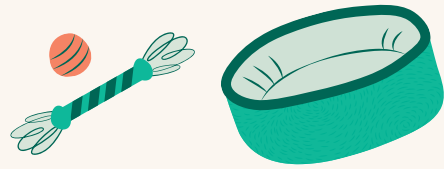
Basic first-day training

Welcome home, pup! Now what do we do? Here are a few tips to get you started...

Sniffing intently around the ground may mean your pup is looking for somewhere to go to the toilet. If you notice this, take your pup to their designated toileting area and give them lots of positive reinforcement.

You should always praise them when they instinctively do basic tricks like sitting, lying down, pawing and responding to their name.

Try to resist the urge to bring them into your bed or feed them something extra special to avoid reinforcing these behaviours. Lay down some ground rules and stick to them!



Welcome home! Your puppy is finally here.

4 weeks to 6 months

Time to start training

Training your puppy is all about consistency. Toilet training is essential, but you can also start teaching basic commands like sit, lie down and shake.

Start socialising your puppy so they get used to lots of different people. Once they are fully vaccinated (usually at about 16 weeks), you can take them to the park to explore and meet other dogs. We also suggest enrolling them in a puppy preschool to help with training, basic commands and of course socialising.



First bath

Some puppies love bath time, while others aren't so keen to splash around. Take your time and be gentle. Once they're comfy with bath time, it's a great chance to trim your pup's nails and check their body for any health concerns.

Depending on your pup's lifestyle, we recommend giving your dog a bath at least every one to two months, and always using natural skincare products that won't itch or irritate their sensitive skin. Lay down some ground rules and stick to them!



6 months to adulthood



Out-of-house leash training

Leash training is a skill — sometimes it feels like your puppy is training you! The trick is to keep them on a short leash in the beginning, which encourages them to walk beside you, not in front. As they get the hang of it, you can loosen the leash. Make sure you reward them when they heel at your side.



Vet checks

Make sure to take your puppy to the vet for a health check-up and a rate of weight gain assessment. This consultation is also a great time to discuss their nutrition and portion sizes, as well as their flea, tick and worming treatments, and ensure they aren't having any adverse reactions.

At this age, we recommend you change the serving sizes of your puppy's Lyka meals and reduce them to two meals a day, instead of three. Make sure to update their weight in your Lyka customer dashboard.

Once they reach adulthood, you can discuss the process of desexing with your vet. Your puppy's lifestyle, breed and temperament will all influence the procedure (if you choose to go ahead).

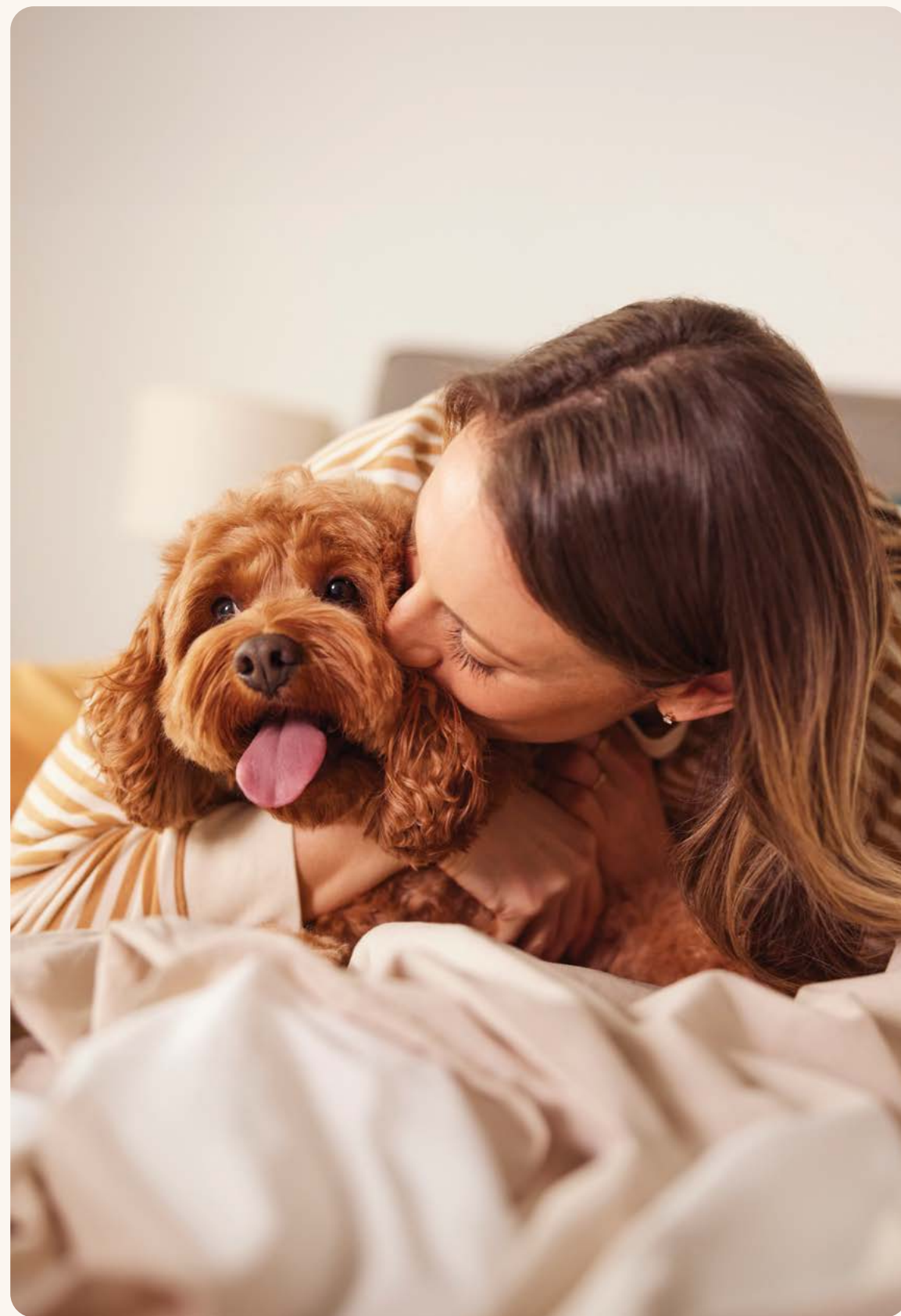


Socialisation and sensitivity training

Build daily play opportunities with other dogs into your puppy's routine to encourage safe interactions and playtime.

At this age, they can often develop certain fears, like small children or glasses. Try desensitising them gradually by starting off small, and slowly increasing the scariness of one characteristic. Incorporate positive reinforcement like treats and praise alongside this process until they become more comfortable.

If your puppy fears the car or has a noise phobia, create an area where they feel safe and secure, surrounded by their favourite toys and blankets, and even some calming music.



Contact us

A fresh start is the best start — and we're here for you every step of the way.

We love questions! We have a dedicated team of vets, nurses and a Customer Care Team with experts to help with any questions you may have about nutrition or your puppy. Please don't hesitate to reach out.

1300 851 936 or via email at info@lyka.com.au
between the following times (AEST):
Monday to Friday, 8am–6pm
Saturday and Sunday, 10am–6pm





lyka.com.au