

## Recipes



Beef and Russet Potato  
Avail in 18 oz., 72 oz.



Lamb and Brown Rice  
Avail in 18 oz., 72 oz.



Turkey and Whole Wheat Macaroni  
Avail in 18 oz., 72 oz.



Chicken and White Rice  
Avail in 18 oz., 72 oz.



Fish and Sweet Potato  
Avail in 18 oz., 72 oz.



Venison and Squash Diet  
Avail in 18 oz., 72 oz.

## Healthy Snacks



Salmon Bark  
Avail in 5 oz.



Beef Liver Bark  
Avail in 5 oz., 15 oz.



Chicken Apple Bark  
Avail in 5 oz., 15 oz.



Pumpkin  
Avail in 6 oz., 18oz.



Chicken Breast  
Avail in 5 oz., 18 oz., 28 oz.



Venison  
Avail in 5 oz.



Beef Flank Steak  
Avail in 5 oz.

**SUBSTITUTIONS NOT RECOMMENDED!** Each of our recipes has passed extensive, third-party feeding trials that have proven our food nutritionally balanced. In order for your dog to fully benefit from our recipes, you should follow the instructions without deviation. Our recipes are best prepared by those with at least a basic understanding of food preparation, handling, cooking and storage. If you have any questions, you can call JustFoodForDogs seven days a week and we will do our best to help. Regardless of what you feed your dog, it is recommended that your pet see your vet every six months.

# JustFood ForDogs®

More life. More years. More love.™



Ask about our line of prescription diets and our bulk order options.



## Supplements

**Omega Plus Icelandic Premium Fish Oil**  
Promotes healthy skin and a shiny coat  
Avail in 8 oz., 16 oz.

**Calm** (90 capsules)  
All-natural stress reliever for high anxiety dogs or tense situations

**Skin & Allergy Care** (60 capsules)  
Supports the immune system against allergies, infections and tear staining

**Joint Care** (60 capsules)  
Supports and protects joint tissue

**Joint Care Plus** (60 capsules)  
Proven stronger joint support with Collagen type II and Hyaluronic Acid

**Probiotic Live** (60 capsules)  
Supports digestion and promotes a healthy intestinal flora

**JustFoodForDogs.com**

# JustFood ForDogs®

More life. More years. More love.™

949.722.3647 | 866.423.9405 fx | Open 7 Days/Week

Visit [JustFoodForDogs.com](http://JustFoodForDogs.com) for a location near you.

Dog Photography by DogmaPetPortraits.com ©2019 JustFoodForDogs LLC  
BRO\_016 20190329

## Handsome Hank

Hank (on cover) has been eating our food his entire life. No wonder he has such a fabulous coat and pleasant disposition. Lean, leggy, and a little awkward, Hank flings himself headfirst into every adventure. Whether it's loving his somewhat skeptical cat brothers or joyfully playing with every dog in sight, Hank squeezes the most out of every minute.

Hank knows that JustFoodForDogs meals are delicious. What he doesn't know is that our balanced whole-food recipes also make dogs healthier. Independent research at a major university found that dogs fed our food experience a boost in immune cells and other markers of health.

When we started JustFoodForDogs, our goal was to increase the length and quality of life for as many dogs as possible. Like Hank, we want your dog to have the advantages that come with using only ingredients certified and approved by the USDA for human consumption. That's why we gladly share our recipes, and will even teach you how to make our food at home.

See our easy-to-follow DIY video by visiting <http://company.justfoodfordogs.com/portfolio-posts/diy>

## COOKING GUIDE Beef and Russet Potato

# Ingredients

## Lean Ground Beef (80/20 or 85/15)

Beef is considered a prime source of high-quality, complete protein and is also rich in iron, niacin, selenium and zinc.

## Beef Liver

Beef liver is a nutrient-dense food. Ounce for ounce, beef liver contains the highest volume of protein and vitamin A, and is a rich source of highly absorbent heme iron.

## Russet Potatoes

Russet potatoes are high in potassium and contain substantial amounts of vitamins C and B6. They are also a good source of niacin, fiber, magnesium, iron and thiamin.

## Sweet Potatoes

Sweet potatoes are an excellent source of vitamins A, B6 and C, as well as manganese, beta-carotene, copper, dietary fiber, potassium and iron.

## Carrots

Carrots are a great source of vitamins C and K, potassium, and dietary fiber.

## Green Beans

Green beans are rich in vitamin K, riboflavin, omega-3 fatty acids, dietary fiber and niacin.

## Green Peas

Green peas are a very good source of folate, manganese, magnesium, thiamin and phosphorus.

## Green or Red Apples

Apples are high in antioxidants and fiber.

## Safflower Oil

Safflower oil contains essential omega-6 fatty acids.

## JustFoodForDogs Do-It-Yourself Nutrient Blend



Our Beef and Russet Potato Nutrient Blend is specifically formulated for this recipe and is compounded from 100% human-edible ingredients. Like all our DIY nutrient blends, it balances the recipe for long-term feeding.

# Full Recipe

*This full recipe will yield approximately 11.5 pounds of food, equating to approximately 8,200 calories (kcal). To make less food, try our half recipe below.*

- 5 pounds lean ground beef, 80/20 or 85/15, raw weight
- 2.5 ounces beef liver, diced or ground, raw weight
- 3 pounds 9 ounces russet potatoes, with skin
- 1 pounds 14 ounces sweet potatoes, with skin
- 5 ounces carrots, finely chopped
- 5 ounces green beans, finely chopped
- 2.5 ounces green peas, finely chopped
- 2.5 ounces green or red apples, cored, seeds removed, finely chopped
- 3.75 ounces safflower oil
- 1 Tablespoon JustFoodForDogs Omega Plus Fish Oil
- 3 Tablespoons JustFoodForDogs Beef and Russet Potato DIY Nutrient Blend

# Half Recipe

*To make half the food, simply follow the same preparation and cooking instructions but use the measurements below. Note: DIY Nutrient Blend amounts for half recipes are always in teaspoons.*

- 40 ounces lean ground beef, 80/20 or 85/15, raw weight
- 1.25 ounces beef liver, diced or ground, raw weight
- 28.5 ounces russet potatoes, with skin
- 15 ounces sweet potatoes, with skin
- 2.5 ounces carrots, finely chopped
- 2.5 ounces green beans, finely chopped
- 1.25 ounces green peas, finely chopped
- 1.25 ounces green or red apples, cored, seeds removed, finely chopped
- 3.75 Tablespoons safflower oil
- 1/2 Tablespoon JustFoodForDogs Omega Plus Fish Oil
- 4.5 teaspoons JustFoodForDogs Beef and Russet Potato DIY Nutrient Blend



For best results, use JustFoodForDogs Omega Plus, or an 18/12 equivalent fish oil supplement, as a source of EPA and DHA.

# Feeding Guidelines

Use standard 8 oz. measuring cup.

Dog Weight	Oz	Cups
10	5	0.75
20	9	1.00
30	12	1.50
40	15	2.00
50	18	2.25
60	20	2.50
70	23	2.75
80	25	3.25
90	28	3.50
100	30	3.75
115	33	4.25
125	35	4.50
150	41	5.00

# Preparation

1. Wash all vegetables thoroughly.
2. Use fresh vegetables whenever possible, but if one or two items must be frozen, make sure there are no added ingredients such as salt or sugar.
3. Be sure to use ripe potatoes, without any shades of green.
4. Prepare a 1 quart ice bath. Once the potatoes are cooked, the ice will be used to cool them and to stop the cooking process so they retain their texture.
5. Make absolutely certain that all apples have been cored and all seeds removed -- apple core/seeds can be toxic to dogs.

# Cooking

1. In a nonstick skillet, brown beef and beef liver over medium high heat, stirring frequently. Add carrots, green beans, peas and apples while beef is slightly pink. Continue to cook until beef is fully cooked and vegetables are soft. Do not drain. Let the mixture cool until it is warm to the touch.
2. Bring water to a rapid boil in an appropriately sized pot. In the meantime, dice the russet and sweet potatoes (do not peel) to 1/4" or an appropriate bite size for your dog. Add potatoes to the water and lower heat to a simmer. Cook for 10-15 minutes or until fully cooked (soft to the touch). Add ice to stop the cooking process. Drain. Let the potatoes cool until they are cool to the touch.
3. In a large mixing bowl, after the food has cooled completely, combine all ingredients, including oils. Slowly sprinkle in DIY Nutrient Blend until fully incorporated.
4. Portion into individual-serving sizes and store in freezer or refrigerator. Stored in the refrigerator, this recipe will stay fresh 4-6 days.