

## 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.

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**

## 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.

## Puppy Feeding Guidelines

Use standard 8 oz. measuring cup.

Puppies < 4 months

Puppy Weight	Oz	Cups
10	15	2.00
20	25	3.25
30	34	4.25
40	43	5.50
50	51	6.50
60	58	7.25

Puppies > 4 months

Puppy Weight	Oz	Cups
10	9	1.25
20	15	2.00
30	21	2.75
40	26	3.25
50	30	3.75
60	35	4.50
70	39	5.00
80	43	5.50
90	47	6.00
100	51	6.50
115	57	7.25
125	60	7.50

# 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.

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## Golden Boy

Bruce (on cover) is a puppy with big shoes to fill. He's a successor to Rey, a much-loved golden retriever who lived an amazing 17 years thanks in part to JustFoodForDogs. Following in Rey's footsteps, Bruce has been raised on our Chicken and White Rice recipe since weaning and is, according to his pet parent, "nothing but perfect." Great for fast-growing puppies, our chicken recipe is excellent for adult dogs as well.

Bruce 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 Bruce, 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 Chicken and White Rice

# Ingredients

## Chicken Thighs, Skinless

Chicken thigh meat is an excellent source of protein, vitamin B6, iron, pantothenic acid, phosphorus, zinc, selenium and niacin.

## Chicken Thighs with Skin

Chicken skin is left on to achieve the optimum level of fat content. Animal ingredients are preferred due to their superior bioavailability.

## Chicken Gizzards

Chicken gizzards are low in saturated fat and sodium. They are a very good source of protein, vitamin B12, iron, phosphorus, zinc and selenium.

## Chicken Liver

Chicken liver is a nutrient-dense food that is high in iron, vitamin A, copper, folate, riboflavin and niacin.

## Enriched Long Grain White Rice

Long grain white rice is an easily digestible grain that is high in B complex, iron, calcium, magnesium, manganese, zinc, copper and selenium.

## Spinach

Spinach is a great source of vitamin K, magnesium, folate, manganese, omega-3 fatty acids and zinc.

## Carrots

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

## Green or Red Apples

Apples are high in antioxidants and fiber.

## JustFoodForDogs Do-It-Yourself Nutrient Blend



Our Chicken and White Rice 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 9 pounds of food, equating to approximately 5,325 calories (kcal). To make less food, try our half recipe below.*

2 pounds 4 ounces chicken thighs, skinless, boneless, diced or ground, raw weight

1 pounds 4 ounces chicken thighs, with skin, boneless, diced or ground, raw weight

6 ounces chicken gizzards, diced or ground, raw weight

5 ounces chicken liver, diced or ground, raw weight

24 ounces enriched long grain white rice, dry weight

8 ounces spinach, finely chopped

8 ounces carrots, finely chopped

8 ounces green or red apples, cored, seeds removed, finely chopped

2 teaspoons JustFoodForDogs Omega Plus Fish Oil

5.25 Tablespoons JustFoodForDogs Chicken and White Rice 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.*

18 ounces chicken thighs, skinless, boneless, diced or ground, raw weight

10 ounces chicken thighs, with skin, boneless, diced or ground, raw weight

3 ounces chicken gizzards, diced or ground, raw weight

2.5 ounces chicken liver, diced or ground, raw weight

12 ounces enriched long grain white rice, dry weight

4 ounces spinach, finely chopped

4 ounces carrots, finely chopped

4 ounces green or red apples, cored, seeds removed, finely chopped

1 teaspoon JustFoodForDogs Omega Plus Fish Oil

7.75 teaspoons JustFoodForDogs Chicken and White Rice 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.

# Adult Dog Feeding Guidelines

Use standard 8 oz. measuring cup.

Adult Dog Weight	Oz	Cups
10	6	0.75
20	10	1.25
30	13	1.75
40	17	2.00
50	20	2.50
60	22	2.75
70	25	3.25
80	28	3.50
90	30	3.75
100	33	4.00
115	37	4.50
125	39	5.00
150	45	5.50

See back panel for Puppy Feeding Guide

# 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. 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 chicken thighs, chicken gizzards and chicken liver over medium high heat, stirring frequently. Add spinach, carrots, and apples while chicken is slightly pink. Continue to cook until chicken is fully cooked and vegetables are soft. Do not drain. Let the mixture cool until it is warm to the touch.
2. Cook rice according to package directions. Let cool.
3. In a large mixing bowl, combine all ingredients, including oil. 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.

**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.