



Bland Diet Recipe

for adult, less active dogs, can be served raw or gently cooked:

INGREDIENTS:

- **20oz** Whitefish, Raw
- **1** Large egg (no shell)
- **60 oz** canned pumpkin (no added salt)
- **45 g** Flaxseed oil
- **5 g** Ground ginger
- **1 g** dried kelp containing 700mcg iodine per gram

Required Supplements to be Added:

- **1g** Calcium Citrate powder
- **15mg** Zinc
- **2mg** Copper supplement
- **1g** B Complex
- **30IU** Vitamin E supplement

Cooking Method:

Gently Cooked (Gently cooked means cooking at the lowest heat setting, covered to prevent moisture loss. Stove top cooking, with or without added liquid, covered, until cooked through, describes Gently Cooked. A slow cooker on low heat or sous vide are also considered Gently Cooked. Any associated cooking liquid is included and served with the cooked food.)

Directions:

1. All ingredients in this recipe should be measured raw, unless specified otherwise in the ingredient listing. Practice safe food handling techniques including washing of hands before and after handling raw meat. After cutting raw meats, wash all surfaces with hot, soapy water.
2. We recommend pre-portioning and freezing any extra food you don't plan to feed after 72 hours. Frozen food is best offered up to 1 month after freezing for optimal nutrition.

3. All nuts, seeds, grains, tablet based supplements, and produce used in this recipe should be finely chopped for better digestibility, bioavailability, and distribution. A food processor works great for this step!
4. Fine powder supplements and oils must be thoroughly mixed into recipe in multi-day batches.
5. Capsule/perle ingredients must be opened for better distribution in multi-day batches.