

Recipes



Beef and Russet Potato
Avail in 7 oz., 18 oz., 72 oz.



Lamb and Brown Rice
Avail in 7 oz., 18 oz., 72 oz.



Turkey and Whole Wheat Macaroni
Avail in 7 oz., 18 oz., 72 oz.



Chicken and White Rice
Avail in 7 oz., 18 oz., 72 oz.



Fish and Sweet Potato
Avail in 7 oz., 18 oz., 72 oz.



Venison and Squash Diet
Avail in 7 oz., 18 oz., 72 oz.



Balanced Remedy Veterinary Diet
Avail in 14 oz., 72 oz.

Ask about our line of prescription diets and our 25 lbs bucket program. To order and for detailed pricing information visit www.justfoodfordogs.com



JFFD Omega Plus Icelandic Premium Fish Oil

Premium source of EPA and DHA. Maintains healthy skin. Avail in 8 oz., 16 oz., 32 oz.



Supplements

Calm
Potent Anxiety Support (90 tablets)

Skin & Allergy Care
Olive Leaf Extract (60 capsules)

Joint Care
Supports & Protects Cartilage Matrix Tissue (60 capsules)

Probiotic Live
Supports Digestion & Promotes a Healthy Intestinal Flora (60 capsules)

Treats



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 Treats
Avail in 6 oz., 18oz.



Peanut Butter Treats
Avail in 6 oz.



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



Venison Treats
Avail in 5 oz.



Beef Flank Steak Treats
Avail in 5 oz.

JustFood ForDogs

More life. More years. More love.™

Costa Mesa Kitchen
103 E. 17th St., Costa Mesa, CA 92626

West Hollywood Kitchen
7870 Santa Monica Blvd., West Hollywood CA 90046

Sherman Oaks Kitchen
13900 Ventura Blvd., Sherman Oaks CA 91423

Manhattan Beach Kitchen
1605 N. Sepulveda Blvd., Manhattan Beach, CA 90266

Capistrano Beach Pantry
26886 Calle Hermosa, Capistrano Beach, CA 92624

Downtown Los Angeles Pantry
333 S. Spring St., Los Angeles CA 90013

Anaheim Hills Pantry
5799 E. La Palma Ave., Anaheim, CA 92807

Long Beach Pantry
2200 N. Lakewood Blvd., Long Beach, CA 90815

(Please note that hours of operation and product variety may be limited at our Pantry locations.)

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Visit JustFoodForDogs.com for detailed information about our kitchens.

JustFoodForDogs.com

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More life. More years. More love.™



Cooking Guide Chicken and White Rice

JustFoodForDogs.com

It's True...

The single most important element to a dog's life (after he has found the love of his human) is his daily diet. The food you choose to put in your dogs body, more than anything else, will determine his future health, happiness, well-being, energy level and may even have an impact on his vet bills.

We started JustFoodForDogs® with one, simple, primary objective – to increase the quality and length of life for as many dogs as possible through a proven, balanced, whole food diet. JustFoodForDogs is quite simply the very best food you can feed your dogs. Independent research at a major university found that dogs fed our food experience a boost in immune cells and markers of health. In short, our food makes dogs healthier. We want your dog to have the advantages that come along with using only ingredients certified and approved by the USDA for human consumption. That is why we not only give away our recipes, we do it gladly and we even teach you how to make our food at home.

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



Chicken and White Rice Recipe

2 pounds 4 oz Chicken Thighs, skinless, boneless, diced or ground, raw weight

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

1 pound 4 oz Chicken Thighs, boneless, with skin, diced or ground, raw weight

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

6 oz Chicken Gizzards, diced or ground, raw weight

Chicken gizzard is low in saturated fat and sodium. It's a very good source of protein, vitamin B12, iron, phosphorus, zinc and selenium.

5 oz Chicken Liver, diced or ground, raw weight

Liver is a highly nutrient dense food. It's high in iron, vitamin A, copper, folate, riboflavin and niacin.

24 oz Enriched Long Grain White Rice, dry weight

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

8 oz Spinach, finely chopped

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

8 oz Carrots, finely chopped

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

8 oz Green or Red Apples, cored, seeds removed, and finely chopped

Apples are high in antioxidants and fiber.

4.75 tbsp JustFoodForDogs Chicken and White Rice DIY Proprietary Nutrient Blend

To completely balance this recipe for long term feeding, 4.75 level tablespoons of our nutrient blend must be added after the food has cooled and before packaging. Our nutrient blend is specifically formulated for this Chicken and White Rice recipe and is compounded from 100% human grade ingredients.



FOR BEST RESULTS, ADD:

2 tsp of JFFD Omega Plus Icelandic Premium Fish Oil Supplement (sold separately), or an equivalent 18/12 liquid fish oil supplement.

Is the full recipe too large for your kitchen?

Some customers have asked for smaller amounts to work with, so we have introduced our new ½ recipe DIY option. Simply follow all of the same instructions included in this brochure, but use the measurements below instead. **Note: DIY Proprietary Nutrient Blend amounts for ½ recipes are always in teaspoons.**

½ Recipe for Chicken and White Rice Recipe

18 oz Chicken Thighs, skinless, boneless

10 oz Chicken Thighs, boneless, with skin

3 oz Chicken Gizzards, diced or ground

2.5 oz Chicken Liver, diced or ground

6.5 tsp JustFoodForDogs Chicken and White Rice DIY Proprietary Nutrient Blend.

12 oz Enriched Long Grain White Rice, dry weight

4 oz Spinach, finely chopped

4 oz Carrots, finely chopped

4 oz Green or Red Apples

1 tsp JFFD Omega

Plus Fish Oil



Feeding Guidelines

Use standard 8 oz. measuring cup.

Dog Weight	Oz	Cups
10	11	1.25
20	18	2.25
30	24	3.00
40	30	3.75
50	36	4.50
60	41	5.00
70	46	5.75
80	51	6.25
90	55	7.00
100	60	7.50
115	67	8.25
125	71	9.00
150	81	10.25

Preparation and Cooking

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 Directions

A. In a nonstick skillet, brown chicken thigh, chicken gizzards and chicken liver over medium high heat, stirring frequently. Add spinach, carrots and apples while chicken is still 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.

B. Cook rice according the package directions. Let cool.

C. In a large mixing bowl, combine all ingredients. Slowly sprinkle in nutrient powder blend until fully incorporated.

D. Portion into individual serving size and store in freezer or refrigerator. Stored in the refrigerator, this recipe will stay fresh 4-6 days.

This recipe will yield approximately 9 lbs of food, equating to approximately 5,325 Calories (kcal).