

## 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](http://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](http://JustFoodForDogs.com) for detailed information about our kitchens.

**JustFoodForDogs.com**

Dog Photography by [DogmaPetPortraits.com](http://DogmaPetPortraits.com)

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## Cooking Guide Fish and Sweet Potato

[JustFoodForDogs.com](http://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>



# Fish and Sweet Potato Recipe

## 4 pounds 8 oz Pacific Cod, raw weight

Pacific cod is an excellent source of low calorie protein and a good source of omega 3 fatty acids, niacin, vitamin B12 & B6, potassium, phosphorus and selenium.

## 3 pounds 3 oz Sweet Potatoes, with skin

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

## 3 pounds 3 oz Russet Potatoes, with skin

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.

## 6 oz Green Beans, finely chopped

Green beans are rich in vitamin K, riboflavin, copper, omega-3 fatty acids and niacin and are a good source for dietary fiber, phosphorous and protein.

## 6 oz Broccoli, finely chopped

Broccoli is an excellent source of vitamins K, C and A as well as folate and fiber and is a good source for dietary fiber, phosphorus, potassium, magnesium and the vitamins B6 and E.

## 5.75 oz Safflower Oil

Safflower oil contains essential omega-6 fatty acids.

## 5 tbsp JustFoodForDogs Fish and Sweet Potato DIY Proprietary Nutrient Blend

To completely balance this recipe for long term feeding, 5 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 Fish and Sweet Potato recipe and is compounded from 100% human grade ingredients.



# 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 1/2 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 1/2 recipes are always in teaspoons.**

## 1/2 Recipe for Fish and Sweet Potato Recipe

2 pounds 4 oz Pacific Cod, raw weight

3 oz Green Beans, finely chopped

25.5 oz Sweet Potatoes, with skin

3 oz Broccoli, finely chopped

25.5 oz Russet Potatoes, with skin

5.75 tbs Safflower Oil

7 tsp JustFoodForDogs Fish and Sweet Potato DIY Proprietary Nutrient Blend.



## Feeding Guidelines

Use standard 8 oz. measuring cup.

Dog Weight	Oz	Cups
10	12	1.50
20	20	2.50
30	27	3.25
40	33	4.00
50	39	5.00
60	45	5.50
70	50	6.25
80	56	7.00
90	61	7.50
100	66	8.25
115	73	9.25
125	78	9.75
150	89	11.25

# 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. Be sure to use ripe potatoes, without any shades of green showing.
4. Once cooked, cool the potatoes with 1 quart of ice to stop the cooking process and retain their consistency.

## Cooking Directions

**A.** Place cod on a parchment lined baking sheet and place in a preheated oven at 350F. Cook for 15-20 min or until fully cooked. Let it cool until it is warm to the touch.

**B.** Steam or boil vegetables until soft. Let cool.

**C.** 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 min or until fully cooked (soft to the touch). Add ice to stop the cooking process. Drain. Let cool to the touch.

**D.** In a large mixing bowl, combine all ingredients including oil. Slowly sprinkle in nutrient powder blend until fully incorporated.

**E.** Portion into individual serving size and store in freezer or refrigerator. Stored in the refrigerator, this recipe will stay fresh 3-4 days.

**This recipe will yield approximately 11 lbs of food, equating to approximately 5,310 Calories (kcal).**

**SUBSTITUTIONS NOT RECOMMENDED!** Each of our recipes have 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 JFFD seven days a week and we will do our best to help. Regardless of what you feed your dog, it is recommended that they see their vet every six months.