

## 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)

## 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

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### 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.

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## Cooking Guide Turkey and Whole Wheat Macaroni

[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](http://company.justfoodfordogs.com/portfolio-posts/diy)



# Turkey and Whole Wheat Macaroni Recipe

**5 pounds Ground Turkey, 80/20, raw weight**  
Turkey is a superior source of lean protein and contains selenium, niacin, iron, zinc, phosphorus, potassium and B vitamins.

**2.5 oz Turkey Liver, raw weight**  
Turkey liver is a nutrient dense food. Ounce for ounce, it contains the most concentrated volume of protein and vitamin A. It's a rich source of heme-iron, the most absorbable form of iron. Liver is also high in copper, folate, riboflavin, niacin, phosphorus and zinc.

**2 pounds 8 oz Whole Wheat Macaroni, dry weight**  
Because whole wheat pasta is made from the whole grain it delivers a higher level of nutrients, including fiber, folic acid and iron.

**5 oz Carrots, finely chopped**  
Carrots are a very good source of vitamins C and K, potassium and dietary fiber.

**5 oz Zucchini, finely chopped**  
Zucchini is an excellent source of manganese and vitamin C. Zucchini is also a good source for magnesium, vitamin A, dietary fiber, potassium, copper, folate and phosphorus. In addition, it is a good source of omega-3 fatty acids, vitamins B1, B2, B6, calcium, zinc, niacin and protein.

**5 oz Broccoli, finely chopped**  
Broccoli is an excellent source of vitamins K, C and A as well as folate and fiber. Broccoli is also a good source of phosphorus, potassium, magnesium and the vitamins B6 and E.

**2.5 oz Cranberries, fresh or frozen (unsweetened), finely chopped**  
Cranberries provide an excellent source of vitamin C and are high in fiber, manganese, vitamins K and E.

**2.75 tbsp JustFoodForDogs Turkey and Whole Wheat Macaroni DIY Proprietary Nutrient Blend**  
To completely balance this recipe for long term feeding, 2.75 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 Turkey and Whole Wheat Macaroni recipe and is compounded from 100% human grade ingredients.



**FOR BEST RESULTS, ADD:**  
**5 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 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 Turkey and Whole Wheat Macaroni Recipe

2 pounds 8 oz Ground Turkey, 80/20	2.5 oz Zucchini, finely chopped
1.25 oz Turkey Liver	2.5 oz Broccoli, finely chopped
20 oz Whole Wheat Macaroni, dry weight	1.25 oz Cranberries, fresh or frozen
2.5 oz Carrots, finely chopped	2.5 tsp JFFD Omega Plus Fish Oil

4 tsp JustFoodForDogs Turkey and Whole Wheat Macaroni DIY Proprietary Nutrient Blend.



## Feeding Guidelines

Use standard 8 oz. measuring cup.

Dog Weight	Oz	Cups
10	8	1.00
20	14	1.75
30	19	2.50
40	24	3.00
50	28	3.50
60	32	4.00
70	36	4.50
80	40	5.00
90	44	5.50
100	48	6.00
115	53	6.50
125	56	7.00
150	64	8.00

## 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. Once cooked, cool the macaroni with 1 quart of ice to stop the cooking process and retain its consistency.

### Cooking Directions

**A.** In a nonstick skillet, brown the turkey and turkey liver over medium high heat, stirring frequently. Add carrots, zucchini, broccoli and cranberries while turkey is still slightly pink. Continue to cook until turkey is fully cooked and vegetables are soft. Do not drain. Let the mixture cool until it is warm to the touch.

**B.** Cook macaroni according to package directions. Once cooked, add ice to stop cooking process and drain. Let cool.

**C.** In a large mixing bowl, combine all cooled ingredients including oil. 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 13 lbs of food, equating to approximately 8,300 Calories (kcal).**