

## 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.)

**Cooked Fresh | Packaged Frozen | Delivered to Your Door**

949.722.3647 | 866.423.9405 fx | Open 7 Days/Week

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

**JustFoodForDogs.com**

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

©2017 JustFoodForDogs LLC

# JustFood ForDogs

More life. More years. More love.™



## Cooking Guide Venison & Squash

[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>



# Venison and Squash Recipe

**4 pounds 11 oz Ground Venison, raw weight**  
Venison is high in protein and iron but yet low in fat. It is rich in many nutrients like vitamins B12, B6, riboflavin and niacin. It is a great novel protein that can be purchased at specialty stores that specializes in fresh, top quality meats.

**50 oz Butternut Squash, cubed**  
Butternut Squash is extremely nutritious and is high in antioxidants and anti-inflammatory compounds. It is high in dietary fiber, vitamins A and C, omega 3 fatty acids, folate, copper, B6, niacin, pantothenic acid and potassium.

**50 oz Sweet Potatoes, cubed**  
Sweet potatoes contain a unique root storage protein that has significant antioxidant capabilities. They are also high in vitamin A, beta-carotene, and are a good source of copper, vitamin B6 and potassium.

**15 oz Brussels Sprouts, finely chopped**  
Brussels sprouts are high in antioxidants such as vitamins C, E and A and are also high in omega -3 fatty acids and vitamin K, both aid in the prevent of inflammation. Brussels sprouts are high dietary fiber, manganese, iron, riboflavin, copper, and calcium.

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

**4.25 oz Safflower Oil**  
Safflower oil contains essential omega-6 fatty acids.

**2.75 tbsp JustFoodForDogs Venison and Squash 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 Venison and Squash recipe and is compounded from 100% human grade ingredients.



**FOR BEST RESULTS, ADD:**  
**1 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 Venison and Squash Recipe

37.5 oz Ground Venison, raw	1.25 oz Cranberries, fresh or frozen
25 oz Butternut Squash	4.25 tbsp Safflower Oil
25 oz Sweet Potatoes	1/2 tsp JFFD Omega Plus Fish Oil
7.5 oz Brussels Sprouts, finely chopped	

4 tsp JustFoodForDogs Venison and Squash DIY Proprietary Nutrient Blend.



## Feeding Guidelines

Use standard 8 oz. measuring cup.

Dog Weight	Oz	Cups
10	10	1.25
20	17	2.00
30	24	3.00
40	29	3.75
50	35	4.25
60	40	5.00
70	45	5.75
80	49	6.00
90	54	6.75
100	58	7.25
115	65	8.00
125	69	8.75
150	79	10.00

## Preparation and Cooking

1. Wash all fruits and vegetables thoroughly. Use fresh ingredients whenever possible, but if one or two items must be frozen, make sure there are no added ingredients such as salt or sugar.
2. Butternut Squash may also be baked, mashed and mixed in as an alternative to cubing raw and boiling as described below. Simple baking instructions are available online. Do not season with butter or salt if baking the squash, and it is recommended you start this first as baking can take up to 90 minutes.
3. The weight of the squash should be verified after it is cubed or baked, since a significant amount of weight can be lost in the preparation process.
4. Once cooked, cool the squash and potatoes with 1 quart of ice to stop the cooking process and retain their consistency.

### Cooking Directions

**A.** Bring water to a rapid boil in an appropriately sized pot. In the meantime dice the butternut squash (remove seeds, stem and skin) and sweet potatoes (do not peel) to 1/4" cubes or an appropriate bite size for your dog. Add butternut squash and sweet potatoes to the boiling 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.

**B.** In a nonstick skillet, brown the ground venison over medium high heat, stirring frequently. Add brussels sprouts and cranberries while venison is still slightly pink. Continue to cook until venison is fully cooked and vegetables are soft. Do not drain. Let the mixture cool until it is warm to the touch.

**C.** In a large mixing bowl, combine all 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 11.5 lbs of food, equating to approximately 6,218 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.