

## 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

More life. More years. More love.™

### Newport Beach Kitchen

500 W. Coast Hwy., Newport Beach CA 92663

### 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

(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 Lamb and Brown Rice

[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>



### 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)

### Olive Leaf Detox

Cellular Antioxidant, Supports Immune Health (60 capsules)

### Joint Care

Supports & Protects Cartilage Matrix Tissue (60 capsules)

### Probiotic Live

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

# Lamb and Brown Rice Recipe

## 4 pounds Lean Ground Lamb, 85/15, raw weight

Lamb has a rich supply of high quality protein and is an especially good source of zinc and iron. It is also rich in B vitamins and is one of the best sources of the amino acid carnitine.

## 5 oz Lamb Liver, diced or ground, raw weight

Lamb 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.

## 36 oz Long Grain Brown Rice, dry weight

Long grain brown rice is loaded with B vitamins and minerals such as magnesium and zinc and is an excellent source of complex carbohydrates.

## 16 oz Cauliflower, finely chopped

Cauliflower is an excellent source of vitamins C and K, fiber, manganese, folate, magnesium, iron and vitamins B1, B2 and B3.

## 16 oz Carrots, finely chopped

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

## 4 oz Spinach, finely chopped

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

## 2 oz Blueberries, fresh or frozen

Blueberries are an excellent source of vitamin K and are high in manganese, vitamin C and fiber.

## 4 tsp Safflower Oil

Safflower oil contains essential omega-6 fatty acids.

## 3.25 tbsp JustFoodForDogs Lamb and Brown Rice DIY Proprietary Nutrient Blend

To completely balance this recipe for long term feeding, 3.25 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 Lamb and Brown Rice recipe and is compounded from 100% human grade ingredients.



### FOR BEST RESULTS, ADD:

6 tbsp 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 Lamb and Brown Rice Recipe

2 pounds Lean Ground Lamb, 85/15  
2.5 oz Lamb Liver  
18 oz Long Grain Brown Rice, dry weight  
8 oz Cauliflower  
8 oz Carrots  
2 oz Spinach  
1 oz Blueberries  
2 tsp Safflower Oil  
3 tbsp JFFD Omega Plus Fish Oil

4.75 tsp JustFoodForDogs Lamb and Brown Rice DIY Proprietary Nutrient Blend.



## Feeding Guidelines

Use standard 8 oz. measuring cup.

Dog Weight	Oz	Cups
10	8	1.00
20	13	1.50
30	17	2.25
40	21	2.75
50	25	3.25
60	29	3.75
70	33	4.00
80	36	4.50
90	39	5.00
100	43	5.50
115	47	6.00
125	51	6.25
150	58	7.25

## 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.

### Cooking Directions

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

**B.** Cook brown rice according to package directions. Let cool.

**C.** In a large mixing bowl, combine all ingredients including oils. Slowly sprinkle 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 9,600 Calories (kcal).**