

## 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**

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## Cooking Guide Beef and Potato

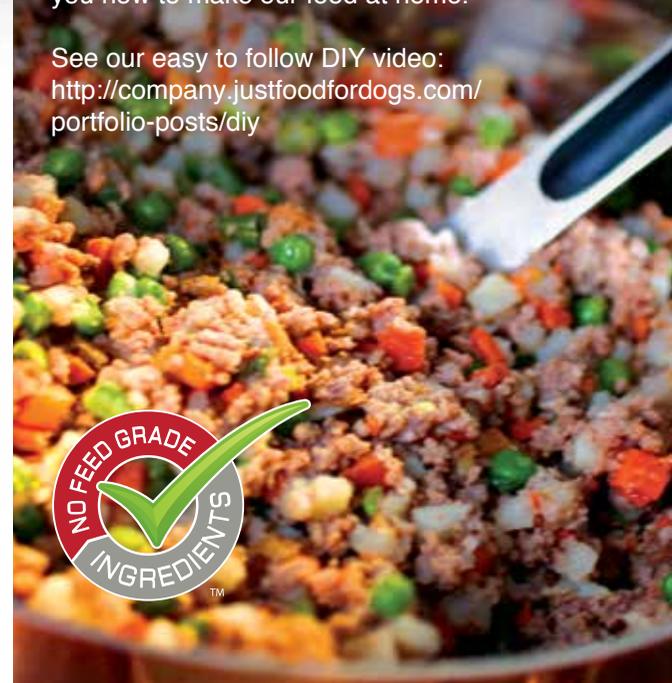
[JustFoodForDogs.com](http://JustFoodForDogs.com)

## 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>



# Beef and Russet Potato Recipe

**5 pounds Lean Ground Beef, 85/15 raw weight** Beef is considered a prime source of high-quality, complete protein and is also rich in iron, niacin, selenium and zinc.

**2.5 oz Beef Liver, diced or ground, raw weight** Beef liver is a nutrient dense food. Ounce for ounce it contains the highest volume of protein and vitamin A, and is a rich source of heme-iron, the most absorbable form of iron.

**3 pounds 9 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, manganese and thiamin.

**1 pound 14 oz Sweet Potatoes, with skin** 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.

**5 oz Carrots, finely chopped** Carrots are full of antioxidant compounds and are one of the richest sources of beta-carotenes.

**5 oz Green Beans, finely chopped** Green beans are rich in vitamin K, riboflavin, omega-3 fatty acids, dietary fiber and niacin.

**2.5 oz Green Peas, finely chopped** Green peas are a very good source of folate, manganese, magnesium, thiamin and phosphorus.

**2.5 oz Green or Red Apples, cored, seeds removed, and finely chopped** Apples are high in antioxidants and fiber.

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

## 3.5 tbsp JustFoodForDogs Beef and Russet Potato DIY Proprietary Nutrient Blend

To completely balance this recipe for long term feeding, 3.5 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 Beef and Russet Potato recipe and is compounded from 100% human grade ingredients.



**FOR BEST RESULTS, ADD:**  
**1 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 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 Beef and Russet Potato Recipe

40 oz Lean Ground Beef	2.5 oz Green Beans
1.25 oz Beef Liver	1.25 oz Green Peas
28.5 oz Russet Potatoes, with skin	1.25 oz Green or Red Apples
15 oz Sweet Potatoes, with skin	3.75 tbsp Safflower Oil
2.5 oz Carrots	0.5 tbsp JFFD Omega Plus Fish Oil

5.25 tsp JustFoodForDogs Beef and Potato DIY Proprietary Nutrient Blend.



## Feeding Guidelines

Use standard 8 oz. measuring cup.

Dog Weight	Oz	Cups
10	9	1.25
20	16	2.00
30	21	2.50
40	26	3.25
50	31	3.75
60	36	4.50
70	40	5.00
80	44	5.50
90	48	6.00
100	52	6.50
115	58	7.25
125	62	7.75
150	71	9.00

## 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. 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.
5. 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 beef and beef liver over medium high heat, stirring frequently. Add carrots, green beans, peas and apples when meat is still slightly pink. Continue to cook until meat is fully cooked and vegetables are soft. Do not drain. Let the mixture cool until it is warm to the touch.

**B.** 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.

**C.** In a large mixing bowl, and only after the food has cooled completely, combine all ingredients, including oils. Slowly sprinkle in JustFoodForDogs DIY Proprietary Nutrient Blend until well distributed and fully incorporated.

**D.** Portion into individual serving sizes as determined for your dog. Store in freezer or refrigerator. Stored in the refrigerator, this recipe will remain fresh for 4-6 days.

**This recipe will yield approximately 11.5 lbs of food, equating to approximately 8,200 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.