

It All Starts With Nutrition

We started JustFoodForDogs® with one, simple, primary objective - to increase the quality and length of life for as many pets as possible. We believe JustFoodForDogs is quite simply the very best food you can feed your pet and we want them to have the advantages that come along with using ingredients certified by the USDA for human consumption. That's why we provide you with a custom formulation service or the compounding blend to make the food yourself. As a reference, you may find it useful to watch our easy to follow DIY video for our other diets: <http://justfoodfordogs.com/products/do-it-yourself/>

JustRemember

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. Make absolutely certain that all fruits with seeds (ie: apples) have been cored and all seeds removed - apple core/seeds can be toxic to dogs.
5. Always weigh all ingredients in ounces using a digital scale, and be as precise as possible.
6. All oils should be added and distributed through the food at the end and mixed thoroughly. It is important to get as much of a uniform distribution of the oil as possible.

It is recommended you follow your formulation as closely as possible and limit any substitutions. While many people make our formulations at home successfully, we cannot guarantee results if you choose to make it yourself, thus if you have any doubts, please do not hesitate to contact us or allow us to make the food for you.

STEP D: Mix

Allow all ingredients to cool. In a large mixing bowl, combine all ingredients including oil. Slowly sprinkle in nutrient powder blend until fully incorporated by adding 1/4 of the nutrient blend at a time. Mix together well. Slowly add in another 1/4 of the nutrient blend and mix well. Continue until the entire nutrient blend has been mixed in and well incorporated. It is important to get a uniform spread of the nutrient mix into the all of the food.

Package:

Portion into individual serving size and store in freezer or refrigerator. Stored in the refrigerator, this recipe will stay fresh 4-6 days (fish 2-3 days), and may be frozen for months. To package, place food in zip lock freezer bags in individual serving sizes. Be sure to take out as much air as possible before closing. Most of our custom formulations are calculated for 2 servings per day, thus you should expect to portion the food into 56 even packages per month of food prepared.

If you are planning to use the food within 5 days, place the food in the refrigerator. If the food will be used after 5 days, place the food in the freezer for future use.

NOTE: For best results, have the food at 'refrigerator temperature' before sealing ziplock bags.

SUPPLEMENTS:

Consider our Omega Plus and Probiotic Live supplemental products with every kit of DIY to further strengthen you dogs health.



Omega Plus Icelandic Premium Fish Oil
Promotes healthy skin and a shiny coat
Available in 8 oz., 16 oz.



Probiotic Live (60 capsules)
Supports digestion and promotes a healthy intestinal flora

JustFood ForDogs®



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Your Custom Diet Cooking Guide

JustFoodForDogs.com

DIYCustom

Your recipe will make 1 week of food, and each container of DIYCustom has been carefully measured to provide 1 week of supplementation.

If you choose to make more than 1 week's worth of food at a time, then the ingredient amounts and supplementation must be adjusted. For example, to make 4 weeks of food, multiply all ingredient amounts of the recipe by 4, and add 4 DIYCustom containers as instructed in Step D. For best results it is recommended you start by making 1 week's worth to ensure that you have enough room to make the food and for storage. Always use specified measured weight (raw or cooked) and a digital scale.

STEP A: Cooking your Proteins

Depending on which protein source your formulation calls for, the following instructions may be helpful. If your meat is not listed here, boiling or baking most meats until fully cooked without seasoning is a good general rule of thumb. You may look up cooking times and temperatures for most meats online.

Chicken Breast:

Place chicken on an oven-safe pan. Place in a pre-heated oven at 350F for 30 min or until chicken is cook through. Prepare other ingredients separately as discussed later in the brochure in steps B and C, then mix as directed in step D.

Fish:

Place thin fillets of fish (always less than 1 inch thick) on a parchment lined baking sheet and place in a preheated oven at 350F. Cook for 15-20 min or until fully cooked and flakes easily with a fork. Let it cool to the touch. Prepare other ingredients separately as discussed later in the brochure in steps B and C, then mix as directed in step D.

Turkey, Beef, Lamb, and/or includes Liver:

If the meat in your formulation is one of these, then in a nonstick skillet, brown the meat and liver (if included) over medium high heat, stirring frequently. For these meats, add any fruits and vegetables in the formulation such as carrots, green beans, peas, apples, etc, as prepared in Step B, while meat is still slightly pink. Continue to cook until meat is fully cooked and vegetables are soft. Do not drain. Let it cool to the touch.



This brochure is the result of many requests from our existing clients who choose to make their custom formulations at home as opposed to having them prepared by our trained staff. It should not be considered a comprehensive guide on cooking or preparing home made diets. Only those knowledgeable about food preparation and handling should consider making their custom formulation at home. If you have any questions please contact us and we will do our best to help by phone.

STEP B: Cooking your Fruits & Vegetables

All fruit and vegetable ingredients should be prepared by being finely chopped before cooking, including: broccoli, carrots, spinach, zucchini, green beans, green peas, apples, etc. If you baked your protein in Step A: Steam vegetables until soft, let cool. To steam, place a pot of water on the stove top with at least one inch of water. Insert a colander or steam basket into the pot. Allow water to come to a boil over high heat. Place bite sized veggies into the basket. Reduce the heat to medium. Cover the pot and allow to steam for 6-10 min. All veggies should be soft. Let it cool to the touch.

STEP C: Cooking your Starches

Potatoes and Sweet Potatoes:

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.

Dried Yuca Root (fine powder):

If your recipe calls for "Dried Yuca Root" you may find it easier to use Tapioca Pearls, which are nutritionally identical and easier to work with. You may use the exact same amount in weight of dried tapioca pearls, as dried yuca root powder, and follow the instructions below.

Tapioca Pearls:

Add cold water into a pot large enough to hold the water while leaving a 3-4 inch space below the top of the pot. Bring the water to a rolling boil over high heat. Add the tapioca pearls to the boiling water. Stir the tapioca pearls with spoon to keep them from sticking to the bottom or sides of the pot. Continue to stir until the tapioca pearls float to the top. Cover the pot with a tight fitting lid. Continue to cook over high heat for 6 min. Carefully open the lid, stir the tapioca and replace the lid. Cook the tapioca over high heat for an additional 6 min. Remove the pot from heat and stir the tapioca. Cover and allow to rest away from heat for 20 min. Fill a large mixing bowl with ice water. With a slotted spoon, transfer the tapioca pearls from the pot to the ice water. Let the tapioca rest in the ice water for 5-10 min. Pour the tapioca into a strainer to get rid of the excess water. Let it cool to the touch.

Winter Squash (Butternut, Acorn):

Slice squash lengthwise in half. Scoop out seeds and stringy bits with a spoon and discard. Place squash cut side down in a cake pan and fill with 1/4 cup water. Place squash in a pre-heated oven at 350F for one hour or until flesh is easily punctured with a fork. Let it cool to the touch.

Pasta or Rice:

Cook according to package directions. Let it cool to the touch.

STEP D: Mix (on back)