

## Recipes



**Beef and Russet Potato**  
Avail in 18 oz., 72 oz.



**Lamb and Brown Rice**  
Avail in 18 oz., 72 oz.



**Turkey and Whole Wheat Macaroni**  
Avail in 18 oz., 72 oz.



**Chicken and White Rice**  
Avail in 18 oz., 72 oz.



**Fish and Sweet Potato**  
Avail in 18 oz., 72 oz.



**Venison and Squash Diet**  
Avail in 18 oz., 72 oz.

## Healthy Snacks



**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**  
Avail in 6 oz., 18oz.



**Chicken Breast**  
Avail in 5 oz., 18 oz., 28 oz.



**Venison**  
Avail in 5 oz.



**Beef Flank Steak**  
Avail in 5 oz.

Ask about our line of prescription diets and our bulk order options.



## Supplements

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

**Calm** (90 capsules)  
All-natural stress reliever for high anxiety dogs or tense situations

**Skin & Allergy Care** (60 capsules)  
Supports the immune system against allergies, infections and tear staining

**Joint Care** (60 capsules)  
Supports and protects joint tissue

**Joint Care Plus** (60 capsules)  
Proven stronger joint support with Collagen type II and Hyaluronic Acid

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

**JustFoodForDogs.com**

# JustFood ForDogs®

More life. More years. More love.™

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## COOKING GUIDE Lamb and Brown Rice



## Living Large

Sneakers (on cover) is living proof that good things come in small packages. A foster who stole his pet parents' hearts and became part of their forever family, Sneakers loves our Lamb and Rice recipe (not to mention all JustFoodForDogs healthy treats). Happy and huggable, Sneakers' favorite activities are sunbathing, burying himself in blankets and, of course, feeding time.

Sneakers knows that JustFoodForDogs meals are delicious. What he doesn't know is that our balanced whole-food recipes also make dogs healthier. Independent research at a major university found that dogs fed our food experience a boost in immune cells and other markers of health.

When we started JustFoodForDogs, our goal was to increase the length and quality of life for as many dogs as possible. Like Sneakers, we want your dog to have the advantages that come with using only ingredients certified and approved by the USDA for human consumption. That's why we gladly share our recipes, and will even teach you how to make our food at home.

See our easy-to-follow DIY video by visiting <http://company.justfoodfordogs.com/portfolio-posts/diy>

## Ingredients

### Lean Ground Lamb (80/20 or 85/15)

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.

### Lamb Liver

Lamb liver is a nutrient-dense food. Ounce for ounce, it contains the most concentrated volume of protein and vitamin A. It is also a rich source of highly absorbent heme iron and is high in copper, folate, riboflavin, niacin, phosphorus and zinc.

### Long Grain Brown Rice

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

### Cauliflower

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

### Carrots

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

### Spinach

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

### Blueberries

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

### Safflower Oil

Safflower oil contains essential omega-6 fatty acids.

### JustFoodForDogs Do-It-Yourself Nutrient Blend



Our Lamb and Brown Rice Nutrient Blend is specifically formulated for this recipe and is compounded from 100% human-edible ingredients. Like all our DIY nutrient blends, it balances the recipe for long-term feeding.

## Full Recipe

*This full recipe will yield approximately 13 pounds of food, equating to approximately 9,600 calories (kcal). To make less food, try our half recipe below.*

- 4 pounds lean ground lamb, 80/20 or 85/15, raw weight
- 5 ounces lamb liver, diced or ground, raw weight
- 36 ounces long grain brown rice, dry weight
- 16 ounces cauliflower, finely chopped
- 16 ounces carrots, finely chopped
- 4 ounces spinach, finely chopped
- 2 ounces blueberries, fresh or frozen
- 4 teaspoons safflower oil
- 2 teaspoons JustFoodForDogs Omega Plus Fish Oil
- 2.5 Tablespoons JustFoodForDogs Lamb and Brown Rice DIY Nutrient Blend

## Half Recipe

*To make half the food, simply follow the same preparation and cooking instructions but use the measurements below. Note: DIY Nutrient Blend amounts for half recipes are always in teaspoons.*

- 2 pounds lean ground lamb, 80/20 or 85/15, raw weight
- 2.5 ounces lamb liver, diced or ground, raw weight
- 18 ounces long grain brown rice, dry weight
- 8 ounces cauliflower, finely chopped
- 8 ounces carrots, finely chopped
- 2 ounces spinach, finely chopped
- 1 ounce blueberries, fresh or frozen
- 2 teaspoons safflower oil
- 1 teaspoon JustFoodForDogs Omega Plus Fish Oil
- 3.75 teaspoons JustFoodForDogs Lamb and Brown Rice DIY Nutrient Blend



For best results, use JustFoodForDogs Omega Plus, or an 18/12 equivalent fish oil supplement, as a source of EPA and DHA.

## Feeding Guidelines

Use standard 8 oz. measuring cup.

Dog Weight	Oz	Cups
10	6	0.75
20	10	1.25
30	13	1.75
40	17	2.50
50	20	2.75
60	23	3.00
70	25	3.25
80	28	3.50
90	31	4.00
100	33	4.25
115	37	4.75
125	39	5.00
150	45	5.75

## Preparation

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

1. In a nonstick skillet, brown lamb and lamb liver over medium high heat, stirring frequently. Add cauliflower, carrots, spinach and blueberries while lamb is 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.
2. Cook brown rice according to package directions. Let cool.
3. In a large mixing bowl, combine all ingredients, including oils. Slowly sprinkle in DIY Nutrient Blend until fully incorporated.
4. Portion into individual-serving sizes and store in freezer or refrigerator. Stored in the refrigerator, this recipe will stay fresh 4-6 days.

**SUBSTITUTIONS NOT RECOMMENDED!** Each of our recipes has 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 JustFoodForDogs seven days a week and we will do our best to help. Regardless of what you feed your dog, it is recommended that your pet see your vet every six months.