

## 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.

**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.

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 Venison and Squash



## More Than Skin Deep

While our cover girl, Zelda, is a big fan of all JustFoodForDogs meals and treats, her favorite is our Venison and Squash recipe. Before starting her JustFoodForDogs diet, Zelda had dry, itchy skin and little or no fur. Now, thanks to healthy whole-food meals, her coat is shiny and luscious, just like when she was a puppy.

Zelda knows that JustFoodForDogs meals are delicious. What she 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 Zelda, 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

## Ground Venison

Venison is high in protein and iron yet low in fat. It is also rich in nutrients like vitamins B12 and B6, riboflavin and niacin. A great novel protein, venison can be purchased at specialty stores that specialize in fresh, top-quality meats.

## Butternut Squash

Butternut squash is extremely nutritious and rich in antioxidants and anti-inflammatory compounds. It is high in dietary fiber, vitamins A and C, omega-3 fatty acids, folate, copper, vitamin B6, niacin, pantothenic acid and potassium.

## Sweet Potatoes

Sweet potatoes are an excellent source of vitamins A, B6 and C, manganese, beta-carotene, copper, dietary fiber, potassium and iron.

## Brussels Sprouts

Brussels sprouts are high in antioxidants such as vitamins A, C and E. They are also high in omega-3 fatty acids and vitamin K, both of which aid in the prevention of inflammation, as well as dietary fiber, manganese, iron, riboflavin, copper, and calcium.

## Cranberries

Cranberries provide an excellent source of vitamin C and are high in fiber, manganese, and vitamins E and K.

## Safflower Oil

Safflower oil contains essential omega-6 fatty acids.

## JustFoodForDogs Do-It-Yourself Nutrient Blend



Our Venison and Squash Nutrient Blend is specifically formulated for this recipe and 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 11.5 pounds of food, equating to approximately 6,218 calories (kcal). To make less food, try our half recipe below.*

- 4 pounds 11 ounces ground venison, raw weight
- 50 ounces butternut squash, cubed
- 50 ounces sweet potatoes, cubed
- 15 ounces brussels sprouts, finely chopped
- 2.5 ounces unsweetened cranberries, fresh or frozen, finely chopped
- 4.25 ounces safflower oil
- 1 teaspoon JustFoodForDogs Omega Plus Fish Oil
- 2.5 Tablespoons JustFoodForDogs Venison and Squash DIY Nutrient Blend

# Half Recipe

*To make half the amount of 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.*

- 37.5 ounces ground venison, raw weight
- 25 ounces butternut squash, cubed
- 25 ounces sweet potatoes, cubed
- 7.5 ounces brussels sprouts, finely chopped
- 1.25 ounces unsweetened cranberries, fresh or frozen, finely chopped
- 4.25 Tablespoons safflower oil
- 1/2 teaspoon JustFoodForDogs Omega Plus Fish Oil
- 3.75 teaspoons JustFoodForDogs Venison & Squash 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.

# Preparation

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. As an alternative to cubing raw and boiling, butternut squash may also be baked, mashed and mixed. Do not butter or salt. If baking the squash, start this process first since it can take up to 90 minutes. Simple baking instructions are available online.
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. Prepare a 1 quart ice bath. Once the squash and potatoes are cooked, the ice will be used to cool them and to stop the cooking process so they retain their texture.

# Cooking

1. 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 inch 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 minutes or until fully cooked (soft to the touch). Add ice to stop the cooking process. Drain. Let the squash and potatoes cool until they are cool to the touch.
2. 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.
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.

# Feeding Guidelines

Use standard 8 oz. measuring cup.

Dog Weight	Oz	Cups
10	8	1.00
20	13	1.75
30	18	2.25
40	23	3.00
50	27	3.50
60	31	4.00
70	34	4.25
80	38	4.75
90	42	5.25
100	45	5.75
115	50	6.25
125	53	6.75
150	61	7.75