

## 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 Turkey and Whole Wheat Macaroni



## One Happy Husky

Nala (on cover) loves our Turkey and Whole Wheat Macaroni. It's her favorite JustFoodForDogs meal. She's been gobbling it up since she was rescued almost three years ago and her pet parents believe it's key to her health, happiness, and shiny, pillow-soft coat.

Nala knows that JustFoodForDogs meals are tail-wagging good. 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 Nala, 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 Turkey (80/20 or 85/15)

Turkey is a superior source of lean protein and contains selenium, niacin, iron, zinc, phosphorus, potassium and B vitamins.

### Turkey Liver

Ounce for ounce, turkey liver contains the most concentrated volume of protein and vitamin A. It's also a rich source of highly absorbable heme iron and is high in copper, folate, riboflavin, niacin, phosphorus and zinc.

### Whole Wheat Macaroni

Made from whole grain, whole-wheat pasta delivers high levels of nutrients, including fiber, folic acid and iron

### Carrots

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

### Zucchini

Zucchini is an excellent source of manganese and vitamin C. It's also a good source of magnesium, vitamin A, dietary fiber, potassium, copper, folate, phosphorus, omega-3 fatty acids, calcium, zinc, niacin, protein and vitamins B1, B2, B6.

### Broccoli

Broccoli is an excellent source of vitamins K, C and A, as well as folate and fiber. It's also a good source of phosphorus, potassium, magnesium, and the vitamins B6 and E.

### Cranberries

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

### JustFoodForDogs Do-It-Yourself Nutrient Blend



Our Turkey and Whole Wheat Macaroni 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 13 pounds of food, equating to approximately 8,300 calories (kcal). To make less food, try our half recipe below.*

5 pounds ground turkey, 80/20 or 85/15, raw weight

2.5 ounces turkey liver, raw weight

2 pounds 8 ounces, whole wheat macaroni, dry weight

5 ounces carrots, finely chopped

5 ounces zucchini, finely chopped

5 ounces broccoli, finely chopped

2.5 ounces cranberries, fresh or frozen

5 teaspoons JustFoodForDogs Omega Plus Fish Oil

2.5 Tablespoons JustFoodForDogs Turkey and Whole Wheat Macaroni 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.*

2 pounds 8 ounces ground turkey, 80/20 or 85/15, raw weight

1.25 ounces turkey liver

20 ounces whole wheat macaroni, dry weight

2.5 ounces carrots, finely chopped

2.5 ounces zucchini, finely chopped

2.5 ounces broccoli, finely chopped

1.25 ounces cranberries, fresh or frozen

2.5 teaspoons JustFoodForDogs Omega Plus Fish Oil

3.75 teaspoons JustFoodForDogs Turkey and Whole Wheat Macaroni 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	5	0.75
20	9	1.00
30	12	1.50
40	15	1.75
50	17	2.25
60	20	2.50
70	22	2.75
80	25	3.00
90	27	3.50
100	29	3.75
115	31	4.00
125	35	4.25
150	40	5.00

## 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.
3. Prepare a 1 quart ice bath. Once the macaroni is cooked, the ice will be used to cool it and to stop the cooking process so it retains its texture.

## Cooking

1. In a nonstick skillet, brown the turkey and turkey liver over medium high heat, stirring frequently. Add carrots, zucchini, broccoli and cranberries while turkey is still slightly pink. Continue to cook until turkey is fully cooked and vegetables are soft. Do not drain. Let the mixture cool until it is warm to the touch.
2. Cook macaroni according to package directions. Once cooked, add ice to stop cooking process and drain. Let cool.
3. In a large mixing bowl, combine all cooled ingredients, including oil. 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.