

## 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.

 **Chicken Apple Bark**  
Avail in 5 oz.

 **Pumpkin**  
Avail in 5 oz.

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

 **Venison**  
Avail in 5 oz.

 **Beef Brisket**  
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 or 12 pack)  
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**

## Puppy Feeding Guidelines

Use standard 8 oz. measuring cup.

Puppies < 4 months

| Puppy Weight | Oz | Cups  |
|--------------|----|-------|
| 10           | 23 | 3.00  |
| 20           | 38 | 4.75  |
| 30           | 52 | 6.50  |
| 40           | 64 | 8.00  |
| 50           | 76 | 9.50  |
| 60           | 87 | 11.00 |

Puppies > 4 months

| Puppy Weight | Oz | Cups  |
|--------------|----|-------|
| 10           | 14 | 1.75  |
| 20           | 23 | 3.00  |
| 30           | 31 | 4.00  |
| 40           | 39 | 5.00  |
| 50           | 46 | 5.75  |
| 60           | 52 | 6.50  |
| 70           | 59 | 7.50  |
| 80           | 65 | 8.25  |
| 90           | 71 | 9.00  |
| 100          | 77 | 9.75  |
| 115          | 85 | 10.75 |
| 125          | 91 | 11.50 |

# JustFood ForDogs®

More life. More years. More love.™

866.726.9509 | 866.423.9405 fx | Open 7 Days/Week

Visit [JustFoodForDogs.com](http://JustFoodForDogs.com) for a location near you.

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## COOKING GUIDE Fish and Sweet Potato



## Puppy Love

Georgia (on cover) is a big-pawed puppy who absolutely loves our Fish and Sweet Potato recipe. It's great for growth, which is a really good thing because Georgia is expected to weigh 100 pounds when fully grown. Perfect for fast-growing puppies, our fish recipe is excellent for adult dogs as well.

Georgia 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 Georgia, 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

## Pacific Cod

Pacific cod is an excellent source of low-fat protein and a good source of omega-3 fatty acids, niacin, vitamins B6 and B12, potassium, phosphorus, and selenium.

## Sweet Potatoes

Sweet potatoes are an excellent source of vitamins B6 and C, as well as manganese, beta-carotene as a source of vitamin A, dietary fiber, and potassium.

## White Potatoes

White potatoes are high in potassium and contain substantial amounts of vitamins C and B6. They are also a good source of niacin, dietary fiber, magnesium, iron and thiamin.

## Green Beans

Green beans are rich in vitamin K, riboflavin, copper, omega-3 fatty acids and niacin. They are also a good source of dietary fiber, and phosphorus.

## Broccoli

Broccoli is an excellent source of vitamins C and K, beta-carotene as a source of Vitamin A, as well as folate and dietary fiber.

## Safflower Oil

Safflower oil contains essential omega-6 fatty acids. High linoleic acid variety is recommended.

## JustFoodForDogs Do-It-Yourself Nutrient Blend

Our Fish and Sweet Potato 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.



**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.

# Full Recipe

*This full recipe will yield approximately 11 pounds of food, equating to approximately 5,310 Calories (kcal). To make less food, try our half recipe below.*

- 4 pounds 8 ounces Pacific cod, raw weight
- 3 pounds 3 ounces sweet potatoes, with skin
- 3 pounds 3 ounces russet potatoes, with skin
- 6 ounces green beans, finely chopped
- 6 ounces broccoli, finely chopped
- 5.75 ounces safflower oil
- 4 Tablespoons JustFoodForDogs Fish and Sweet Potato 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 4 ounces Pacific cod, raw weight
- 25.5 ounces sweet potatoes, with skin
- 25.5 ounces russet potatoes, with skin
- 3 ounces green beans, finely chopped
- 3 ounces broccoli, finely chopped
- 5.75 Tablespoons safflower oil
- 6 teaspoons JustFoodForDogs Fish and Sweet Potato DIY Nutrient Blend



## Adult Dog Feeding Guidelines

Use standard 8 oz. measuring cup.

| Adult Dog Weight | Oz | Cups |
|------------------|----|------|
| 10               | 8  | 1.00 |
| 20               | 14 | 1.75 |
| 30               | 19 | 2.25 |
| 40               | 23 | 3.00 |
| 50               | 27 | 3.50 |
| 60               | 31 | 4.00 |
| 70               | 35 | 4.50 |
| 80               | 39 | 4.75 |
| 90               | 42 | 5.25 |
| 100              | 46 | 5.75 |
| 115              | 51 | 6.50 |
| 125              | 54 | 6.75 |
| 150              | 62 | 7.75 |

See back panel for Puppy Feeding Guide

# 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. Be sure to use edible potatoes, without any signs of aging or shades of green.
4. Prepare a 1 quart ice bath. Once the potatoes are cooked, the ice will be used to cool them and to stop the cooking process so they retain their texture.

# Cooking

1. Place cod on a parchment-lined baking sheet and place the sheet in a preheated oven at 350°F. Cook for 15-20 minutes or until fully cooked. Let cool to the touch.
2. Steam or boil green beans and broccoli until soft. Let cool.
3. 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 minutes or until fully cooked (soft to the touch). Add ice to stop the cooking process. Drain. Let the potatoes cool until they are cool to the touch.
4. In a large mixing bowl, combine all ingredients, including oil. Slowly sprinkle in DIY Nutrient Blend until fully incorporated.
5. Portion into individual-serving sizes and store in freezer or refrigerator. Stored in the refrigerator, this recipe will stay fresh 3-4 days. In the freezer, it can be stored up to 3 months.