







Recipes

-  **Beef & Russet Potato**
Available in 18 oz., 72 oz.
-  **Lamb & Brown Rice**
Available in 18 oz., 72 oz.
-  **Turkey & Whole Wheat Macaroni**
Available in 18 oz., 72 oz.
-  **Chicken & White Rice**
Available in 18 oz., 72 oz.
-  **Fish & Sweet Potato**
Available in 18 oz., 72 oz.
-  **Venison & Squash**
Available in 18 oz., 72 oz.

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



Veterinary Supplements

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

Calm (90 capsules or 12-pack)
Natural stress reliever for anxious dogs or for tense situations

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








Joint Care (60 capsules)
Supports and protects joint tissue

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

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

JustFoodForDogs.com

Healthy Snacks

-  **Salmon Bark**
Available in 5 oz.
-  **Beef Liver Bark**
Available in 5 oz.
-  **Chicken Apple Bark**
Available in 5 oz.
-  **Pumpkin**
Available in 5 oz.
-  **Chicken Breast**
Available in 5 oz., 18 oz., 28 oz.
-  **Venison**
Available in 5 oz.
-  **Beef Brisket**
Available 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, please follow the instructions exactly as indicated. Our recipes are easily prepared with just 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, we recommend you have your pet visit your veterinarian every six months.

Puppy Feeding Guidelines

Use standard 8 oz. measuring cup.

Puppies < 4 months			Puppies > 4 months		
Puppy Weight	Oz	Cups	Puppy Weight	Oz	Cups
5	8	1.25	5	5	.75
10	13	2.25	10	9	1.5
15	18	3	15	12	2
20	22	3.75	20	15	2.5
25	26	4.25	25	18	3
30	30	5	30	20	3.25
35	34	5.5	35	23	3.75
40	37	6	40	25	4
45	41	6.75	45	27	4.5
50	44	7.25	50	30	4.75
55	47	7.75	55	32	5.25
60	51	8.25	60	34	5.5
			65	36	6
			70	38	6.25
			75	40	6.5
			80	42	7
			85	44	7.25
			90	46	7.5
			95	48	7.75
			100	50	8.25

JustFood ForDogs®

More life. More years. More love.™

866.726.9509 tel | 866.423.9405 fx | Open 7 Days a Week

Visit JustFoodForDogs.com for a location near you.

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COOKING GUIDE

Chicken & White Rice



Golden Boy

Bruce (on cover) is a puppy with big shoes to fill. He's a successor to Rey, a much-loved golden retriever who lived an amazing 17 years, thanks in part to JustFoodForDogs. Following in Rey's footsteps, Bruce has been raised on our Chicken & White Rice Recipe since weaning and is, according to his pet parent, "nothing but perfect." Great for fast-growing puppies, our chicken recipe is excellent for adult dogs as well.

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

We started JustFoodForDogs with the goal of increasing the length and quality of life for as many dogs as possible. Like Bruce, 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

Chicken Thighs, Skinless

Chicken thigh meat is an excellent source of protein, vitamins B5 and B6, iron, phosphorus, zinc, selenium and niacin.

Chicken Thighs with Skin

Chicken skin is left on to achieve the optimum level of fat content. Animal ingredients are preferred due to their superior bioavailability.

Chicken Gizzards

Chicken gizzards are low in saturated fat and sodium. They are a very good source of protein, vitamin B12, iron, phosphorus, zinc and selenium.

Chicken Liver

Chicken liver is a nutrient-dense food that is high in iron, vitamin A, copper, folate, riboflavin and niacin.

Enriched Long-Grain White Rice

Make sure you obtain enriched long-grain rice. Only enriched rice contains B vitamins, iron, calcium, magnesium, manganese, zinc, copper and selenium.

Spinach

Spinach is rich in beta-carotene as a source of vitamin A and a great source of vitamins C and K, magnesium, folate, manganese, zinc, and dietary fiber.

Carrots

Carrots are a great source of vitamins C and K, potassium, and beta-carotene as a source of vitamin A.

Green or Red Apples

Apples are high in antioxidants and dietary fiber.

JustFoodForDogs Do It Yourself Nutrient Blend



Our Chicken & White 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 10 pounds of food, equating to approximately 5,650 calories (kcal). To make less food, try our half recipe below.

2 pounds 4 ounces chicken thighs, skinless, boneless, diced or ground, raw weight

1 pounds 4 ounces chicken thighs, with skin, boneless, diced or ground, raw weight

6 ounces chicken gizzards, diced or ground, raw weight

5 ounces chicken liver, diced or ground, raw weight

24 ounces enriched long grain white rice, dry weight

8 ounces spinach, finely chopped

8 ounces carrots, finely chopped

8 ounces green or red apples, cored, seeds removed, finely chopped

2 teaspoons JustFoodForDogs Omega Plus Fish Oil

5.25 tablespoons JustFoodForDogs Chicken & White Rice DIY Nutrient Blend

Half Recipe

To make half the food, simply follow the same preparation and cooking instructions but use the measurements below.

18 ounces chicken thighs, skinless, boneless, diced or ground, raw weight

10 ounces chicken thighs, with skin, boneless, diced or ground, raw weight

3 ounces chicken gizzards, diced or ground, raw weight

2.5 ounces chicken liver, diced or ground, raw weight

12 ounces enriched long grain white rice, dry weight

4 ounces spinach, finely chopped

4 ounces carrots, finely chopped

4 ounces green or red apples, cored, seeds removed, finely chopped

1 teaspoon JustFoodForDogs Omega Plus Fish Oil

7.75 teaspoons JustFoodForDogs Chicken & White 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.

Adult Dog Feeding Guidelines

Use standard 8 oz. measuring cup.

Adult Dog Weight	Oz	Cups
10	5	.75
20	8	1.25
30	11	1.75
40	14	2.25
50	16	2.75
60	18	3
70	21	3.5
80	23	3.75
90	25	4
100	27	4.5

See back panel for Puppy Feeding Guide.

Preparation

1. Wash all fruits and vegetables thoroughly.
2. Use fresh vegetables whenever possible, but if one or two items are purchased frozen, make sure there are no added ingredients such as salt or sugar.
3. Make absolutely certain that all apples have been cored and all seeds removed – apple core/seeds can be toxic to dogs.

Cooking

1. In a nonstick skillet, brown chicken thighs, chicken gizzards and chicken liver over medium-high heat, stirring frequently. Add spinach, carrots, and apples while chicken is slightly pink. Continue to cook until chicken is fully cooked and vegetables are soft. Do not drain. Let the mixture cool until it is warm to the touch.
2. Cook rice according to package directions. Let cool.
3. In a large mixing bowl, combine all ingredients, including the Omega Plus Fish 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 up to 4 days. In the freezer, it can be stored up to 3 months.

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