



HOLISTIC VET  
Blend®

# Canine Limited Blend Premix QUICK START GUIDE

***Kudos to you*** for being such a loving and responsible pet owner that you are willing to cook homemade meals for your dog! If your goal is to increase your dog's health and promote longevity, you have come to the right place.

Being a wife and mother to human children, as well as cats and dogs, I also understand how busy you are. That's why I design flexible recipes allowing numerous substitutions that are quick and easy to prepare, so that you spend less time cooking and more time playing with your pet. Here are two recipes to get you started. One with set ingredients, and a recipe you can customize to your dog's palate. There are even more recipes available on [my website](#) and [YouTube channel](#), so be sure to check them out.

When you switch from a lifetime of processed food to a home-cooked, healthy diet, you'll be stunned by the positive changes in your pet.

*I hope you and your dogs enjoy Holistic Vet Blend!*

Dody Tyneway, DVM



Our Canine Limited Premix is made from a thoughtfully chosen combination of essential vitamins and minerals.

Make a gradual transition to new food over one to two weeks. Slowly decrease the amount of the old food while increasing the amount of the new food.



## Canine Feeding Guide

| Canine weight<br>in pounds | Cups to feed |
|----------------------------|--------------|
| 5-10 lbs                   | 1            |
| 11-25 lbs                  | 1-3          |
| 26-50 lbs                  | 3-5          |
| 51-75 lbs                  | 5-7          |
| 76-100 lbs                 | 7-10         |
| >100 lbs                   | Consult Vet  |

*Fish and lean turkey diets may need 1.5 to 2 times the serving size depending on leanness.*

# HVB Canine Limited Blend Recipe

Use the guide below to create your own recipes that cater to your dog's unique palate.

|  |  |   |
|--|--|---|
| <b>Meat</b><br>3 pounds of one or a mix of red meat, poultry, or fish, browned in 2 Tbsp coconut oil   | <b>Carrots</b><br>1 pound of diced carrots, cooked   | <b>Vegetables</b><br>4 ounces of one or a mix of broccoli, kale, or spinach, chopped and cooked |
| <b>Carbohydrates</b><br>5 cups of one or a mix of cooked brown or white rice, white or sweet potato, quinoa, rolled oats, pearl barley, gluten-free or regular pasta | <b>Omega-3</b><br>2 tsp of Holistic Vet Blend® Icelandic Fish Oil or two 3.75 oz tins of sardines in water | <b>Premix</b><br>3 Tbsp/30 g of Holistic Vet Blend® Limited Premix                              |

This recipe yields approximately 6 pounds of food or 12-14 cups depending on ingredient choices. One canister of HVB contains enough premix for 8 recipes so will ultimately yield 45-50 pounds of food. Keep up to 4 days of food in the refrigerator and freeze the rest.

## Stovetop Instructions:

Cook each item separately: Cook the rice in a rice cooker or on the stove top. Bake or steam potatoes. Cook quinoa with broth or water. Sauté vegetables with the meat or steam separately. Combine all items and add the premix and Omega-3 source after cooking.

## InstantPot Instructions:

This is my favorite method and requires the least amount of work. Sauté meat in coconut oil in a 6-qt or larger pressure cooker. Add vegetables, carbohydrates and liquid required for your carb of choice (consult InstantPot cookbooks). Cook on high pressure for the time necessary for the carbohydrate. Manual release. Add Premix and Omega-3 source.

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## Turkey Quinoa Dinner

### INGREDIENTS

- 2 Tbsp coconut oil
- 3 lb ground turkey
- 1 lb carrots in bite sized pieces
- 4 - 8 oz chopped kale
- 2 cups quinoa
- 6 cups bone broth or water
- 3 Tbsp Holistic Vet Blend Limited Recipe
- 2 Tbsp Holistic Vet Blend Icelandic Omega-3 Fish Oil

**Prepared cups:** 14 cups

Watch Dr. Dody make this recipe!



**RECIPE INSTRUCTIONS** *This can also be made on the stove by cooking and mixing all ingredients*

1. Sauté ground turkey in coconut oil for four to six minutes, stirring constantly.
2. Add carrots, kale, quinoa and broth or water. Mix well so that the water reaches the bottom of the pot and the meat does not burn.
3. Set to cook on high pressure for seven minutes.
4. Manual release. Remove the lid and allow the recipe to cool slightly.
5. Add Premix and Omega-3 Fish Oil and mix well.