HOMEMADE DOG FOOD RECIPE BOOK

*AZESTFOR®

24 bowl lickin' good recipes for dogs. Vet approved. Suitable all breeds and all ages. Simple & healthy meals your dog will love.

If you have any questions, please contact us at hello@azestfor.com

You can also sign up for our newsletter and get exclusive discounts and more dog health tips at our website at <u>azestfor.com</u>

tello, and welcome to the pack!



We're thrilled to be your guide to cooking fresh food for your dog!

At Azestfor, our mission is to extend dogs life through nutrition. The easiest way to improve your dog's health is to feed them a higher quality food, and less of it. Homemade dog food provides unsurpassed nutrition. There are lasting health benefits from homemade food, such as: reach and maintain ideal weight, more energy, boost immunity, relieve dry itchy skin, improve digestion, smaller & firmer poops with less odor, and a shiny glossy coat. Making complete and balanced dog food is simple and fun! That's why we have assembled a recipe book with dozens of vet approved recipes your dog will love! Seriously, they're bowl lickin' good!

Before you get started on your homemade dog food journey, there are a few things you need to know.

Azestfor's homemade dog food recipes are nutritionally complete, with the right amount of micro and macro nutrients. It's important to transition your dog to their new diet in a slow and methodical fashion. You'll notice a happier, healthier pup after switching them to our scientifically balanced meals. Dogs do not seek novelty in their food, and won't get bored of a recipe. If you find a diet that works, we recommend sticking with it.

We have an FAQ list at the end of this document to answer any questions you might have so be sure to give that a read before getting started. If you have any questions please email us at hello@azestfor.com

With that, we wish you and your dog the best of health, and hope you sincerely enjoy Azestfor's Homemade Dog Food Recipes!

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Yields

This recipe will yield approximately 3 cups of food. Equating to 850 calories (Kcals) Approximately enough servings of food for one day for a **40 lb dog** to maintain weight.

Ingredients

Beef (raw weight)	1 cup	(200 g)
Asparagus	1 cup	(120 g)
Green Peas	1 cup	(130 g)
Sunflower oil	1 tsp	(4 g)
Azestfor Homemade Dog Food Vitamins	3 tsp	(12 g)



Nutritional Value

PROTEIN 39.24%

FAT 26.71%

29.14% **CARBS**

OTHER 4.91%



Directions

STEP 1

In a large skillet or pot place cubed or ground beef. Add just enough water to cover. Bring to a boil. Cover and simmer gently for about 30 minutes or until beef is cooked.

STEP 2

Add fresh or frozen peas to the cooked meat. The heat will lightly cook the peas..

STEP 3

Rinse the asparagus under running water. Place asparagus in a saucepan and cover with a few inches of water in a saucepan. When the water starts to boil, cook for 5 minutes. If you wish, use a microwave-safe cooking dish to boil asparagus in the microwave. Fill the cooking dish with 1/4 cup water, then add the spears and place the lid on the dish. Cook the asparagus on your microwave oven's high power setting for 3 minutes, then open the door and stir. Finish cooking until the spears are just barely tender, about 3 to 4 more minutes. Chop asparagus to small bite sizes.

DOG WEIGHT	CUPS (PER DAY)	
5 LBS	2/3	(125 g)
10 LBS	1	(210 g)
15 LBS	1 1/2	(300 g)
20 LBS	2	(370 g)
30 LBS	2 1/2	(500 g)
40 LBS	3	(570 g)
50 LBS	3 2/3	(725 g)
60 LBS	4 1/4	(840 g)
70 LBS	4 3/4	(935 g)
80 LBS	5 1/4	(1035 g)
90 LBS	5 3/4	(1135 g)

Batch Cooking

Beef (raw weight)	1400 g
Asparagus	840 g
Peas	910 g
Sunflower oil	28 g
Azestfor Homemade Dog Food Vitamins	84 g



STEP 4

Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut or Corn oil in the amount of 1.2 teaspoons

STEP 5

When the meat, asparagus and peas are cool to touch you can add the Azestfor nutritional supplements. If you are adding the Azestfor just before serving you would add 1 1/4 teaspoons Azestfor Homemade Dog Food Vitamins per 1 cup of homemade dog food. Heat destroys the potency of vitamins.

YouTube •

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CHICKPEAS & CARROTS







ACTIVE DOG

GRAIN FREE

HEALTHY COAT

Yields

3 cups homemade dog food. Equating to 972 calories (Kcals), approximately enough servings of food for one day for an 40 lb dog to maintain weight.

Ingredients

Beef (raw weight)	1 cup	(200 g)
Chickpeas	1 cup	(180 g)
Carrots	1 cup	(130 g)
Sunflower oil	1 tsp	(4 g)
Azestfor Homemade Dog Food Vitamins	4 tsp	(16 g)



Nutritional Value

36.78% **PROTEIN**

FAT 23.43%

34.65% **CARBS**

5.14% **OTHER**



Directions

STEP 1

In a large skillet or pot place cubed or ground beef. Add just enough water to cover. Bring to a boil. Cover and simmer gently for about 30 minutes or until beef is cooked. Remove from heat. Drain excess liquid.

STEP 2

Cover beans with water and discard any beans that float. Rinse beans well and place in a large pot. Cover by 2 to 3 inches with cold water. Place over high heat and bring to a boil; lower heat and simmer, covered, until softened, about 1 1/2 hours.

STEP 3

Slice or dice the carrots to a bite size appropriate for your dog. Simmer the carrots in a little water until tender, until a fork can easily pierce them. Drain and let cool.

Batch Cooking

Beef (raw weight)	1400 g
Chickpeas	1260 g
Carrots	910 g
Sunflower oil	28 g
Azestfor Homemade Dog Food Vitamins	112 g





STEP 4

Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut or Corn oil in the amount of 1.2 teaspoons.

STEP 5

When the meat, chickpeas and carrots are cool to touch you can add the Azestfor nutritional supplements. If you are adding the Azestfor just before serving you would add 1 1/4 teaspoons Azestfor Homemade Dog Food Vitamins per 1 cup of homemade dog food. Heat destroys the potency of vitamins.

YouTube •

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Feeding Guidelines:

DOG WEIGHT	CUPS (PER	R DAY)
5 LBS	2/3	(125 g)
10 LBS	1	(210 g)
15 LBS	1 1/2	(300 g)
20 LBS	2	(370 g)
30 LBS	2 1/2	(500 g)
40 LBS	3	(570 g)
50 LBS	3 2/3	(725 g)
60 LBS	4 1/4	(840 g)
70 LBS	4 3/4	(935 g)
80 LBS	5 1/4	(1035 g)
90 LBS	5 3/4	(1135 g)

BEEF POTATO & KALE



Yields

This cooking recipe will yield approximately 3 cups of food. Equating to 832 calories (Kcals) Approximately enough servings of food for one day for an 35 lb dog to maintain weight.

Ingredients

Beef (raw weight)	1 cup	(200 g)
Potato	1 cup	(150 g)
Kale	1 cup	(70 g)
Sunflower oil	1 tsp	(4 g)
Azestfor Homemade Dog Food Vitamins	3 tsp	(12 g)



Nutritional Value

PROTEIN 37.49%

FAT 25.05%

CARBS 31.91%

OTHER 5.55%



Directions

STEP 1

In a large skillet or pot place cubed or ground beef. Add just enough water to cover. Bring to a boil. Cover and simmer gently for about 30 minutes or until beef is cooked.

STEP 2

Rinse the kale than finely chop. Drop the kale into boiling water. When cooked drain the liquid. If your dog is being picky about kale you can run the cooked kale through a food processor to turn it into fine pieces. Than blend the kale with the other cooked ingredients.

STEP 3

Cook the potatoes by boiling them in water. They can be mashed or cubed into bite size – depending on the preference of your dog. Begin checking the potatoes after around 5 minutes of boiling; most potatoes will be done in 10 to 20 minutes. The potatoes are done when they are tender all the way through.

CUPS (PER DAY)	
2/3	(125 g)
1	(210 g)
1 1/2	(300 g)
2	(370 g)
2 1/2	(500 g)
3 1/2	(695 g)
4 1/8	(825 g)
5	(995 g)
5 1/3	(1050 g)
5 3/4	(1140 g)
6 3/7	(1275 g)
	2/3 1 1 1/2 2 2 1/2 3 1/2 4 1/8 5 5 1/3 5 3/4

You can test this by poking the potato with a fork, paring knife, or skewer.

STEP 4

Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut or Corn oil in the amount of 1.2 teaspoons. Add vitamins to homemade dog food.

STEP 5

When the meat, kale and potatoes are cool to touch you can add the Azestfor nutritional supplements. If you are adding the Azestfor just before serving you would add 1 1/4 teaspoons Azestfor Homemade Dog Food Vitamins per 1 cup of homemade dog food. Heat destroys the potency of vitamins.

YouTube •

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Batch Cooking

Beef (raw weight)	1400 g
Potato	1050 g
Kale	490 g
Sunflower oil	28 g
Azestfor Homemade Dog Food Vitamins	84 g



BEEF QUINOA & BROCCOLI







ACTIVE DOG

WEIGHT GAIN

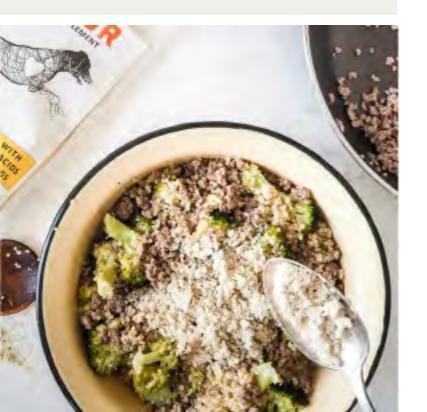
GRAIN FREE

Yields

This quinoa dog food recipe with beef will yield approximately 3 cups of food, equating to 875 calories (Kcals), approximately enough servings of food for one day for a **35 lb** dog to maintain weight.

Ingredients

Beef (raw weight)	1 cup	(200 g)
Quinoa	1 cup	(185 g)
Broccoli	1 cup	(90 g)
Sunflower oil	1 tsp	(4 g)
Azestfor Homemade Dog Food Vitamins	3 tsp	(12 g)



Nutritional Value

PROTEIN 39.24%

FAT 26.06%

30.76% **CARBS**

OTHER 3.94%



Directions

STEP 1

In a large skillet or pot place cubed or ground beef. Add just enough water to cover. Bring to a boil. Cover and simmer gently for about 30 minutes or until beef is cooked. Remove from heat. Drain excess liquid.

STEP 2

Broccoli cut into very small pieces. Place 3/4 to 1 inch of water in a saucepan with a steamer and bring to a boil. (Note that is you don't have a steamer, you can simply put the broccoli directly into an inch of boiling water.) Add the broccoli to the steamer and cover; reduce heat to medium and let cook for 5-6 minutes. The broccoli is done when you can pierce it with a fork. As soon as it is pierce-able, remove from heat, drain and let cool

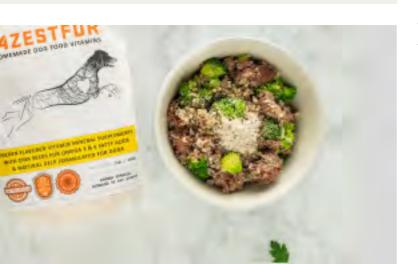
STEP 3

A quinoa seed is flat and has a pointed oval shape. The seeds can be found in several different colors, including yellow, red, brown and black.

DOG WEIGHT	CUPS (PER DAY)	
10 LBS	1	(210 g)
15 LBS	1 1/2	(300 g)
20 LBS	2	(370 g)
30 LBS	2 1/2	(500 g)
40 LBS	3	(570 g)
50 LBS	3 2/3	(725 g)
60 LBS	4 1/4	(840 g)
70 LBS	4 3/4	(935 g)
80 LBS	5 1/4	(1035 g)
90 LBS	5 3/4	(1135 g)

Batch Cooking

Beef (raw weight)	1400 g
Quinoa (dry weight)	1295 g
Broccoli	637 g
Sunflower oil	28 g
Azestfor Homemade Dog Food Vitamins	84 g



When cooked, they expand to about three or four times their original size. They also have a unique texture; the seeds themselves are smooth and creamy, but the tail has a crunchy texture. Quinoa has a natural coating, called saponin, that can make the cooked grain taste bitter or soapy, rinsing the quinoa just before cooking will easily remove the coating. Place quinoa into a finemesh strainer. Rinse thoroughly with cool water for about 2 minutes. Rub and swish the guinoa with your hand while rinsing. Drain. To prepare the seeds, bring one part quinoa and two parts liquid to a boil, then cover and reduce it to a simmer for about 15 minutes or until the grains are translucent. Remove the pot from heat and let stand for 5 more minutes, covered. Remove the lid — You should see tiny spirals (the germ) separating from and curling around the quinoa seeds. Fluff the quinoa gently with a fork, and let cool.

STEP 4

Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut or Corn oil in the amount of 1.2 teaspoons per 1 teaspoon.

STEP 5

When the beef, quinoa and broccoli are cool to touch you can add the Azestfor nutritional supplements. Combine all ingredients and serve. Heat destroys the potency of vitamins.

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BEEF SWEET POTATO & PEAS





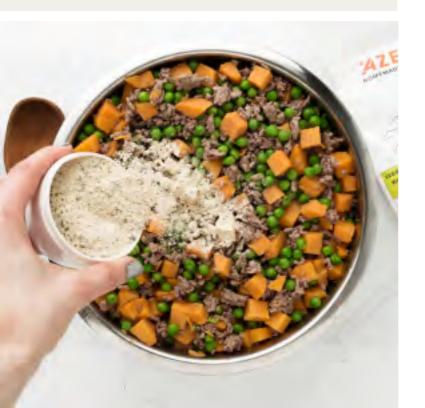


Yields

This homemade dog food with beef will yield approximately 3 cups of food, equating to 932 calories (Kcals), approximately enough servings of food for one day for a **30 lb** dog to maintain weight.

Ingredients

Beef (raw weight)	1 cup	(200 g)
Sweet Potato	1 cup	(150 g)
Green Peas	1 cup	(145 g)
Sunflower oil	1 tsp	(4 g)
Azestfor Homemade Dog Food Vitamins	3 tsp	(12 g)



Nutritional Value

PROTEIN 35.27%

FAT 21.84%

36.61% **CARBS**

OTHER 6.28%



Directions

STEP 1

In a large skillet or pot place cubed or ground beef. Add just enough water to cover. Bring to a boil. Cover and simmer gently for about 30 minutes or until beef is cooked. Remove from heat. Drain excess liquid.

STEP 2

Add fresh or frozen peas to the cooked meat. The heat will lightly cook the peas.

STEP 3

Cook the sweet potatoes by boiling them in water. They can be mashed or cubed into bite size - depending on the preference of your dog. Begin checking the sweet potatoes after around 5 minutes of boiling; most potatoes will be done in 10 to 20 minutes.

The sweet potatoes are done when they are tender all the way through. You can test this by poking the potato with a fork, paring knife, or skewer.

DOG WEIGHT	CUPS (PER DAY)	
5 LBS	2/3	(125 g)
10 LBS	1	(210 g)
15 LBS	1 1/2	(300 g)
20 LBS	2	(370 g)
30 LBS	2 1/2	(500 g)
40 LBS	3	(570 g)
50 LBS	3 2/3	(725 g)
60 LBS	4 1/4	(840 g)
70 LBS	4 3/4	(935 g)
80 LBS	5 1/4	(1035 g)
90 LBS	5 3/4	(1135 g)

Batch Cooking

Beef (raw weight)	1400 g
Sweet potato	1050 g
Green Peas	1015 g
Sunflower oil	28 g
Azestfor Homemade Dog Food Vitamins	84 g

STEP 4

Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut or Corn oil in the amount of 1.2 teaspoons.

STEP 5

Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut or Corn oil in the amount of 1.2 teaspoons

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BISON, PEAS & CARROTS







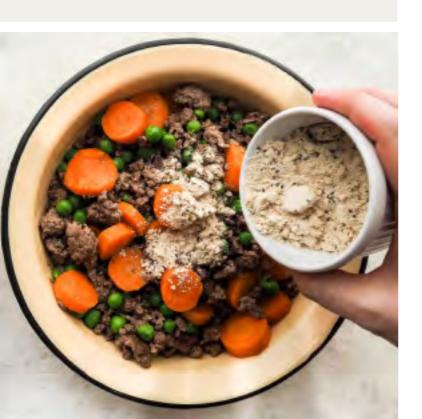
PROTEIN ALLERGIES SENSITIVE

Yields

This recipe will yield approximately 3 cups of food. Equating to 633 calories (Kcals) Approximately enough servings of food for one day for a **22 lb dog** to maintain weight.

Ingredients

Bison	1 cup	(200 g)
Peas	1 cup	(160 g)
Carrots	1 cup	(130 g)
Sunflower oil	1 tsp	(4 g)
Azestfor Homemade Dog Food Vitamins	3 tsp	(12 g)



Nutritional Value

PROTEIN 45%

FAT 17.64%

31.38% **CARBS**

OTHER 5.98%



Directions

STEP 1

In a large skillet or pot place cubed or ground bison. Add just enough water to cover. Bring to a boil. Cover and simmer gently for about 30 minutes or until bison is cooked. Remove from heat. Drain excess liquid.

STEP 2

Add fresh or frozen peas to the cooked meat. The heat will lightly cook the peas.

STEP 3

Slice or dice the carrots to a bite size appropriate for your dog. Simmer the carrots in a little water until tender, until a fork can easily pierce them. Drain and let cool.

STEP 4

Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut or Corn oil in the amount of 1.2 teaspoons per 1 teaspoon.

DOG WEIGHT	CUPS (PER DAY)	
5 LBS	2/3	(125 g)
10 LBS	1	(210 g)
15 LBS	1 1/2	(300 g)
20 LBS	2	(370 g)
30 LBS	2 1/2	(495 g)
40 LBS	3 1/2	(695 g)
50 LBS	4 1/8	(820 g)
60 LBS	5	(990 g)
70 LBS	5 1/3	(1050 g)
80 LBS	5 3/4	(1140 g)
90 LBS	6 3/7	(1275 g)

Batch Cooking

Beef (raw weight)	1400 g
Green Peas	1120 g
Carrots	910 g
Sunflower oil	28 g
Azestfor Homemade Dog Food Vitamins	84 g



STEP 5

When the meat, peas and carrots are cool to touch you can add the Azestfor nutritional supplements.

Heat destroys the potency of vitamins. If you are adding the Azestfor just before serving you would add 1 1/4 teaspoons Azestfor Homemade Dog Food Vitamins per 1 cup of homemade dog food.

The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency.

I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal – put it in the fridge overnight.

YouTube 🕨

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CHICKEN, ASPARAGUS & PEAS







CARBOHYDRATES

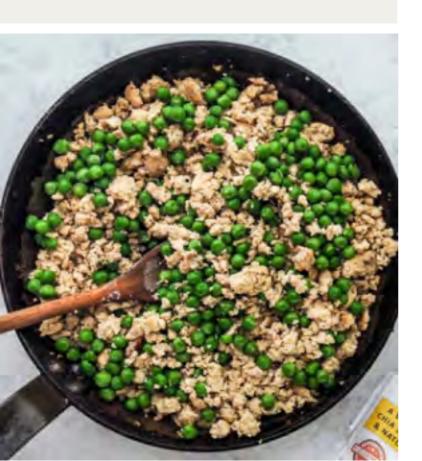
DIET

Yields

This recipe will yield approximately 3 cups of food. Equating to 534 calories (Kcals) Approximately enough servings of food for one day for an 18 lb dog to maintain weight.

Ingredients

Chicken	1 cup	(200 g)
Asparagus	1 cup	(135 g)
Green Peas	1 cup	(145 g)
Azestfor Homemade Dog Food Vitamins	3 tsp	(12 g)



Nutritional Value

51.66% **PROTEIN**

FAT 12.89%

28.11% **CARBS**

7.34% **OTHER**



Directions

STEP 1

You can use white or dark meat or ground chicken. Cook the chicken by boiling it in a little water. It is important that all bones are removed from the cooked chicken. Cooked bones can splinter if digested and damage the stomach and intestine. The chicken is cooked when the juices inside run clear. Let the chicken cool than dice the chicken into bit size chunks. Shredding it is also fine.

STEP 2

Add fresh or frozen peas to the cooked meat. The heat will lightly cook the peas.

STEP 3

Rinse the asparagus under running water. Place asparagus in a saucepan and cover with a few inches of water in a saucepan. When the water starts to boil, cook for 5 minutes. If you wish, use a microwave-safe cooking dish to boil asparagus in the microwave.

DOG WEIGHT	CUPS (PER DAY)	
5 LBS	1	(170 g)
10 LBS	2	(310 g)
15 LBS	2 1/2	(425 g)
20 LBS	3 1/4	(510 g)
30 LBS	4 1/3	(710 g)
40 LBS	5 1/2	(850 g)
50 LBS	6 1/2	(1020 g)
60 LBS	7 1/2	(1165 g)
70 LBS	8 1/3	(1325 g)
80 LBS	9	(1445 g)
90 LBS	10	(1590 g)

Batch Cooking

Beef (raw weight)	1400 g
Asparagus	945 g
Green peas	1015 g
Azestfor Homemade Dog Food Vitamins	84 g



Fill the cooking dish with 1/4 cup water, then add the spears and place the lid on the dish. Cook the asparagus on your microwave oven's high power setting for 3 minutes, then open the door and stir. Finish cooking until the spears are just barely tender, about 3 to 4 more minutes.

Chop asparagus to small bite sizes.

STEP 4

When the meat and veggies are cool to touch you can add the Azestfor nutritional supplements. Heat destroys the potency of vitamins.

The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. I would recommend portioning the food into meal size servings appropriate for your dog before freezing it. To defrost a frozen meal put it in the fridge overnight.

If you want to add the Azestfor Homemade Dog Food Vitamins just before serving you would add 1 1/3 teaspoons per cup of food.

YouTube •

Watch this recipe on YouTube (clickable link)

CHICKEN & OATMEAL







SENSITIVE

DIGESTION

Yields

This recipe will yield approximately 2 cups of food. Equating to 533 calories (Kcals) Approximately enough servings of food for one day for an 18 lb dog to maintain weight.

Ingredients

Chicken	1 cup	(200 g)
Oatmeal	1 cup	(80 g)
Azestfor Homemade Dog Food Vitamins	3 tsp	(12 g)



Nutritional Value

PROTEIN 48.33%

15.44% **FAT**

30.12% **CARBS**

6.11% **OTHER**



Directions

STEP 1

In a large skillet or pot place cubed or ground beef. Add just enough water to cover. Bring to a boil. Cover and simmer gently for about 30 minutes or until beef is cooked.

Remove from heat. Drain excess liquid.

STEP 2

Oatmeal should be plain with no flavorings or additives. It should be prepared with no added sweetness (sugar) or sodium (salt). 1 part rolled oats 2 parts water. Combine oats and water in a pot over medium-low heat.

Bring to a simmer, stirring frequently. Simmer and stir until the oats are tender. If all the liquid has reduced before your oats are tender, stir in a bit more water and continue to cook.

DOG WEIGHT	CUPS (PER DAY)	
10 LBS	1	(215 g)
15 LBS	1 1/2	(300 g)
20 LBS	2	(370 g)
30 LBS	2 1/2	(495 g)
40 LBS	3	(565 g)
50 LBS	3 2/3	(725 g)
60 LBS	4 1/4	(835 g)
70 LBS	4 3/4	(935 g)
80 LBS	5 1/4	(1035 g)
90 LBS	5 3/4	(1135 g)

Batch Cooking

Chicken	1400 g
Oatmeal	560 g
Azestfor Homemade Dog Food Vitamins	84 g



STEP 3

When the meat and oats are cool to touch you can add the Azestfor nutritional supplements. Heat destroys the potency of vitamins.

The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal - put it in the fridge overnight.

YouTube 🕨

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CHICKEN & POTATO







GRAIN FREE

WEIGHT **SENSITIVE**

EASY DIGESTION

Yields

This recipe will yield approximately 2 1/2 cups of food. Equating to 703 calories (Kcals) Approximately enough servings of food for one day for an 25 lb dog to maintain weight.

Ingredients

Chicken	1 cup	(200 g)
Potato	1 1/2 cup	(230 g)
Azestfor Homemade Dog Food Vitamins	3 tsp	(12 g)



Nutritional Value

35.06% **PROTEIN**

FAT 9.39%

CARBS 48.7%

OTHER 6.85%



Directions

STEP 1

Cook the chicken by boiling it in a little water. It is important that all bones are removed from the cooked chicken. Let the chicken cool than dice the chicken into bit size chunks. Shredding it is also fine.

The chicken is cooked when the juices inside run clear. You can use white or dark meat or ground chicken.

STEP 2

Cook the potatoes by boiling them in water for. They can be mashed or cubed into bite size - depending on the preference of your dog. Begin checking the potatoes after around 5 minutes of boiling; most potatoes will be done in 10 to 20 minutes. Potatoes are done when tender: The potatoes are done when they are tender all the way through. You can test this by poking the potato with a fork, paring knife, or skewer.

DOG WEIGHT	CUPS (PER DAY)	
5 LBS	3/4	(130 g)
10 LBS	1	(220 g)
15 LBS	1 1/2	(300 g)
20 LBS	2	(370 g)
30 LBS	2 3/4	(510 g)
40 LBS	3 1/2	(635 g)
50 LBS	4	(735 g)
60 LBS	4 1/2	(850 g)
70 LBS	5 1/4	(965 g)
80 LBS	5 3/4	(1050 g)
90 LBS	6 1/3	(1160 g)

Batch Cooking

Chicken	1400 g
Potato	1600 g
Azestfor Homemade Dog Food Vitamins	84 g



STEP 3

When the meat and potatoes are cool to touch you can add the Azestfor nutritional supplements. Heat destroys the potency of vitamins.

The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal – put it in the fridge overnight.

YouTube •

Watch this recipe on YouTube (clickable link)

CHICKEN & RICE



ACTIVE DOG EASY DIGESTION SKIN&COAT

Yields

This homemade dog food recipe for sensitive stomach will yield approximately 2 1/2 cups of food. Equating to **689 calories** (Kcals) Approximately enough food for one day for an 25 lb dog to maintain weight.

Ingredients

Rice	1 1/2 cups	(300 g)
Chicken	1 cup	(200 g)
Azestfor Homemade Dog Food Vitamins	5 tsp	(20 g)



Nutritional Value

36.47% **PROTEIN**

FAT 11.25%

46.66% **CARBS**

5.62% **OTHER**



Directions

STEP 1

Cook the chicken by boiling it in a little water. It is important that all bones are removed from the cooked chicken. Let the chicken cool than dice the chicken into bit size chunks. Shredding it is also fine.

The chicken is cooked when the juices inside run clear. You can use white or dark meat or ground chicken.

STEP 2

Place rice in a saucepan with double the amount of water. Bring to the boil, then turn the heat all the way down and cover the pan tightly with a lid.

Cook on the lowest heat possible for 10-15 mins without uncovering the pan. Use a fork to fluff up the cooked rice.

DOG WEIGHT	CUPS (PER DAY)	
5 LBS	3/4	(150 g)
10 LBS	1 1/4	(255 g)
15 LBS	1 2/3	(340 g)
20 LBS	2	(425 g)
30 LBS	3	(580 g)
40 LBS	3 1/2	(725 g)
50 LBS	4	(850 g)
60 LBS	4 3/4	(975 g)
70 LBS	5 1/3	(1105 g)
80 LBS	6	(1220 g)
90 LBS	6 1/2	(47 OZ)

STEP 3

When the meat and rice are cool to touch you can add the Azestfor nutritional supplements. Heat destroys the potency of vitamins.

The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal - put it in the fridge overnight.

YouTube •

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Batch Cooking

Chicken	1400 g
Rice	2100 g
Azestfor Homemade Dog Food Vitamins	140 g

CHICKEN, RICE & CARROTS







DIGESTION

HEALTHY COAT

WEIGHT **SENSITIVE**

Yields

This recipe will yield approximately 3 cups of food. Equating to 629 calories (Kcals), approximately enough servings for 2 meals/day for 1 day for a 25 lb dog maintaining weight.

Ingredients

Chicken	1 cup	(200 g)
Rice	1 cup	(190 g)
Carrots	1 cup	(130 g)
Azestfor Homemade Dog Food Vitamins	3 tsp	(12 g)



Nutritional Value

51.66% **PROTEIN**

FAT 12.89%

28.11% **CARBS**

7.34% **OTHER**



Directions

STEP 1

Cook the chicken by boiling it in a little water. It is important that all bones are removed from the cooked chicken. Let the chicken cool than dice the chicken into bit size chunks. Shredding it is also fine. The chicken is cooked when the juices inside run clear. You can use white or dark meat or ground chicken.

STEP 2

Place rice in a saucepan with double the amount of water.

Bring to the boil, then turn the heat all the way down and cover the pan tightly with a lid. Cook on the lowest heat possible for 10-15 mins without uncovering the pan. Use a fork to fluff up the cooked rice.

DOG WEIGHT	CUPS (PER DAY)	
5 LBS	2/3	(125 g)
10 LBS	1	(210 g)
15 LBS	1 1/2	(300 g)
20 LBS	2	(370 g)
30 LBS	2 1/2	(495 g)
40 LBS	3	(565 g)
50 LBS	3 2/3	(725 g)
60 LBS	4 1/4	(835 g)
70 LBS	4 3/4	(935 g)
80 LBS	5 1/4	(1035 g)
90 LBS	5 3/4	(1135 g)

Batch Cooking

Chicken	1400 g
Rice	1330 g
Carrots	910 g
Azestfor Homemade Dog Food Vitamins	84 g



STEP 3

Slice or dice the carrots to a bite size appropriate for your dog. Simmer the carrots in a little water until tender, until a fork can easily pierce them. Drain and let cool.

STEP 4

When the meat, rice and carrots are cool to touch you can add the Azestfor nutritional supplements. Heat destroys the potency of vitamins. If you are adding the Azestfor just before serving you would add 1 1/4 teaspoons Azestfor Homemade Dog Food Vitamins per 1 cup of homemade dog food. The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal - put it in the fridge overnight

YouTube (>)

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COTTAGE CHEESE & RICE







VEGETARIAN EASY DIGESTION

Yields

This recipe will yield approximately 2 cups of food. Equating to 603 calories (Kcals), approximately enough servings of food for one day for a 25 lb dog to maintain weight.

Ingredients

Rice	1 cup	(190 g)
Cottage Cheese	1 cup	(225 g)
Sunflower oil	1 tsp	(4 g)
Azestfor Homemade Dog Food Vitamins	3 tsp	(12 g)



Nutritional Value

24.59% **PROTEIN**

FAT 10.36%

57.94% **CARBS**

7.11% **OTHER**



Directions

STEP 1

Cottage Cheese – plain, full fat.

STEP 2

Place rice in a saucepan with double the amount of water. Bring to the boil, then turn the heat all the way down and cover the pan tightly with a lid. Cook on the lowest heat possible for 10-15 mins without uncovering the pan. Use a fork to fluff up the cooked rice.

STEP 3

Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut or Corn oil in the ratio of 1.2 per 1 teaspoon of sunflower oil.

DOG WEIGHT	CUPS (PER DAY)	
5 LBS	2/3	(125 g)
10 LBS	1	(210 g)
15 LBS	1 1/2	(300 g)
20 LBS	2	(370 g)
30 LBS	2 1/2	(495 g)
40 LBS	3	(565 g)
50 LBS	3 2/3	(725 g)
60 LBS	4 1/4	(835 g)
70 LBS	4 3/4	(935 g)
80 LBS	5 1/4	(1035 g)
90 LBS	5 3/4	(1135 g)

Batch Cooking

Rice	1330 g
Cottage Cheese	1575 g
Sunflower oil	28 g
Azestfor Homemade Dog Food Vitamins	84 g

STEP 4

When the rice is cool to touch you can combine with the cottage cheese and add the Azestfor nutritional supplements.

Heat destroys the potency of vitamins.

The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal - put it in the fridge overnight.

YouTube •

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DUCK & CHICKPEAS



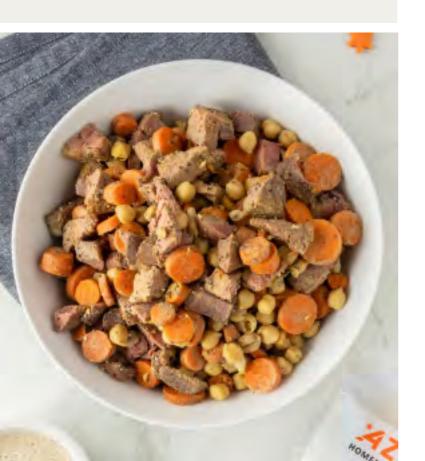


Yields

This recipe will yield approximately 3 cups of food. Equating to 788 calories (Kcals) Approximately enough servings of food for one day for an **30 lb dog** to maintain weight.

Ingredients

Duck	1 cup	(200 g)
Chickpeas	1 cup	(240 g)
Carrots	1 cup	(130 g)
Azestfor Homemade Dog Food Vitamins	3 tsp	(12 g)



Nutritional Value

PROTEIN 37.73%

FAT 17.02%

39.39% **CARBS**

OTHER 5.86%



Directions

STEP 1

Preheat the oven to 350 degrees Fahrenheit (180 degrees Celsius). Prepare a roasting pan by spraying it with nonstick cooking spray.

Roast duck for 20-25 min. Until done through with no internal redness or blood.

Remove bones from meat and discard. The cooking process makes bones more brittle, increasing the likelihood they might splinter and cause internal injury to your dog.

STEP 2

Cover chickpeas with water and discard any chickpeas that float. Rinse chickpeas well and place in a large pot. Cover by 2 to 3 inches with cold water. Place over high heat and bring to a boil; lower heat and simmer, covered, until softened, about 1 1/2 hours.

CUPS (PER DAY)	
2/3	(140 g)
1	(225 g)
1 1/2	(310 g)
2	(395 g)
2 1/2	(540 g)
3	(650 g)
3 2/3	(780 g)
4 1/4	(880 g)
4 3/4	(1005 g)
5 1/4	(1105 g
5 3/4	(1220 g)
	2/3 1 1 1/2 2 2 1/2 3 3 2/3 4 1/4 4 3/4 5 1/4

Batch Cooking

Beef (raw weight)	1400 g
Chickpeas	1680 g
Carrots	910 g
Sunflower oil	28 g
Azestfor Homemade Dog Food Vitamins	84 g



STEP 3

Slice or dice the carrots to a bite size appropriate for your dog. Simmer the carrots in a little water until tender, until a fork can easily pierce them. Drain and let cool.

STEP 4

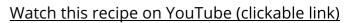
When the meat, rice and carrots are cool to touch you can add the Azestfor nutritional supplements. Heat destroys the potency of vitamins.

If you are adding the Azestfor just before serving you would add 1 1/3 teaspoons Azestfor Homemade Dog Food Vitamins per 1 cup of homemade dog food.

The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency.

I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal - put it in the fridge overnight.

YouTube (>)



EGGS, MACARONI & BROCCOLI







PROTEIN ALLERGIES **ACTIVE DOG**

Yields

This homemade dog food recipe with eggs will yield 3 cups of food, equating to 514 calories (Kcals), approximately enough food for one day for an 18 lb dog to maintain weight.

Ingredients

Eggs	3	
Macaroni	1 cup	(140 g)
Broccoli	1 cup	(90 g)
Azestfor Homemade Dog Food Vitamins	3 tsp	(12 g)



Nutritional Value

PROTEIN 26.92%

FAT 21.84%

CARBS 49.15%

OTHER 2.09%



Directions

STEP 1

Put the eggs in a large pot, add enough cold water to cover them by 2 inches, and bring to a rolling boil. Turn off the heat and let the eggs sit, covered, for 8 minutes. Prepare an ice water bath. Transfer the eggs to the ice water bath to cool completely, 15 minutes. Peel the eggs.

STEP 2

To cook pasta and prevent it from sticking, pasta needs Large pot. Use at least 1 Liters of water per 100 grams of pasta. Bring the water to a full, rolling boil. Gently stir in pasta immediately after adding to water. Pasta should be cooked until it's tender but slightly firm to the bite (all dente). The longer you cook pasta, the mushier it gets. Cook according to package instructions (usually 10 to 12 minutes)

CUPS (PER DAY)	
2/3	(140 g)
1	(285 g)
1 1/2	(385 g)
2	(510 g)
2 1/2	(710 g)
3	(880 g)
3 2/3	(1020 g)
4 1/4	(1190 g)
4 3/4	(1330 g)
5 1/4	(1475 g)
5 3/4	(1615 g)
	2/3 1 1 1/2 2 2 1/2 3 3 2/3 4 1/4 4 3/4 5 1/4

Batch Cooking

Eggs	21
Macaroni	980 g
Broccoli	630 g
Azestfor Homemade Dog Food Vitamins	84 g

STEP 3

Cut broccoli into very small fine pieces. Place 3/4 to 1 inch of water in a saucepan with a steamer and bring to a boil.

(Note if you don't have a steamer, you can simply put the broccoli directly into an inch of boiling water.)

Add the broccoli to the steamer and cover; reduce heat to medium and let cook for 5-6 minutes. The broccoli is done when you can pierce it with a fork. As soon as it is pierceable, remove from heat, drain and let cool.

STEP 4

When the eggs, pasta and broccoli are cool to touch you can add the Azestfor nutritional supplements. Combine all ingredients and serve.

Heat destroys the potency of vitamins. The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. We recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal – put it in the fridge overnight.

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LAMB & COUSCOUS







ALLERGIES

ACTIVE DOG HEALTHY COAT

Yields

This recipe will yield approximately 3 cups of food. Equating to 680 calories (Kcals) Approximately enough servings of food for one day for a 25 lb dog to maintain weight

Nutritional Value

PROTEIN 43.05%

FAT 18.58%

CARBS 32.3%

5.07% **OTHER**



Ingredients

Lamb	1 cup	(200 g)
Couscous	1 cup	(175 g)
Cauliflower	1 cup	(100 g)
Sunflower oil	1 tsp	(4 g)
Azestfor Homemade Dog Food Vitamins	5 tsp	(20 g)

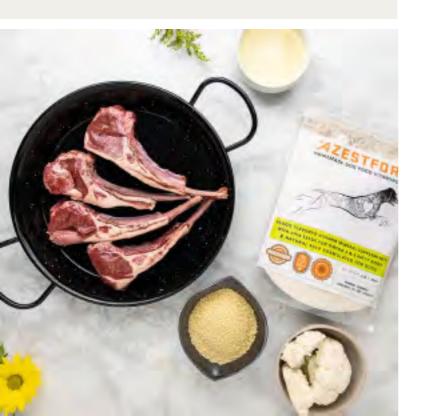
Directions

STEP 1

In a large skillet or pot place cubed or ground lamb. Add just enough water to cover. Bring to a boil. Cover and simmer gently for about 30 minutes or until lamb is cooked. Remove from heat. Drain excess liquid.

STEP 2

Couscous is a coarsely ground semolina pasta that is a dietary staple in North African countries. It is also widely used in Middle Eastern countries and has become popular in American dishes. It is made of semolina, flour, salt, and water. Similar to rice in shape, color, and texture, it is used in many dishes as rice would be. One grain is similar in size to a grain of sugar. Boil water. For each cup of dry couscous, use 1 1/2 cups of water. Bring to boil in saucepan. Add couscous and let steam. Pour 1 cup couscous into boiling water, stir once with a spoon, cover with a lid, and remove from heat. Let the couscous steam for five minutes.



DOG WEIGHT	CUPS (PER DAY)	
5 LBS	2/3	(128 g)
10 LBS	1	(215 g)
15 LBS	1 1/2	(290 g)
20 LBS	2	(360 g)
30 LBS	2 1/2	(482 g)
40 LBS	3	(595 g)
50 LBS	3 2/3	(710 g)
60 LBS	4 1/4	(825 g)
70 LBS	4 3/4	(920 g)
80 LBS	5 1/4	(1020 g)
90 LBS	5 3/4	(1105 g)

Batch Cooking

Lamb	1400 g
Couscous	1225 g
Cauliflower	700 g
Sunflower oil	28 g
Azestfor Homemade Dog Food Vitamins	140 g

Couscous grains tend to bind together in the cooking process, so fluff the grains with a fork.

STEP 3

Cut cauliflower into very small pieces. Place 3/4 to 1 inch of water in a saucepan with a steamer and bring to a boil. (Note that is you don't have a steamer, you can simply put the cauliflower directly into an inch of boiling water.) Add the cauliflower to the steamer and cover; reduce heat to medium and let cook for 5-6 minutes. The cauliflower is done when you can pierce it with a fork. As soon as it is pierce-able, remove from heat, drain and let cool.

STEP 4

Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut or Corn oil in the amount of 1.2 teaspoons.

STEP 5

When the lamb, couscous & cauliflower are cool to touch you can add the Azestfor nutritional supplements and sunflower oil. Combine all ingredients and serve. Heat destroys the potency of vitamins.

The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal - put it in the fridge overnight.

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LAMB & RICE







ALLERGIES

ACTIVE DOG HEALTHY COAT

Yields

This homemade dog food for sensitive skin recipe will yield approximately 2 1/2 cups of food, equating to 757 calories (Kcals), approximately enough servings of food for one day for a 30 lb dog to maintain weight.

Ingredients

Lamb	1 cup	(200 g)
Rice	1 cup	(190 g)
Sunflower oil	1 tsp	(4 g)
Azestfor Homemade Dog Food Vitamins	5 tsp	(20 g)



Nutritional Value

PROTEIN 36.34%

FAT 14.34%

44.09% **CARBS**

OTHER 5.23%



Directions

STEP 1

In a large skillet or pot place cubed or ground lamb. Add just enough water to cover. Bring to a boil. Cover and simmer gently for about 30 minutes or until lamb is cooked. Remove from heat. Drain excess liquid.

STEP 2

Place rice in a saucepan with double the amount of water. Bring to the boil, then turn the heat all the way down and cover the pan tightly with a lid. Cook on the lowest heat possible for 10-15 mins without uncovering the pan. Use a fork to fluff up the cooked rice.

STEP 3

Slice or dice the carrots to a bite size appropriate for your dog. Simmer the carrots in a little water until tender, until a fork can easily pierce them. Drain and let cool.

DOG WEIGHT	CUPS (PER DAY)	
5 LBS	2/3	(165 g)
10 LBS	1	(275 g)
15 LBS	1 1/2	(370 g)
20 LBS	2	(470 g)
30 LBS	2 1/2	(625 g)
40 LBS	3	(780 g)
50 LBS	3 2/3	(905 g)
60 LBS	4 1/4	(1065 g)
70 LBS	4 3/4	(1190 g)
80 LBS	5 1/4	(1275 g)
90 LBS	5 3/4	(1415 g)

Batch Cooking

Lamb	1400 g
Rice	1330 g
Sunflower oil	28 g
Azestfor Homemade Dog Food Vitamins	140 g



STEP 4

When the lamb, and rice are cool to touch you can add the Azestfor nutritional supplements and sunflower oil. Combine all ingredients and serve.

Heat destroys the potency of vitamins.

The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal – put it in the fridge overnight.

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RABBIT, CHICKPEAS & CARROTS







COMMON PROTEIN ALLERGIES

Yields

This recipe will yield approximately 3 cups of food. Equating to 708 calories (Kcals), approximately enough servings of food for one day for a **25 lb dog** to maintain weight.

Ingredients

Rabbit	1 cup	(200 g)
Chickpeas	1 cup	(180 g)
Carrots	1 cup	(130 g)
Azestfor Homemade Dog Food Vitamins	4 tsp	(16 g)



Nutritional Value

PROTEIN 42.43%

FAT 12.82%

39.19% **CARBS**

5.56% **OTHER**



Directions

STEP 1

Preheat the oven to 350 degrees Fahrenheit (180 degrees Celsius). Prepare a roasting pan by spraying it with nonstick cooking spray. Roast rabbit for 20-25 min. Until done through with no internal redness or blood.

Remove bones from meat and discard. The cooking process makes bones more brittle, increasing the likelihood they might splinter and cause internal injury to your dog.

STEP 2

Cover chickpeas with water and discard any chickpeas that float. Rinse chickpeas well and place in a large pot. Cover by 2 to 3 inches with cold water. Place over high heat and bring to a boil; lower heat and simmer, covered, until softened, about 1 1/2 hours.

DOG WEIGHT	CUPS (PER DAY)	
5 LBS	2/3	(140 g)
10 LBS	1	(225 g)
15 LBS	1 1/2	(310 g)
20 LBS	2	(395 g)
30 LBS	2 1/2	(540 g)
40 LBS	3	(650 g)
50 LBS	3 2/3	(780 g)
60 LBS	4 1/4	(880 g)
70 LBS	4 3/4	(1005 g)
80 LBS	5 1/4	(1105 g)
90 LBS	5 3/4	(1220 g)

Batch Cooking

Rabbit	1400 g
Chickpeas	1260 g
Carrots	910 g
Azestfor Homemade Dog Food Vitamins	112 g

STEP 3

Slice or dice the carrots to a bite size appropriate for your dog. Simmer the carrots in a little water until tender, until a fork can easily pierce them. Drain and let cool.

STEP 4

When the meat, chickpeas and carrots are cool to touch you can add the Azestfor nutritional supplements. Heat destroys the potency of vitamins.

The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge.

Freezing vitamins preserves their potency.

I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal – put it in the fridge overnight.

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SALMON & LENTILS







HEALTHY COAT

Yields

This recipe will yield approximately 2 ó cups of food. Equating to 819 calories (Kcals) Approximately enough servings of food for 1 day for a **32 lb dog** to maintain weight.

Ingredients

Salmon	1 cup	(200 g)
Lentils	1 1/2 cup	(300 g)
Azestfor Homemade Dog Food Vitamins	3 tsp	(12 g)



Nutritional Value

50.6% **PROTEIN**

7.24% **FAT**

33.65% **CARBS**

8.51% **OTHER**



Directions

STEP 1

Place salmon in a pan on top of the stove, add water to just cover fish.

Cover and cook until salmon is opaque throughout, about 5 minutes (longer for thicker fillets). Using a wide slotted spatula, remove salmon from liquid.

It is important that all bones are removed from the fish. Bone splinters can pierce your dogs digestive system.

STEP 2

Cook lentils on a stove top, using 1 1/2 cups of water for the 1/2 cup of dry lentils.

Be sure to use a large enough saucepan as the lentils will triple in size.

Bring to a boil, cover tightly, reduce heat and simmer until they are tender. For whole lentils, cook time is typically 15-20 minutes.

DOG WEIGHT	CUPS (PER DAY)	
5 LBS	2/3	(125 g)
10 LBS	1	(210 g)
15 LBS	1 1/2	(300 g)
20 LBS	2	(370 g)
30 LBS	2 1/2	(500 g)
40 LBS	3	(570 g)
50 LBS	3 2/3	(725 g)
60 LBS	4 1/4	(835 g)
70 LBS	4 3/4	(33 OZ)
80 LBS	5 1/4	(935 g)
90 LBS	5 3/4	(1135 g)

Batch Cooking

Salmon	1400 g
Lentils	2100 g
Azestfor Homemade Dog Food Vitamins	84 g

STEP 3

When the fish and lentils are cool to touch you can add the Azestfor nutritional supplements. Combine all ingredients and serve.

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SALMON, **QUINOA** & BROCCOLI







EXOTIC PROTEIN **HEALTHY** COAT

SUPER FOOD

Yields

This recipe will yield approximately 2 cups of food. Equating to 603 calories (Kcals), approximately enough servings of food for one day for a **25 lb dog** to maintain weight.

Nutritional Value

PROTEIN 24.59%

FAT 10.36%

CARBS 57.94%

OTHER 7.11%



Ingredients

Salmon	1 cup	(200 g)
Quinoa	1 cup	(185 g)
Broccoli	1 cup	(90 g)
Azestfor Homemade Dog Food Vitamins	5 tsp	(20 g)

Directions

STEP 1

Place salmon in a pan on top of the stove, add water to just cover fish. Cover and cook until salmon is opaque throughout, about 5 minutes (longer for thicker fillets). Using a wide slotted spatula, remove salmon from liquid. It is important that all bones are removed from the fish. Bone splinters can pierce your dogs digestive system.

STEP 2

A quinoa seed is flat and has a pointed oval shape. The seeds can be found in several different colors, including yellow, red, brown and black. When cooked, they expand to about three or four times their original size. They also have a unique texture; the seeds themselves are smooth and creamy, but the tail has a crunchy texture. Quinoa has a natural coating, called saponin, that can make the cooked grain taste bitter or soapy, rinsing the quinoa just before cooking will easily remove the coating.

DOG WEIGHT	CUPS (PER DAY)	
5 LBS	2/3	(140 g)
10 LBS	1	(245 g)
15 LBS	1 1/2	(340 g)
20 LBS	2	(410 g)
30 LBS	2 1/2	(570 g)
40 LBS	3	(710 g)
50 LBS	3 2/3	(820 g)
60 LBS	4 1/4	(935 g)
70 LBS	4 3/4	(1065 g)
80 LBS	5 1/4	(1065 g)
90 LBS	5 3/4	(1275 g)

Batch Cooking

Salmon	1400 g
Quinoa	1295 g
Broccoli	630 g
Azestfor Homemade Dog Food Vitamins	140 g

Place quinoa into a fine-mesh strainer. Rinse thoroughly with cool water for about 2 minutes. Rub and swish the quinoa with your hand while rinsing. Drain.

To prepare the seeds, bring one part quinoa and two parts liquid to a boil, then cover and reduce it to a simmer for about 15 minutes or until the grains are translucent. Remove the pot from heat and let stand for 5 more minutes, covered. Remove the lid — You should see tiny spirals (the germ) separating from and curling around the quinoa seeds. Fluff the quinoa gently with a fork, and let cool.

STEP 3

Broccoli cut into very small pieces. Place 3/4 to 1 inch of water in a saucepan with a steamer and bring to a boil. (Note that is you don't have a steamer, you can simply put the broccoli directly into an inch of boiling water.) Add the broccoli to the steamer and cover; reduce heat to medium and let cook for 5-6 minutes. The broccoli is done when you can pierce it with a fork. As soon as it is pierce-able, remove from heat, drain and let cool.

STEP 4

When the fish and quinoa are cool to touch you can add the Azestfor nutritional supplements. Combine all ingredients and serve.

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TOFU, RICE & BLACK-EYED PEAS



ALLERGIES





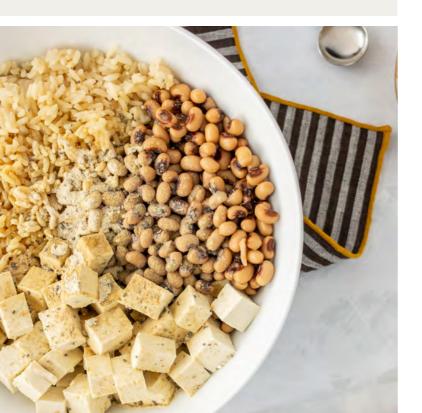
VEGETARIAN

Yields

3.5 cups of food, Equating to **765 calories** (Kcals), Approximately enough servings of food for one day for an 30 lb dog to maintain weight.

Ingredients

Rice	1 cup	(190 g)
Tofu	1 1/2 cup	(375 g)
Black-Eyed Peas	1 cup	(175 g)
Sunflower oil	1 tsp	4 g
Azestfor Homemade Dog Food Vitamins	5 tsp	20 g



Nutritional Value

PROTEIN 24.18%

FAT 15.03%

54.68% **CARBS**

OTHER 6.11%



Directions

STEP 1

Soaking is not essential for black-eyed peas, but cooking time can be shortened if they get a quick soak in hot water (as opposed to a longer one in cold water, like other beans). Place dried peas in a pot, cover with water, and bring to a boil for 2-3 minutes. Remove pot from heat and allow to stand for 60-90 minutes. Drain water and replace with fresh, cold water for cooking - or if you skipped the hot-soaking step, just rinse and add cold water. Place on stove and bring to a boil in a pot with a lid. Once boiling, reduce to a simmer, tilting the lid slightly to allow steam to escape, and leave to cook for up to an hour, or until tender.

STEP 2

Place rice in a saucepan with double the amount of water. Bring to the boil, then turn the heat all the way down and cover the pan tightly with a lid. Cook on the lowest heat possible for 10-15 mins without uncovering the pan. Use a fork to fluff up the cooked rice.

DOG WEIGHT	CUPS (PER DAY)	
5 LBS	2/3	(210 g)
10 LBS	1	(355 g)
15 LBS	1 1/2	(480 g)
20 LBS	2	(595 g)
30 LBS	2 1/2	(810 g)
40 LBS	3	(1005 g)
50 LBS	3 2/3	(1190 g)
60 LBS	4 1/4	(1360 g)
70 LBS	4 3/4	(1530 g)
80 LBS	5 1/4	(1700 g)
90 LBS	5 3/4	(1840 g)

Batch Cooking

Rice	1330 g
Tofu	2625 g
Black-Eyed Peas	1225 g
Sunflower oil	28 g
Azestfor Homemade Dog Food Vitamins	140 g



STEP 3

Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut or Corn oil in the amount of 1.2 teaspoons.

STEP 4

Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut or Corn oil in the ratio of 1.2 per 1 teaspoon of sunflower oil.

STEP 5

When the tofu, rice and black eyed peas are cool to touch you can add the Azestfor nutritional supplements.

Heat destroys the potency of vitamins.

The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal - put it in the fridge overnight.

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TURKEY, PUMPKIN & CORN







THANKSGIVING HOLIDAY

SENSITIVE

HEALTHY COAT

Yields

This recipe will yield approximately 3 cups of food. Equating to 599 calories (Kcals), approximately enough servings of food for one day for a 20 lb dog to maintain weight.

Ingredients

Turkey	1 cup	(200 g)
Pumpkin	1 cup	(245 g)
Corn	1 cup	(165 g)
Azestfor Homemade Dog Food Vitamins	4 tsp	16 g



Nutritional Value

46.85% **PROTEIN**

FAT 8.69%

CARBS 38.89%

6.57% **OTHER**



Directions

STEP 1

Cook the turkey by roasting it. Approximate cook time at 350 degrees 3 hours. It is important that all bones are removed from the cooked turkey.

Let the turkey cool than dice the turkey into bit size chunks. Shredding it is also fine. The turkey is cooked when the juices inside run clear.

STEP 2

Choose plain canned pumpkin with no added sugar or spices. OK to substitute with summer squash.

STEP 3

Place a small to medium pot on the stove and fill it with no more than 1 or 2 inches of water. Bring the water to a rolling boil. It's important not to put enough water in the pot to completely cover the corn.

Add the frozen loose corn. Let the corn cook until tender and heated thru.

DOG WEIGHT	CUPS (PER DAY)		
5 LBS	2/3	(200 g)	
10 LBS	1	(350 g)	
15 LBS	1 1/2	(480 g)	
20 LBS	2	(595 g)	
30 LBS	2 1/2	(795 g)	
40 LBS	3	(990 g)	
50 LBS	3 2/3	(1175 g)	
60 LBS	4 1/4	(1345 g)	
70 LBS	4 3/4	(1500 g)	
80 LBS	5 1/4	(1660 g)	
90 LBS	5 3/4	(1815 g)	

Batch Cooking

Turkey	1400 g
Pumpkin	1715 g
Corn	1155 g
Azestfor Homemade Dog Food Vitamins	112 g

STEP 4

When the meat, pumpkin and corn are cool to touch you can add the Azestfor nutritional supplements.

Heat destroys the potency of vitamins.

The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal - put it in the fridge overnight

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VENISON & LENTILS





ALLERGIES

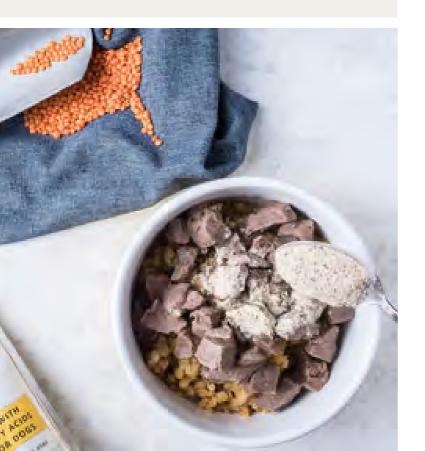
LOW FAT

Yields

This recipe will yield approximately 2 1/2 cups of food. Equating to 698 calories (Kcals) Approximately enough servings of food for 1 day for a 25 lb dog to maintain weight.

Ingredients

Venison	1 cup	(200 g)
Lentils	1 1/2 cup	(200 g)
Sunflower oil	1 tsp	4 g
Azestfor Homemade Dog Food Vitamins	3 tsp	12 g



Nutritional Value

50.65% **PROTEIN**

FAT 7.24%

33.65% **CARBS**

8.46% **OTHER**



Directions

STEP 1

Place venison in a pan on top of the stove, add water to just cover meat. Cover and cook until venison is cooked throughout, about 7 minutes. Using a wide slotted spatula, remove venison from liquid.

STEP 2

Cook lentils on a stove top, using 1 1/2 cups of water for the 1/2 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will triple in size. Bring to a boil, cover tightly, reduce heat and simmer until they are tender. For whole lentils, cook time is typically 15-20 minutes.

STEP 3

When the venison and lentils are cool to touch you can add the Azestfor nutritional supplements and sunflower oil. Combine all ingredients and serve.

DOG WEIGHT	CUPS (PER DAY)		
5 LBS	2/3	(130 g)	
10 LBS	1	(220 g)	
15 LBS	1 1/2	(300 g)	
20 LBS	2	(370 g)	
30 LBS	2 1/2	(510 g)	
40 LBS	3	(625 g)	
50 LBS	3 2/3	(735 g)	
60 LBS	4 1/4	(850 g)	
70 LBS	4 3/4	(965 g)	
80 LBS	5 1/4	(1050 g)	
90 LBS	5 3/4	(1160 g)	



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Batch Cooking

Beef (raw weight)	3 lbs
Chickpeas	3 lbs
Carrots	2 1/3 lbs
Sunflower oil	7 tsp
Azestfor Homemade Dog Food Vitamins	1/2 cup

VENISON, POTATO & KALE







PROTEIN ALLERGIES **ACTIVE** DOG

HEALTHY COAT

Yields

This recipe will yield approximately 3 cups of food. Equating to 680 calories (Kcals), approximately enough servings of food for one day for a 25 lb dog to maintain weight.

Ingredients

Venison	1 cup	(200 g)
Potato	1 cup	(150 g)
Kale	1 cup	(70 g)
Sunflower oil	1 tsp	(4 g)
Azestfor Homemade Dog Food Vitamins	4 tsp	(16 g)



Nutritional Value

48.66% **PROTEIN**

FAT 8.35%

CARBS 37.52%

OTHER 5.47%



Directions

STEP 1

In a large skillet or pot place cubed or ground venison.

Add just enough water to cover. Bring to a boil. Cover and simmer gently for about 30 minutes or until bison is cooked.

Remove from heat. Drain excess liquid.

STEP 2

Add fresh, finely chopped kale to the cooked meat. The heat will lightly cook the kale.

STEP 3

Cook the potatoes by boiling them in water. They can be mashed or cubed into bite size – depending on the preference of your dog. Begin checking the potatoes after around 5 minutes of boiling; most potatoes will be done in 10 to 20 minutes. Potatoes are done when tender.

DOG WEIGHT	CUPS (PER DAY)		
5 LBS	8/9	(155 g)	
10 LBS	1 1/2	(255 g)	
15 LBS	2	(350 g)	
20 LBS	2 1/2	(425 g)	
30 LBS	3 1/4	(565 g)	
40 LBS	4 1/4	(725 g)	
50 LBS	5	(850 g)	
60 LBS	5 3/4	(990 g)	
70 LBS	6 1/2	(1220 g)	
80 LBS	7	(1220 g)	
90 LBS	7 3/4	(1330 g)	

Batch Cooking

Venison	1400 g
Potato	1050 g
Kale	490 g
Sunflower oil	28 g
Azestfor Homemade Dog Food Vitamins	112 g

The potatoes are done when they are tender all the way through. You can test this by poking the potato with a fork, paring knife, or skewer.

STEP 4

Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut or Corn oil in the ratio of 1.2 per 1 teaspoon of sunflower oil.

STEP 5

When the meat and potatoes are cool to touch you can add the Azestfor nutritional supplements and sunflower oil.

Heat destroys the potency of vitamins.

The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal – put it in the fridge overnight.

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VENISON & RICE







PROTEIN ALLERGIES DOG

HEALTHY COAT

Yields

This recipe will yield approximately 2 ó cups of food. Equating to 694 calories (Kcals), approximately enough servings of food for one day for a **25 lb dog** to maintain weight.

PROTEIN

41.61%

Nutritional Value

FAT

8.49%

CARBS

45.18%

OTHER 4.72%



Ingredients

Venison	1 cup	(200 g)
Rice	1 1/2 cups	(300 g)
Sunflower oil	1 tsp	(4 g)
Azestfor Homemade Dog Food Vitamins	5 tsp	(20 g)



Directions

STEP 1

In a large skillet or pot place cubed or ground venison. Add just enough water to cover. Bring to a boil. Cover and simmer gently for about 30 minutes or until bison is cooked.

Remove from heat. Drain excess liquid.

STEP 2

Place rice in a saucepan with double the amount of water. Bring to the boil, then turn the heat all the way down and cover the pan tightly with a lid.

Cook on the lowest heat possible for 10-15 mins without uncovering the pan. Use a fork to fluff up the cooked rice.

STEP 3

Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut or Corn oil in the ratio of 1.2 per 1 teaspoon of sunflower oil.

DOG WEIGHT	CUPS (PER DAY)		
5 LBS	3/4	(125 g)	
10 LBS	1 1/4	(210 g)	
15 LBS	1 1/2	(285 g)	
20 LBS	2	(355 g)	
30 LBS	2 3/4	(480 g)	
40 LBS	3 1/2	(595 g)	
50 LBS	4	(710 g)	
60 LBS	4 3/4	(795 g)	
70 LBS	5 1/3	(905 g)	
80 LBS	5 3/4	(990 g)	
90 LBS	6 1/2	(1105 g)	

Batch Cooking

Venison	3 lbs
Rice	3 lbs
Sunflower oil	7 tsp
Azestfor Homemade Dog Food Vitamins	1/2 cup



STEP 4

When the meat and potatoes are cool to touch you can add the Azestfor nutritional supplements and sunflower oil.

Heat destroys the potency of vitamins.

The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal - put it in the fridge overnight.

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HOW MUCH HOMEMADE DOG FOOD SHOULD I FEED MY DOG?

The amount of food you should feed your dog depends on a variety of factors including the amount of energy the dog uses do they lead a sedentary lifestyle or are they active hikers, their age as dogs age they require fewer calories, and their weight. We have included feeding guidelines as a starting point, but we empower you to take control of your dogs weight and health. Use the suggested amount as a starting point, and monitor your dog's condition. If they are gaining weight, reduce by 1/4 cup a day. If they are losing weight, increase the amount you are feeding your dog.

CAN I ADD SUPPLEMENTS TO MY DOG'S HOMEMADE FOOD TO ENSURE THEY ARE GETTING ALL THE NECESSARY NUTRIENTS?

Add 1 1/4 teaspoons (5 g) of vitamins per cup (7 oz) of homemade dog food.

SHOULD I TRY DIFFERENT RECIPES FOR MY DOG?

If you find a recipe that works for you and your pet, you should stick with it. Dog's don't seek novelty in their diets like humans do, and will be happy eating the same thing every day. All of the recipes in this guide are nutritionally complete and balanced. When you do change a dog's diet, remember to do so in a slow and methodical fashion. Mix the old food in with the new to avoid digestive upsets.

CAN I USE THE VITAMIN SUPPLEMENT WITH KIBBLE?

Our recipes are specifically formulated for making fresh whole food ingredients into nutritionally complete and balanced homemade dog food. Commercial dog food (kibble) already has vitamins and minerals added to it. The benefits of homemade dog food is that it is free of chemical treatments, harsh processing and preservatives.

WHAT SHOULD I DO IF MY DOG WON'T EAT THEIR FOOD?

- 1) Warm the food slightly so it is at room temperature, but not hot to touch.
- 2) Finely chop or puree the dogs food to minimize chewing
- 3) Try feeding your dog by hand, which means picking up a small amount of the food pretending to eat it yourself than offering it to your dog to eat from your hand.
- 4) It is perfectly normal to self regulate and skip a meal. Present the food for 15 minutes. If the food is not eaten than pick it up and refrigerate it. Do not offer food again until next scheduled meal time. Warm the food slightly than present again.
- 5) Make your dog feel a little hungry get them to develop an appetite. Through exercise and play.
- 6) Do not free feed the dog have set meal times.
- 7) Do not give the dog a perceived higher value food ie treats, cookies. Just present the dog their food otherwise you will be training your dog to refuse dog food and rewarding them for

WHAT ARE THE BENEFITS TO HOMEMADE DOG FOOD?

Fresh, quality ingredients are crucial to promoting health in dogs. The fresh meat and vegetables are more bioavailable, free of preservatives, harsh processing and chemical treatments. Your dog will enjoy lasting health benefits thanks to their quality diet.

HOW MUCH DOES ONE RECIPE FEED?

We have included small portion ingredient sizes so you can sample the recipes and see what works best for both you and your dog. When you have landed on a recipe that you and your dog like, we recommend making a big batch. We have added batch quantities at the end of the recipes. If you would like to add the Azestfor vitamins just before serving the general rule is to add 1 1/4 teaspoons per cup of homemade dog food.

CAN I STORE HOMEMADE DOG FOOD, AND FOR HOW LONG?

We recommend storing homemade dog food for up to 7 days in the fridge, and one year in the freezer. Pro tip: pre-portion your dog food before freezing.

WHEN SHOULD I ADD THE VITAMINS?

You can add your Azestfor Vitamin Supplement to your pets meal right before serving, after it has cooled. Do not add the vitamins while cooking, as If the vitamins become too hot, it can diminish the effect. The vitamin supplement can be frozen without any detriment to their potency.

CAN I MODIFY THE RECIPES?

All of our recipes are scientifically formulated to be nutritionally complete, and balanced. Following Azestfor Recipes ensures that the meals comply with AAFCO standards for complete, balanced dog food. We are not able to evaluate individual recipes you submit.

Adding Azestfor Vitamins for Homemade Dog Food to homecooked meals ensures there are no nutritional gaps in your dogs diet and gives them everything they need to thrive.

MY DOG'S BOWEL MOVEMENTS LOOK DIFFERENT AFTER FEEDING THEM HOMEMADE DOG FOOD. WHAT'S GOING ON?

Switching your dog's diet to fresh whole food ingredients will result in smaller poops with no odor. Fresh whole food dog food is bioavailable and your dog will be able to absorb the healthy nutrients. Commercial kibbles absorb water and double in size in the dog's tummy so when the dog defecates there is a lot more volume.

Tip 1

Important to thoroughly cook the starches in the recipes. If the starches are not cooked properly it may result in digestive upsets including gas or mucus in stool.

CAN I MIX HOMEMADE DOG FOOD IN WITH KIBBLE TO MAKE IT LAST?

Yes you can use homemade dog food as a topper. You just need to add the vitamin premix to the quantity of homemade dog food you are feeding.

CAN I USE BOTH THE VITAMINS AND THE GREEN LIPPED MUSSEL IN RECIPES?

Yes. You can add the Azestfor Anti-inflammatory Green Lipped Mussel to any food and see benefits including a boost in mobility and relief from joint pain. Azestfor Green Lipped Mussel does not make homemade dog food nutritionally complete and balanced.

CAN I FEED HOMEMADE DOG FOOD TO MY CAT?

The Azestfor recipes and homemade dog food supplements are not recommended for cats. They are not species appropriate, cats are carnivores and dogs are omnivores. If your kitty does steal a bite of food, don't panic it will be ok - but it should not be their regular food. However, you can use the Azestfor Anti-inflammatory Green Lipped Mussel with your cat. They'll enjoy all the benefits including relieving joint pain, and a shiny coat.

ARE THERE ANY FOODS THAT ARE TOXIC TO DOGS AND SHOULD BE AVOIDED?

Foods that are toxic to all dogs and should never be fed are:

- Chocolate
- Xylitol gum
- Grapes
- · Garlic & Onions
- Seasonings & Spices

HOW DO I TRANSITION MY DOG TO A HOMEMADE FOOD DIET?

If your dog is not currently eating homemade dog food, it's important to transition gently to avoid indigestion, diarrhea or constipation. Simply combine your existing dog food with the new as shown over the course of 10 days.



IS HOMEMADE DOG FOOD BETTER THAN **COMMERCIAL DOG FOOD?**

Yes Homemade dog food can be considered better than commercial dog food for several reasons.

Firstly, homemade dog food is made with minimum processing, just gentle cooking, which means it retains more nutrients and is better for the dog's health.

Secondly, homemade dog food can also help lower vet bills, as pet owners can prevent and manage diet-related illnesses like obesity more effectively. Thirdly dogs produce less waste when eating a fresh, homemade diet, resulting in smaller poops, as fresh food is free of filler ingredients and is more readily bioavailable.

Lastly, it can be more sustainable for the planet, as it can reduce carbon emissions by using fewer packaging materials, less transportation emissions and no harsh processing and free of chemical additives.

SHOULD I COOK OR FEED MY DOG RAW FOOD?

We recommend cooking the meat to ensure all microbes and germs in meat are killed during cooking but if you want to feed your dog raw meat it is highly recommended that you follow healthy basic food health safety standards.

- 1. Wash all surfaces that come into contact with raw meat in hot water with soap.
- 2. Clean the dogs bowl in hot water and soap between all feedings.
- 3. Don't leave dog waste in the yard. Always wash hands with soap and hot water after picking up dogs waste.
- 4. If there are elderly people, small children or those with compromised immune systems in the household it is recommended by the FDA, The U.S. Centers for Disease Control and Prevention (CDC) and the American Veterinary Medical Association (AVMA) to cook the meat in the dogs food recipes as pathogens i.e. salmonella and listeria could be potentially passed along to those who may have weakened immune systems.

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Lastly, it can be more sustainable for the planet, as it can reduce carbon emissions by using fewer packaging materials, less transportation emissions and no harsh processing and free of chemical additives.

WHAT ARE THE ESSENTIAL INGREDIENTS I NEED TO INCLUDE IN MY HOMEMADE DOG FOOD?

- 1. Protein venison, poultry, beef, lamb, fish, seafood, dairy, soy
- 2. Carbohydrate vegetables, cereals, grains, beans
- 3. Vitamins and Minerals Azestfor Homemade Dog Food Vitamins
- 4. Fat- Source of linoleic acid Sunflower, Walnut, Wheat germ, Soybean or Corn oil

Note: If you use poultry (chicken) or sea food (fish) as the source of protein instead of beef, lamb, venison, dairy, soy you do not need to add fat, as linoleic acid is naturally occurring in chicken and fish.

CAN I USE AVOCADO OIL OR OLIVE OIL OR COCONUT OIL IN PLACE OF THE SUNFLOWER OIL.

No avocado oil or olive oil or coconut oil are not appropriate substitutions for sunflower oil. Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut, Soybean or Corn oil in the amount of 1.2 teaspoons. Note: If you substitute chicken or fish as the source of protein instead of beef you do not need to add sunflower oil, as linoleic acid is naturally in chicken and fish.

CAN I FEED MY DOG A VEGETARIAN OR VEGAN **DIET? CAN DOGS EAT TOFU?**

Yes. While we typically recommend animal protein over vegan foods for dogs, tofu is a safe, plant based protein for dogs made from soy milk curds. It is available in a variety of textures from extra-firm to soft. The tofu in this hypoallergenic homemade dog food recipe is an excellent food for dogs with allergies triggered by animal protein, and can help soothe a sensitive stomach with gastrointestinal issues. If your dog does not have allergies to animal protein (i.e. milk - which is very rare for dogs), you may also want to try our very simple to prepare, Vegetarian Cottage Cheese & Rice Homemade Dog Food Recipe.

CAN I FEED MY DOG VEGETARIAN OR VEGAN DIET?

Yes. Dogs can thrive on a vegetarian diet we would recommend using eggs as the source of protein. If your dog has allergies to most proteins we have an elimination diet to help determine what your dog is allergic too. Lastly we have a vegan based recipe with tofu, tofu is a safe, plant based protein for dogs made from soy milk curds.

HOW TO FEED A PUPPY?

Estimated Adult Body Weight						
	40 Pou	ınds	nds 50 Pounds		60 Pounds	
Age	Weight	Caloric	Weight	Caloric	Weight	Caloric
Months	Pounds	needs	Pounds	needs	Pounds	needs
2	10.0	792	12.0	935	14.0	1080
3	15.6	851	19.0	1025	23.0	1224
4	19.6	923	24.0	1116	29.0	1368
6	25.2	968	30.0	1118	36.0	1295
9	29.4	979	36.0	1134	43.0	1331
12	34.0	1106	41.0	1260	50.0	1475
adult	40.0	1099	50.0	1299	60.0	1489

Growing dogs require more nutrition than an adult dog. But it is important to not overfeed a young dog. They may try to convince you that they are ravenous, but the dog should not be allowed to free feed. If a dog is allowed to determine its own caloric intake it will likely overeat, resulting in orthopedic problems in later life. A rolly polly puppy is not healthy. You want your adolescent dog to look healthy and trim, with just a slight layer of fat over their ribs. If you can feel their ribs with gentle pressure, you're on the right track. But if you can't feel them, your pup might be carrying a few extra pounds. On the other hand, if their ribs are too visible, they might be underweight.

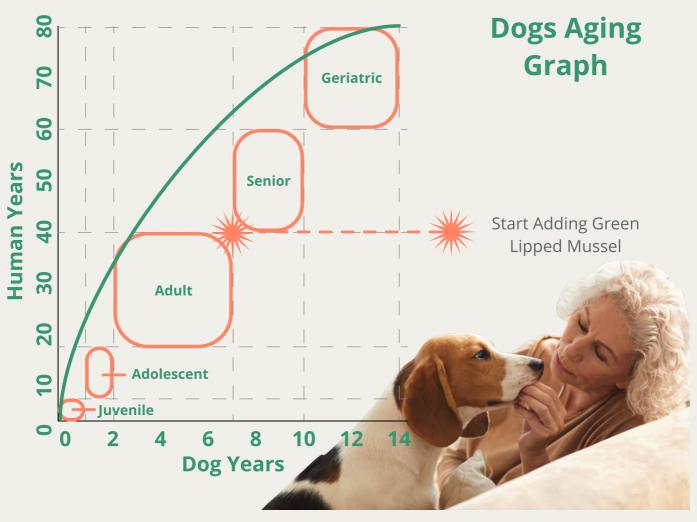
This is especially important with larger breeds, rapid growth can actually cause abnormal skeletal development, which can lead to problems down the road. Better to aim for a slower growth rate, which will reduce these potential abnormalities and won't affect your pup's normal, adult size. Take the time weekly to adjust your dog's diet to achieve the desired rate of growth, coat, body conformation, and activity level. The same is true with senior dogs a lean dog will live longer and have a higher quality of life as it will be able to maintain its mobility and independence - each additional pound of weight on a dog is putting undue stress on the dogs joints.

HOW MUCH HOMEMADE DOG FOOD TO FEED MY DOG?

Dog Weight	Calories (Kcal) Energy Needed / Day	Eggs, Macaroni & Broccoli Dog Food Per Day	
5 LBS	203	1 CUP	(140 g)
10 LBS	342	2 CUPS	(285 g)
15 LBS	464	2 3/4 CUPS	(385 g)
20 LBS	576	3 1/3 CUPS	(510 g)
30 LBS	780	4 1/2 CUPS	(710 g)
40 LBS	968	5 2/3 CUPS	(880 g)
50 LBS	1144	6 2/3 CUPS	(1020 g)
60 LBS	1312	7 2/3 CUPS	(1190 g)
70 LBS	1474	8 1/2 CUPS	(1330 g)
80 LBS	1629	9 1/2 CUPS	(1475 g)
90 LBS	1780	10 1/3 CUPS	(1615 g)

We suggest dividing the daily amount into two servings, one in the morning and one in the evening. Every dog's nutritional requirements are a little bit different due to age & amount of exercise. If your dog is losing weight, increase food by 1/4 cup a day, if they are gaining weight reduce accordingly.

HOW DOGS AGE?



The Azestfor homemade dog food recipes had been designed for all life stages, including senior dogs. Once a dog has been weaned from its mother's milk and eating solid food it can eat homemade dog food.

*Azestfor's Green Lipped Mussel is a natural anti-inflammatory superfood, that reduces inflammation in the entire body. It soothes dry itchy skin, lubricates joints, and boosts mobility. It can be added to any dog food as a bowl booster - add to fresh homemade dog food, raw, dry and wet.

BASIC MEASUREMENTS

1 cup = approximately 7 ounces 1lb = 16 ounces = 453 grams

AZESTFOR NUTRITIONAL SUPPLEMENTS FOR DOGS

Azestfor is the maker of nutritional supplements for dogs, serving dog parents in the USA. We are a Los Angeles based, woman owned and operated business (WBENC Certified) You can find Azestfor products on our website or Amazon

Join the Pack! azestfor.com







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Contact Us hello@azestfor.com