

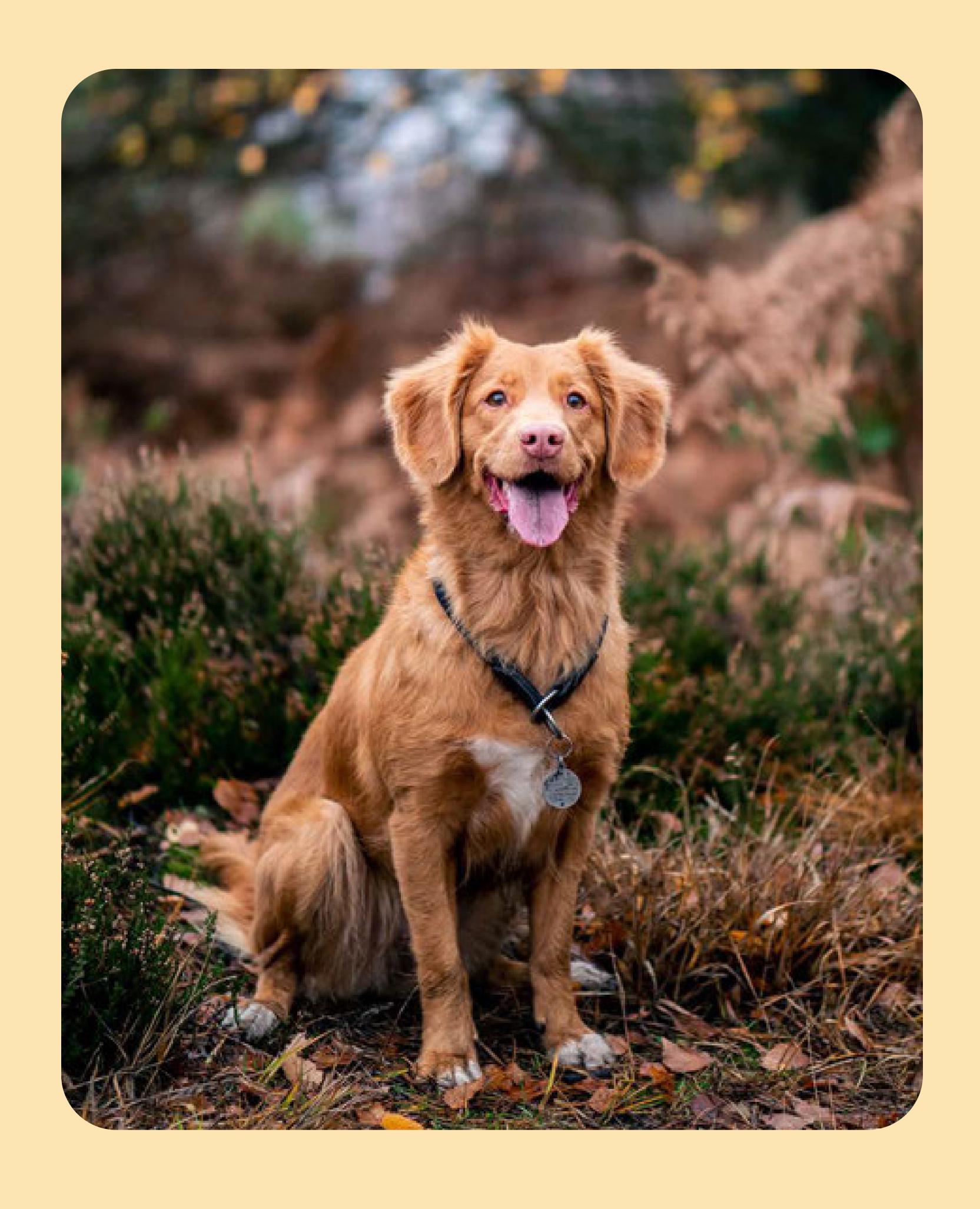


Your Guide
To Nutritionally
Balanced Homemade
Dog Food











HELLO, 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 amazing nutritional benefits from homemade food, and they provide your dog with a lasting health that will follow them their whole lives. 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!

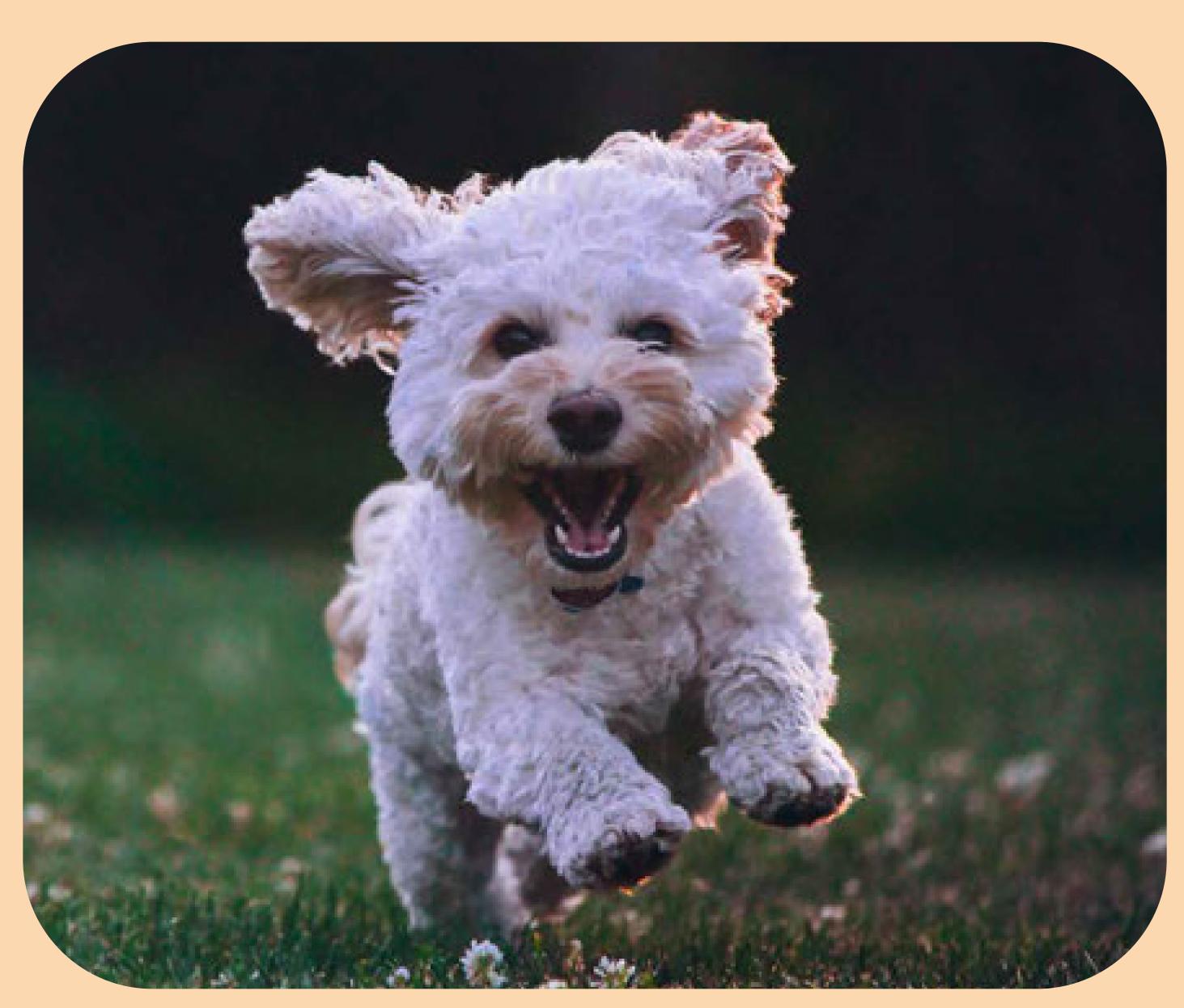
Before you get started on your homemade dog food journey, there are a few things you need to know.

Azestfor's list of recipes are nutritionally complete, and balanced for the perfect amount of micro and macro nutrients. It's important to follow these recipes and feeding guides to help the transition to their new diet go smoothly. 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.

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

BEEF ASPARAGUS PEAS







INGREDIENTS

ounces BEEF

cup ASPARAGUS

cup GREEN PEAS

teaspoon SUNFLOWER OIL

3 teaspoons *4ZESTFOR Vitamins

Watch this recipe on YouTube



https://www.youtube.com/watch?v=B3FwSf6RzZl&feature=youtu.be

GOOD
CHOICE
FOR:

Active Dog



Grain Free



PROTEIN	39.24%
FAT	26.71%
CARBOHYDRATES	29.14%

RECIPE YIELD

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

PREPARE GROUND BEEF FOR DOG FOOD

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

PREPARE PEAS FOR HOMEMADE PET FOOD

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

STEP 3

COOKING ASPARAGUS FOR DOGS

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.

STEP 4

ADD SUNFLOWER OIL

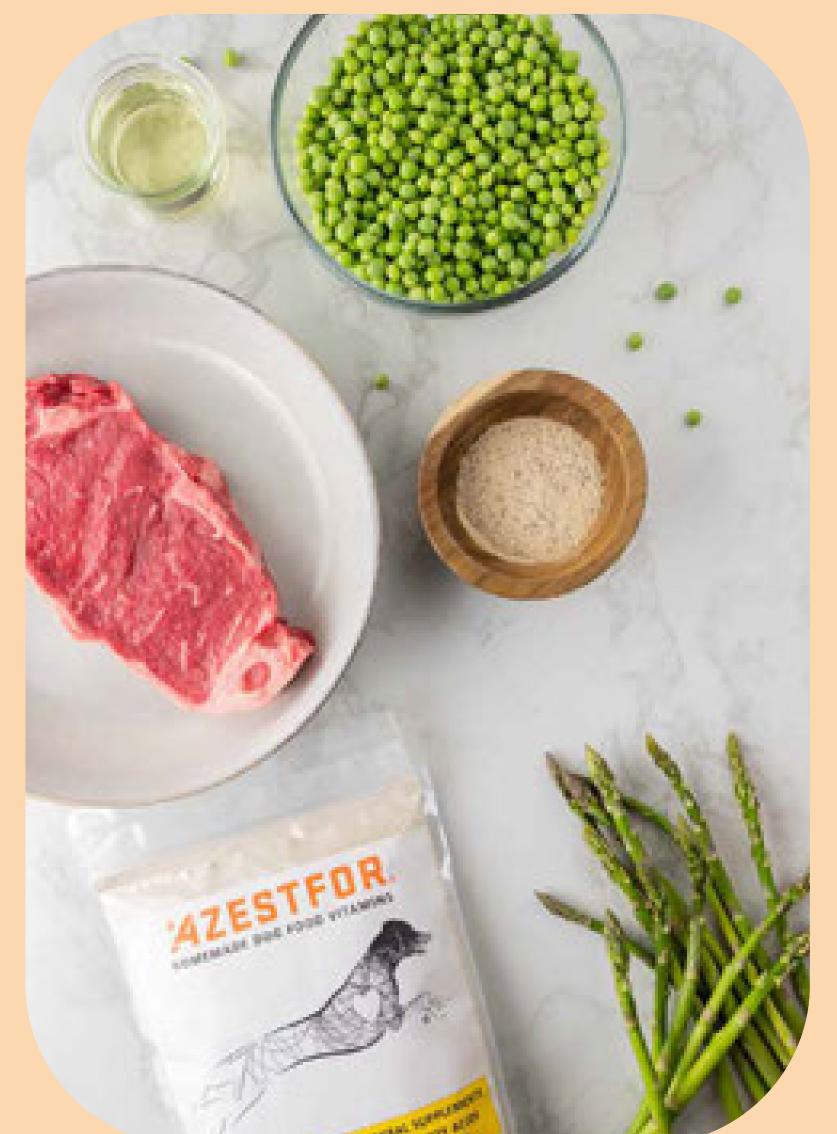
Sunflower oil is added as a source of linoleic acid. If you would like a substitute oil you can add Wheat germ, Walnut or Corn oil in the amount of 1.2 teaspoons.

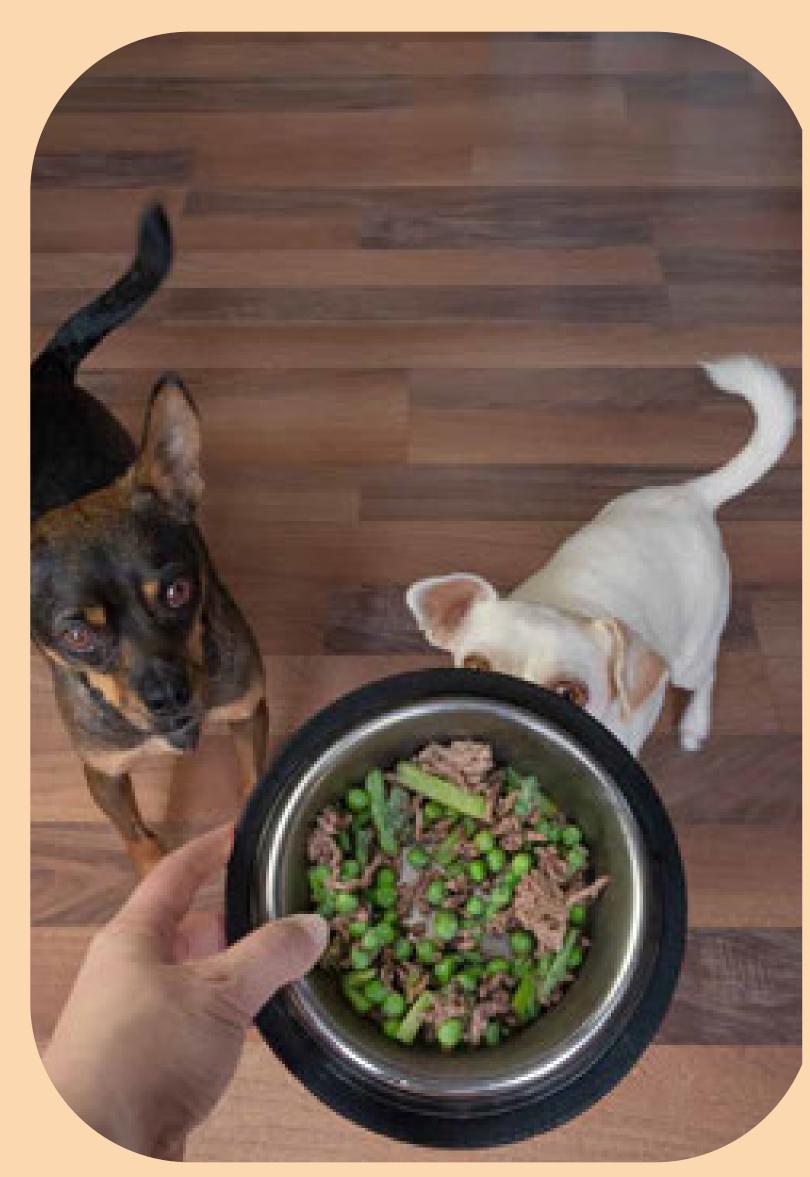
STEP 5

ADD VITAMINS AND MINERALS

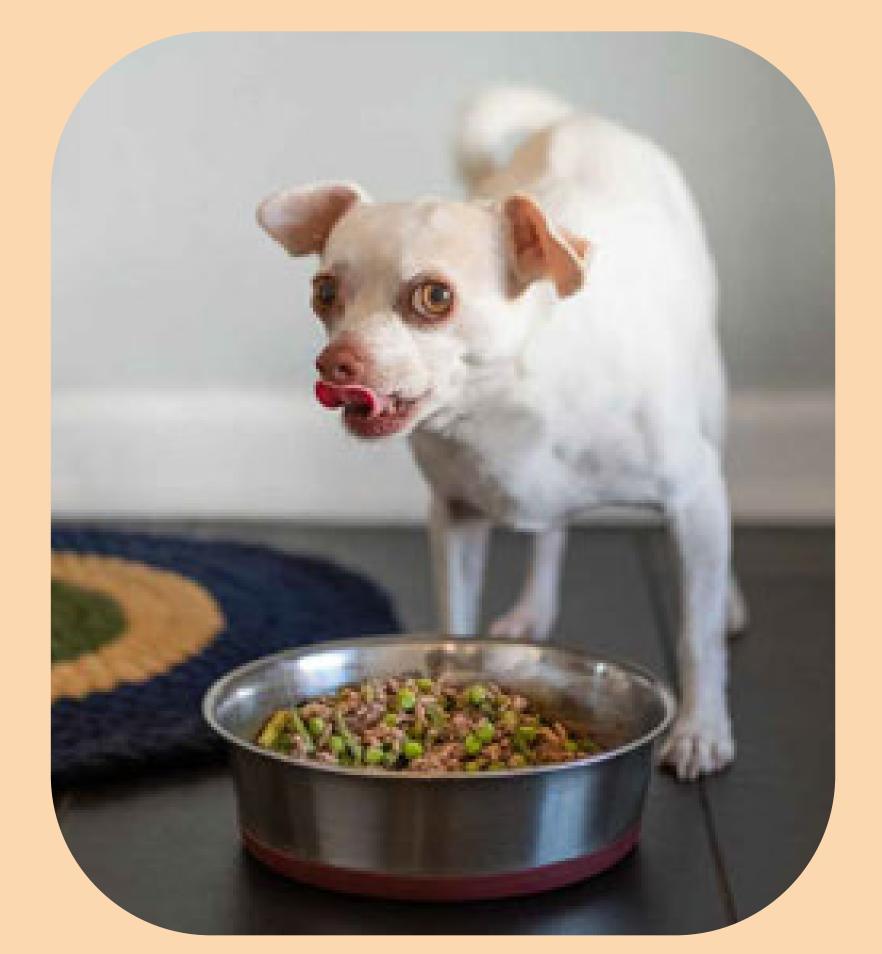
When the meat, asparagus and peas are cool to touch you can add the Azestfor nutritional supplements. If you are adding the Azestfor just before serving you would add 1 1/4 teaspoons Azestfor Homemade Dog Food Vitamins per 1 cup of homemade dog food.

Heat destroys the potency of vitamins.









BATCH COOKING Ingredients

3 lbs (raw weight), Beef, cooked

3 lbs Asparagus, cooked

2 1/3 lbs Peas, cooked

7 teaspoons Sunflower oil

1/2 cup

**AZESTFOR
Vitamins

5 lbs	2/3 cup (4.4 oz) per day
10 lbs	1 cups (7.5 oz) per day
15 lbs	1 1/2 cups (10.5 oz) per day
20 lbs	2 cups (13 oz) per day
30 lbs	2 1/2 cups (17.5 oz) per day
40 lbs	3 cups (20 oz) per day
50 lbs	3 2/3 cups (25.5 oz) per day
60 lbs	4 1/4 cups (29.5 oz) per day
70 lbs	4 3/4 cups (33 oz) per day
80 lbs	5 1/4 cups (36.5 oz) per day
90 lbs	5 3/4 cups (40 oz) per day





CHICKPEAS CARROTS

INGREDIENTS

ounces

BEEF



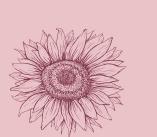
cup

CHICKPEAS



cup

CARROTS



teaspoon

SUNFLOWER OIL



teaspoons

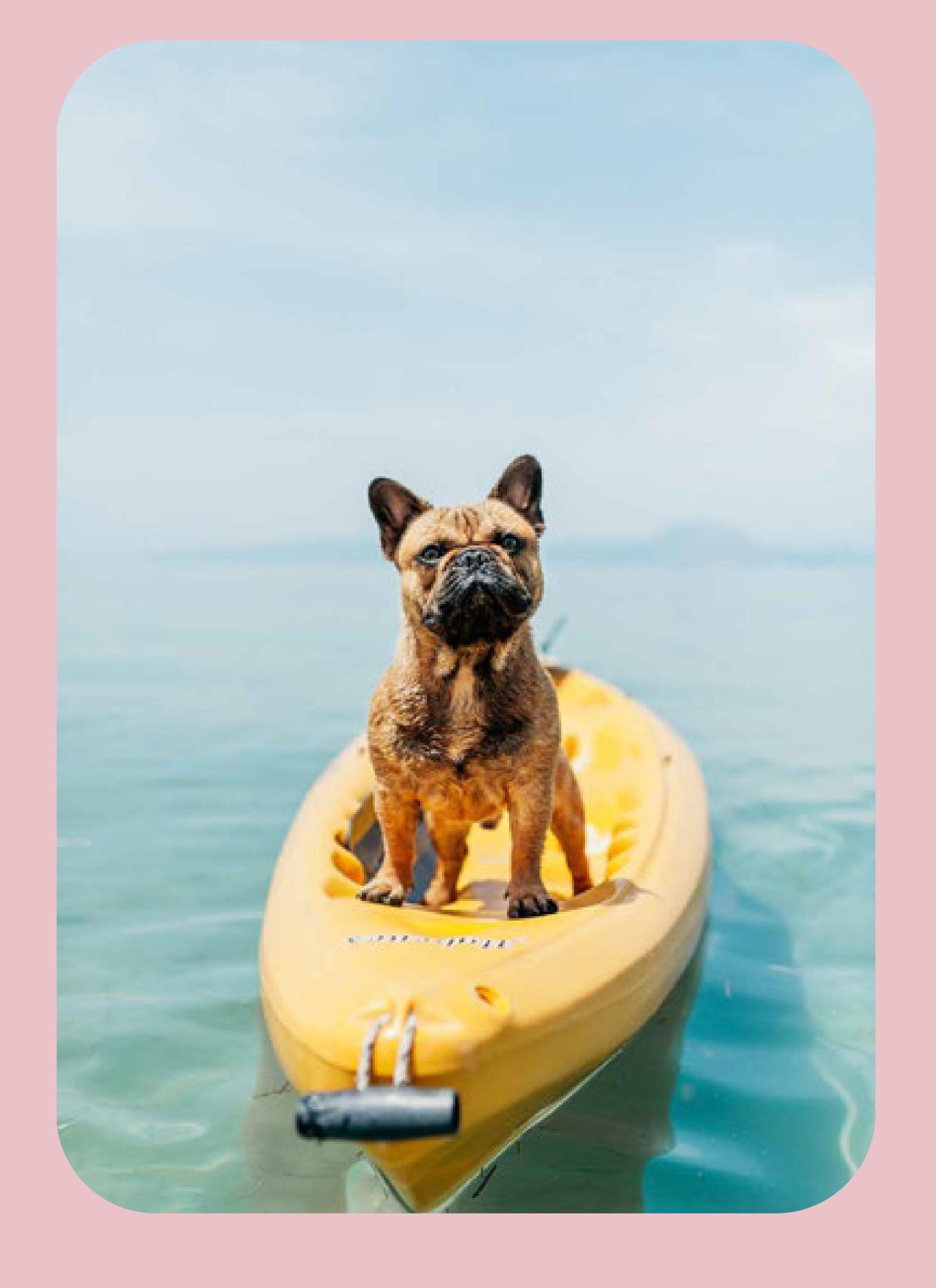
*AZESTFOR Vitamins

PROTEIN	36.78%
FAT	23.43%
CARBOHYDRATES	34.65%

Watch this recipe on YouTube



https://www.youtube.com/watch?v=dVA472GAeXc&feature=youtu.be



GOOD CHOICE

FOR:







RECIPE YIELD

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.

PREPARING BEEF FOR GRAIN FREE DOG FOOD

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 3

COOKING CARROTS FOR DOGS

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 5

VITAMIN SUPPLEMENT FOR HOMEMADE DOG FOOD

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.



STEP 2

PREPARING CHICKPEAS FOR DOG FOOD

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 4

ADD 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 or Corn oil in the amount of 1.2 teaspoons..



BATCH COOKING

Ingredients

- 3 lbs (raw weight), Beef, cooked
- 3 lbs Chickpeas, cooked
- 2 1/3 lbs Carrots, cooked
- 7 teaspoons Sunflower oil

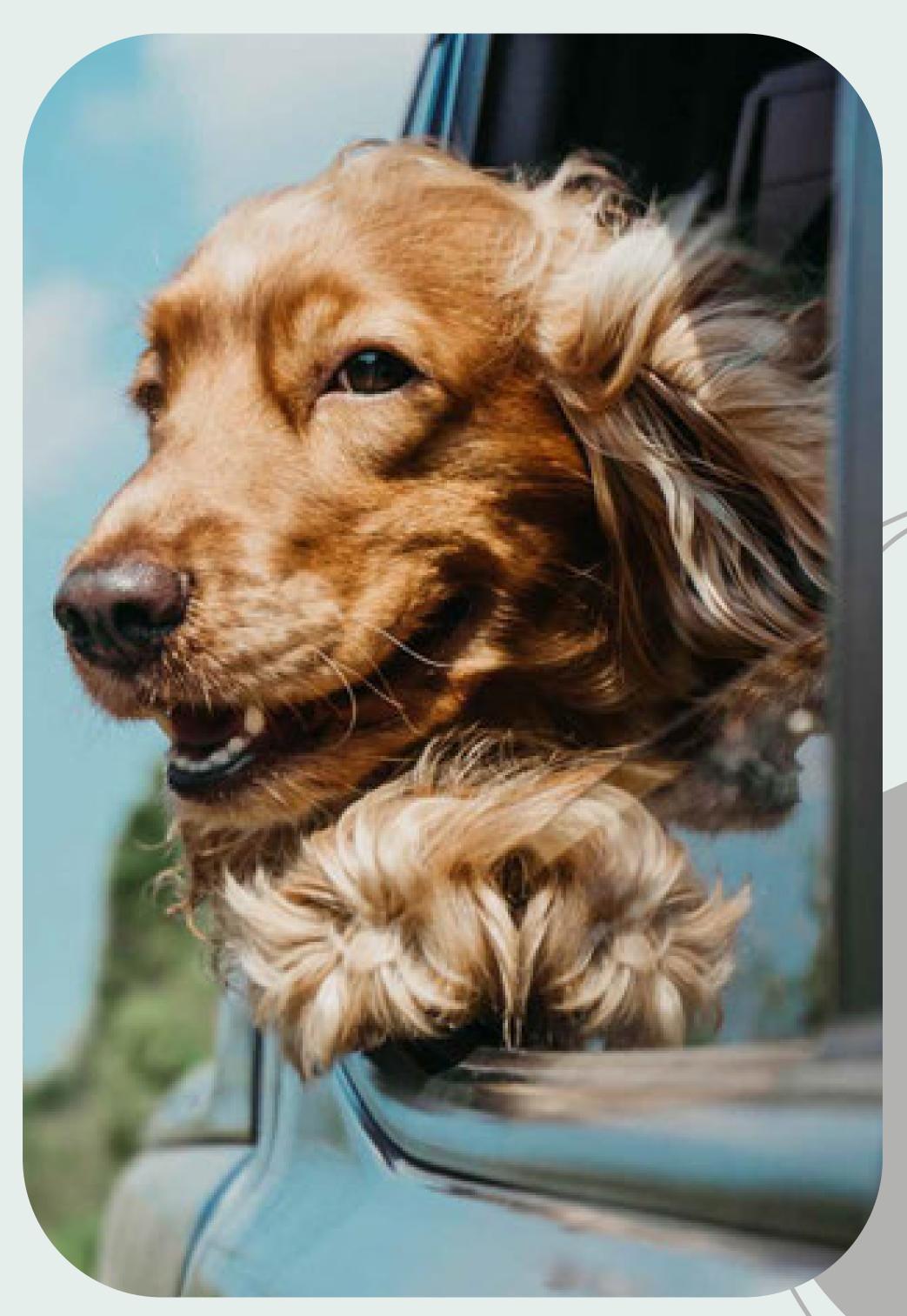
1/2 cup

***4ZESTFOR**Vitamins

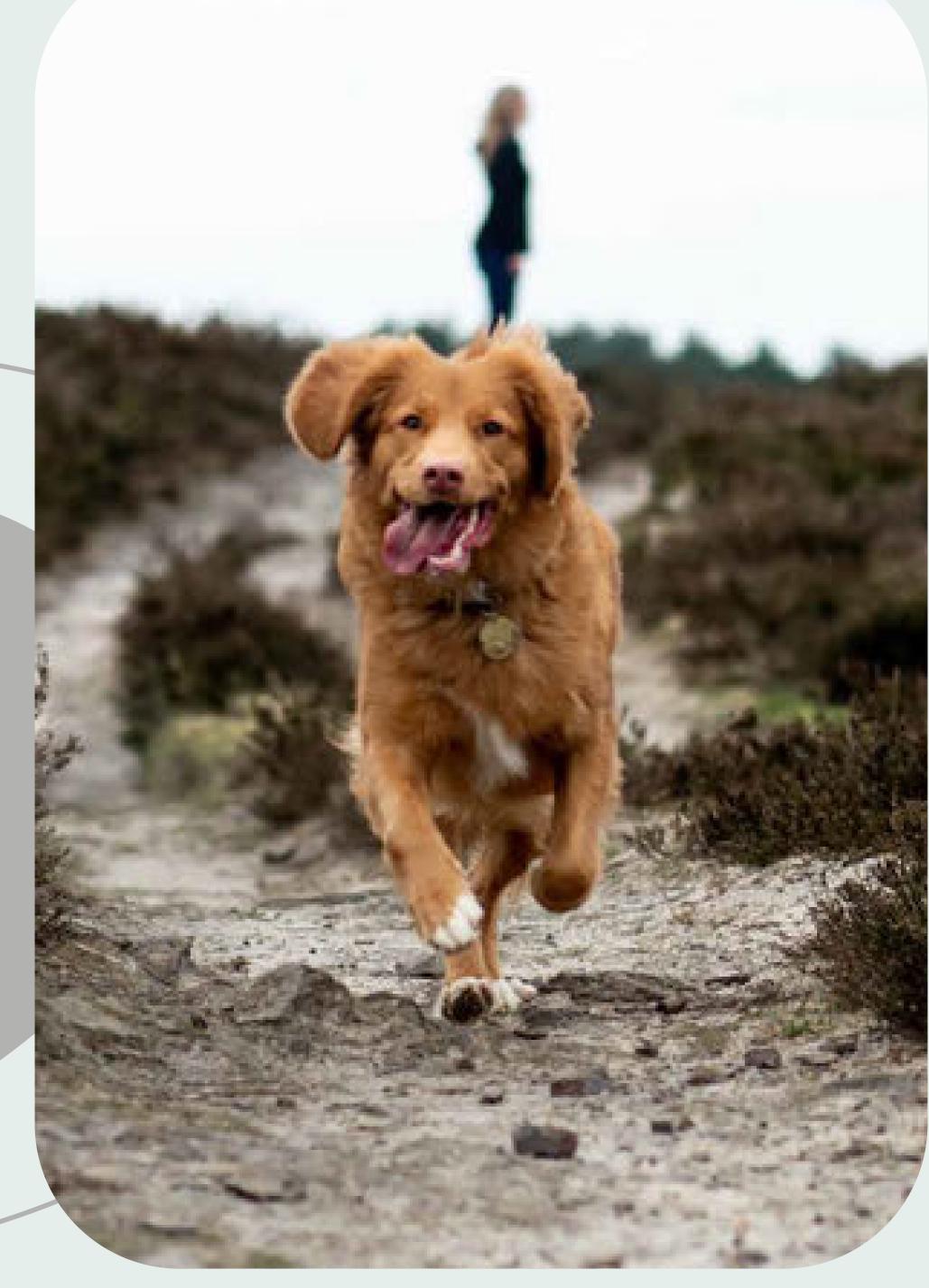
5 lbs	2/3 cup (4.4 oz) per day
10 lbs	1 cups (7.5 oz) per day
15 lbs	1 1/2 cups (10.5 oz) per day
20 lbs	2 cups (13 oz) per day
30 lbs	2 1/2 cups (17.5 oz) per day
40 lbs	3 cups (20 oz) per day
50 lbs	3 2/3 cups (25.5 oz) per day
60 lbs	4 1/4 cups (29.5 oz) per day
70 lbs	4 3/4 cups (33 oz) per day
80 lbs	5 1/4 cups (36.5 oz) per day
90 lbs	5 3/4 cups (40 oz) per day

BEEF POTATO KALE









INGREDIENTS

0

ounces

BEEF

POTATO

ı

cup

cup

KALE

•

te

teaspoons

SUNFLOWER OIL





teaspoons

*4ZESTFOR
Vitamins

Watch this recipe on YouTube



GOOD
CHOICE
FOR:





PROTEIN

37.49%

FAT

25.05%

CARBOHYDRATES 31.91%

RECIPE YIELD

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.

HOW TO COOK BEEF FOR DOGS

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

HOW TO COOK KALE FOR DOGS

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

HOW TO COOK POTATOES FOR DOGS

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



STEP 4

ADD 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 or Corn oil in the amount of 1.2 teaspoons.

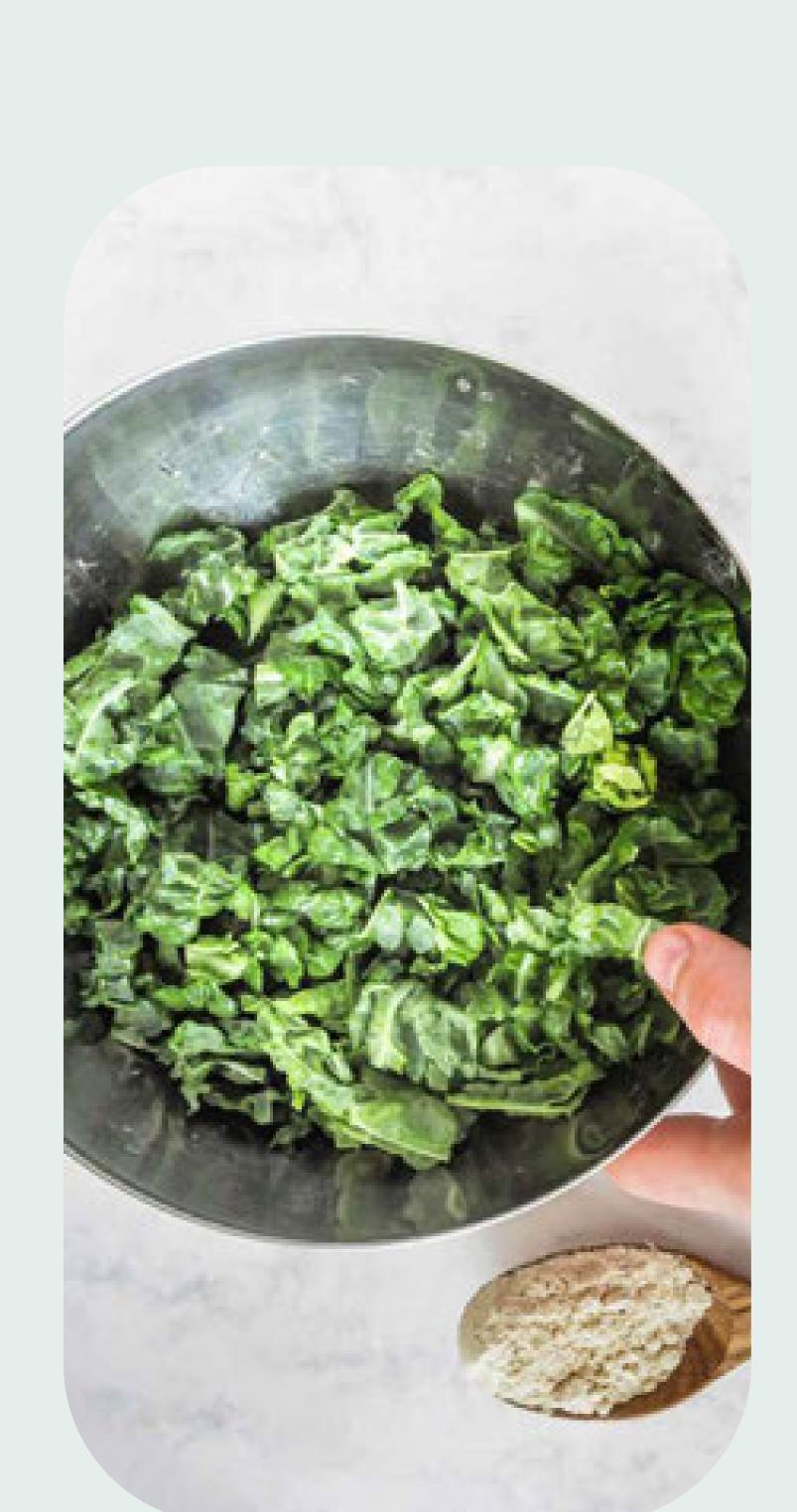
Add vitamins to homemade dog food.

STEP 5

ADD VITAMINS FOR HOMEMADE DOG FOOD

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.





BATCH COOKING

Ingredients

3 lbs (raw weight), Beef, cooked

3 lbs Potato, cooked

1 lb Kale, cooked

7 teaspoons Sunflower Oil

1/2 cup Azestfor Homemade Dog Food Vitamins

5 lbs	2/3 cup (4.4 oz) per day
10 lbs	1 cups (7.5 oz) per day
15 lbs	1 1/2 cups (10.5 oz) per day
20 lbs	2 cups (13 oz) per day
30 lbs	2 1/2 cups (17.5 oz) per day
40 lbs	3 1/2 cups (24.5 oz) per day
50 lbs	4 1/8 cups (29 oz) per day
60 lbs	5 cups (35 oz) per day
70 lbs	5 1/3 cups (37 oz) per day
80 lbs	5 3/4 cups (40.25 oz) per day
90 lbs	6 3/7 cups (45 oz) per day





BEEF QUINOA BROCCOLI



INGREDIENTS

ounces BEEF

cup QUINOA

cup BROCCOLI

teaspoon SUNFLOWER OIL

teaspoons #4ZESTFOR Vitamins

Watch this recipe on YouTube



https://www.youtube.com/watch?v=TrWFp03ESjY&feature=youtu.be

GOOD
CHOICE
FOR:







PROTEIN	39.24
FAT	26.06%
CARBOHYDRATES	30.76%

RECIPE YIELD

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.

HOW TO BOIL GROUND BEEF FOR DOGS

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

MAKING BROCCOLI DIGESTIBLE FOR YOUR DOG

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

ADD 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 or Corn oil in the amount of 1.2 teaspoons per 1 teaspoon.

STEP 5

VITAMIN SUPPLEMENT FOR HOMEMADE DOG FOOD

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.

STEP 3

PREPARING QUINOA FOR HOMEMADE DOG FOOD

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. 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.



BATCH COOKING Ingredients

3 lbs (raw weight), beef, cooked

13/4 lbs (dry weight) Quinoa, cooked

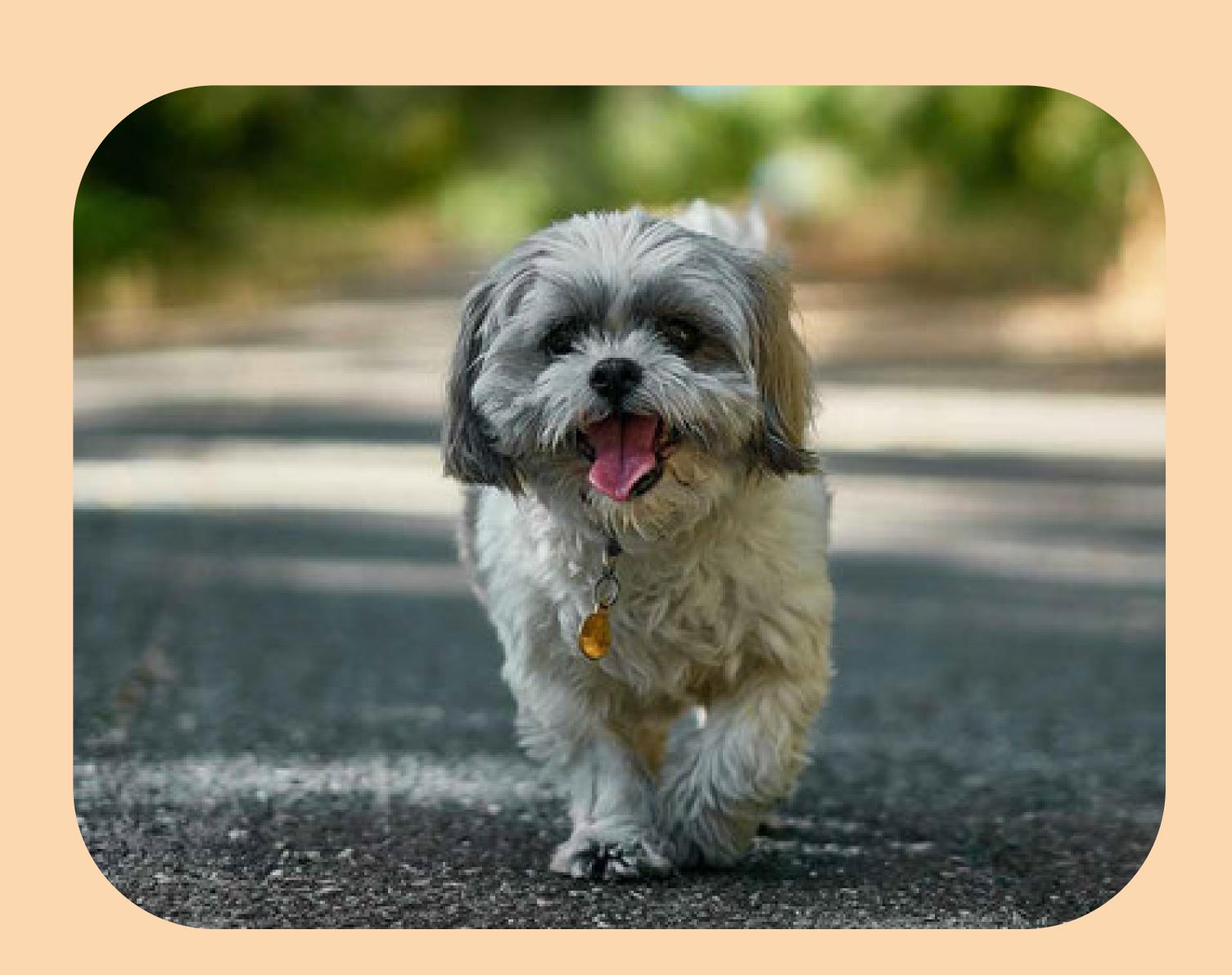
2 1/2 lbs Broccoli, cooked

7 teaspoons sunflower oil

1/2 cup Azestfor Homemade Dog Food Vitamins

10 lbs	1 cup (7.5 oz) per day
15 lbs	1 1/2 cups (10.5 oz) per day
20 lbs	2 cups (13 oz) per day
30 lbs	2 1/2 cups (17.5 oz) per day
40 lbs	3 cups (20 oz) per day
50 lbs	3 2/3 cups (25.5 oz) per day
60 lbs	4 1/4 cups (29.5 oz) per day
70 lbs	4 3/4 cups (33 oz) per day
80 lbs	5 1/4 cups (36.5 oz) per day
90 lbs	5 3/4 cups (40 oz) per day

BEEF SWEET POTATOES PEAS





RECIPE YIELD

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

ounces

BEEF



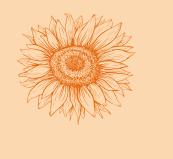
cup

SWEET POTATO



cup

GREEN PEAS



tec

teaspoon

SUNFLOWER OIL

36.61%



3 t

teaspoons

**4ZESTFOR
Vitamins

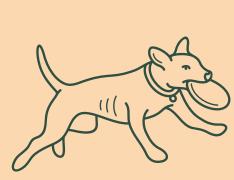
Watch this recipe on YouTube



https://www.youtube.com/watch?v=WJAqpCFQf5c&feature=youtu.be

GOOD CHOICE

FOR:



Active Dog

CARBOHYDRATES



Grain Free



PROTEIN	35.27%
	0104%

Г	Z1.04"
_	

HOW TO PREPARE BEEF FOR DOG FOOD

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 3

MAKING SWEET POTATOES FOR HOMEMADE DOG FOOD

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.



STEP 4

ADD SUNFLOWER OIL SOURCE OF LINOLEIC ACID

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 2

COOKING PEAS FOR DOGS

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



STEP 5

ADD VITAMIN MIX FOR HOMEMADE DOG FOOD

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.

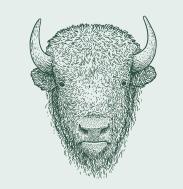


5 lbs	2/3 cup (4.6 oz) per day
10 lbs	1 cup (7.7 oz) per day
15 lbs	1 1/2 cups (10.5 oz) per day
20 lbs	1 3/4 cups (13 oz) per day
30 lbs	2 1/2 cups (17.6 oz) per day
40 lbs	3 cups (22 oz) per day
50 lbs	3 2/3 cups (25.8 oz) per day
60 lbs	4 1/8 cups (29.6 oz) per day
70 lbs	4 3/4 cups (33.2 oz) per day
80 lbs	5 1/4 cups (36.7 oz) per day
90 lbs	5 3/4 cups (40 oz) per day

BISON PEAS CARROTS



INGREDIENTS



ounces

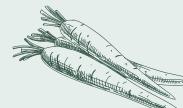
BISON



(

cup

PEAS



cup

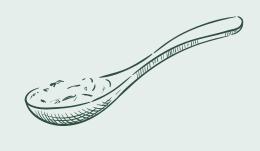
CARROTS



1

teaspoons

SUNFLOWER OIL



3

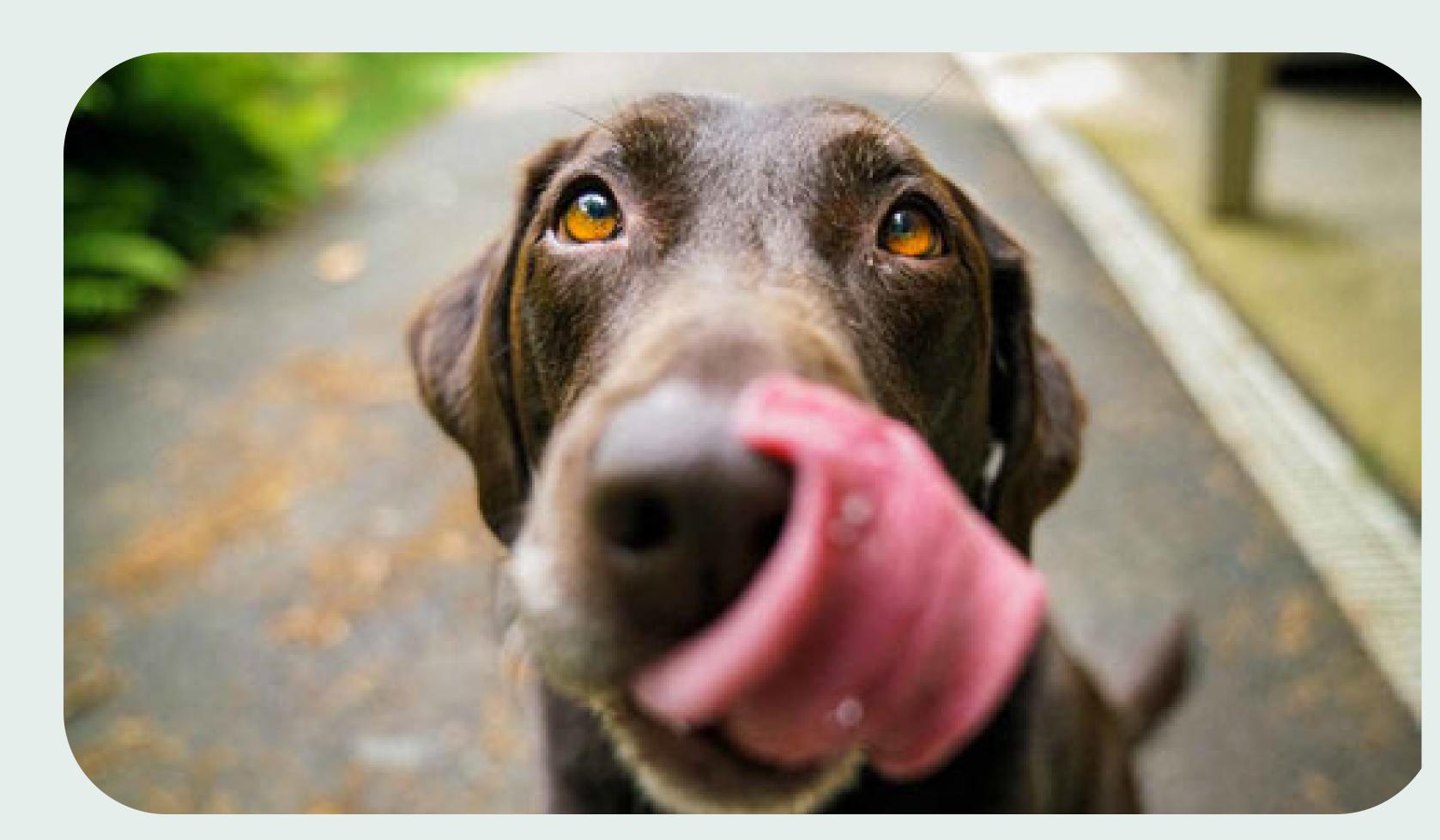
teaspoons

AZESTFOR

Watch this recipe on YouTube

Vitamins





RECIPE YIELD

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.

GOOD CHOICE

FOR:







PROTEIN 45[%]

FAT 17.64[%]

CARBOHYDRATES

31.38%

COOKING BISON MEAT FOR HOMEMADE DOG FOOD

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 PEAS TO GRAIN FREE BISON DOG FOOD

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

STEP 3

CHOP AND COOK CARROTS FOR DIGESTIBILITY

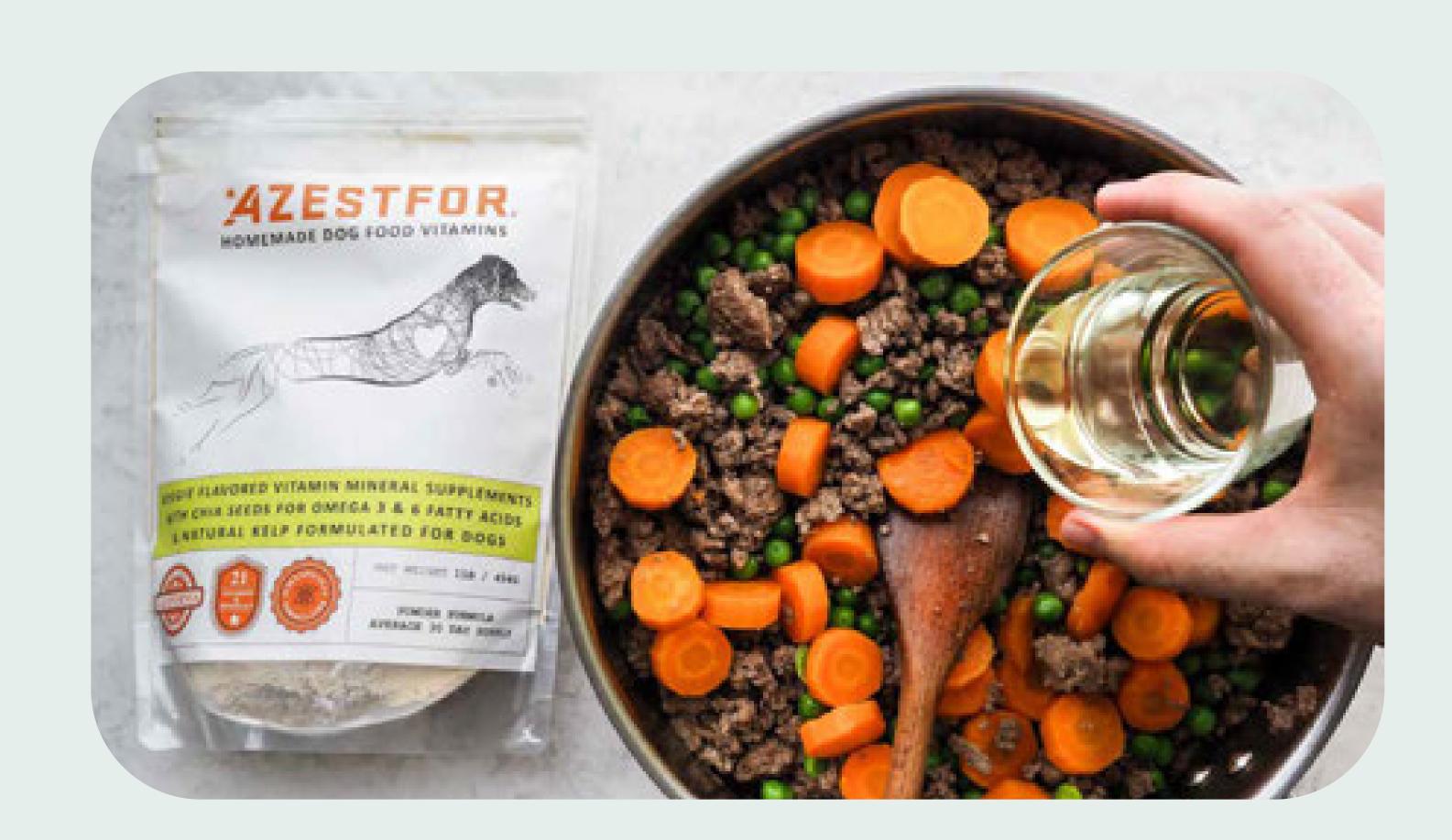
Slice or dice the carrots to a bite size appropriate for your dog. Simmer the carrots in a little water until tender, until a fork can easily pierce them. Drain and let cool.



STEP 4

SUNFLOWER OIL ADDED AS SOURCE OF LINOLEIC ACID

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

ADD VITAMINS AND MINERALS TO GRAIN FREE BISON DOG FOOD

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.

5 lbs	2/3 cup (4.4 oz) per day
10 lbs	1 cups (7.5 oz) per day
15 lbs	1 1/2 cups (10.5 oz) per day
20 lbs	2 cups (13 oz) per day
30 lbs	2 1/2 cups (17.5 oz) per day
40 lbs	3 1/2 cups (24.5 oz) per day
50 lbs	4 1/8 cups (29 oz) per day
60 lbs	5 cups (35 oz) per day
70 lbs	5 1/3 cups (37 oz) per day
80 lbs	5 3/4 cups (40.25 oz) per day
90 lbs	6 3/7 cups (45 oz) per day



CHICKEN ASPARAGUS PEAS

INGREDIENTS

ounces

CHICKEN



cup

CHICKPEAS



cup

GREEN PEAS



teaspoons

*4ZESTFOR Vitamins

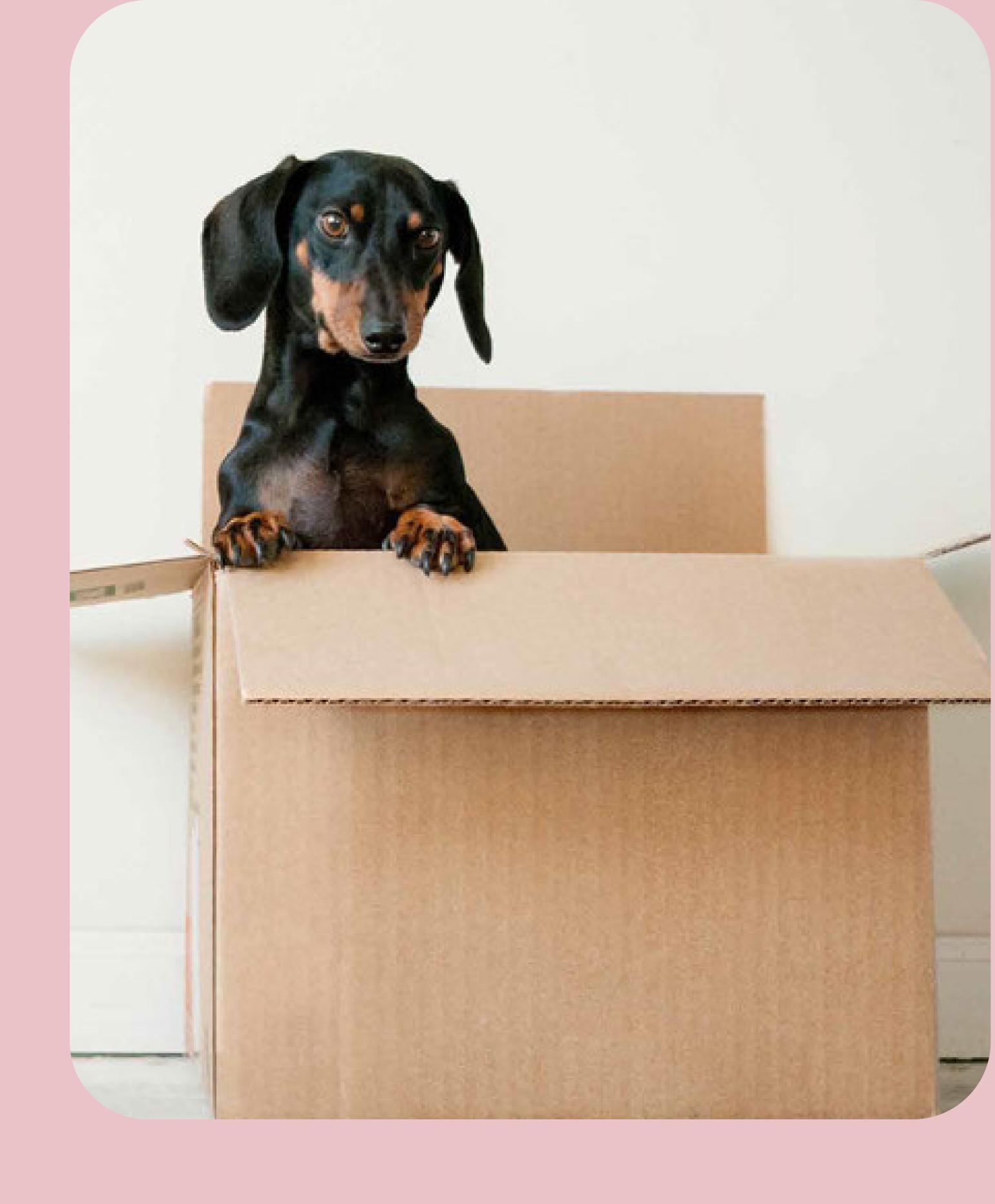
PROTEIN	51.66%
FAT	12.89%

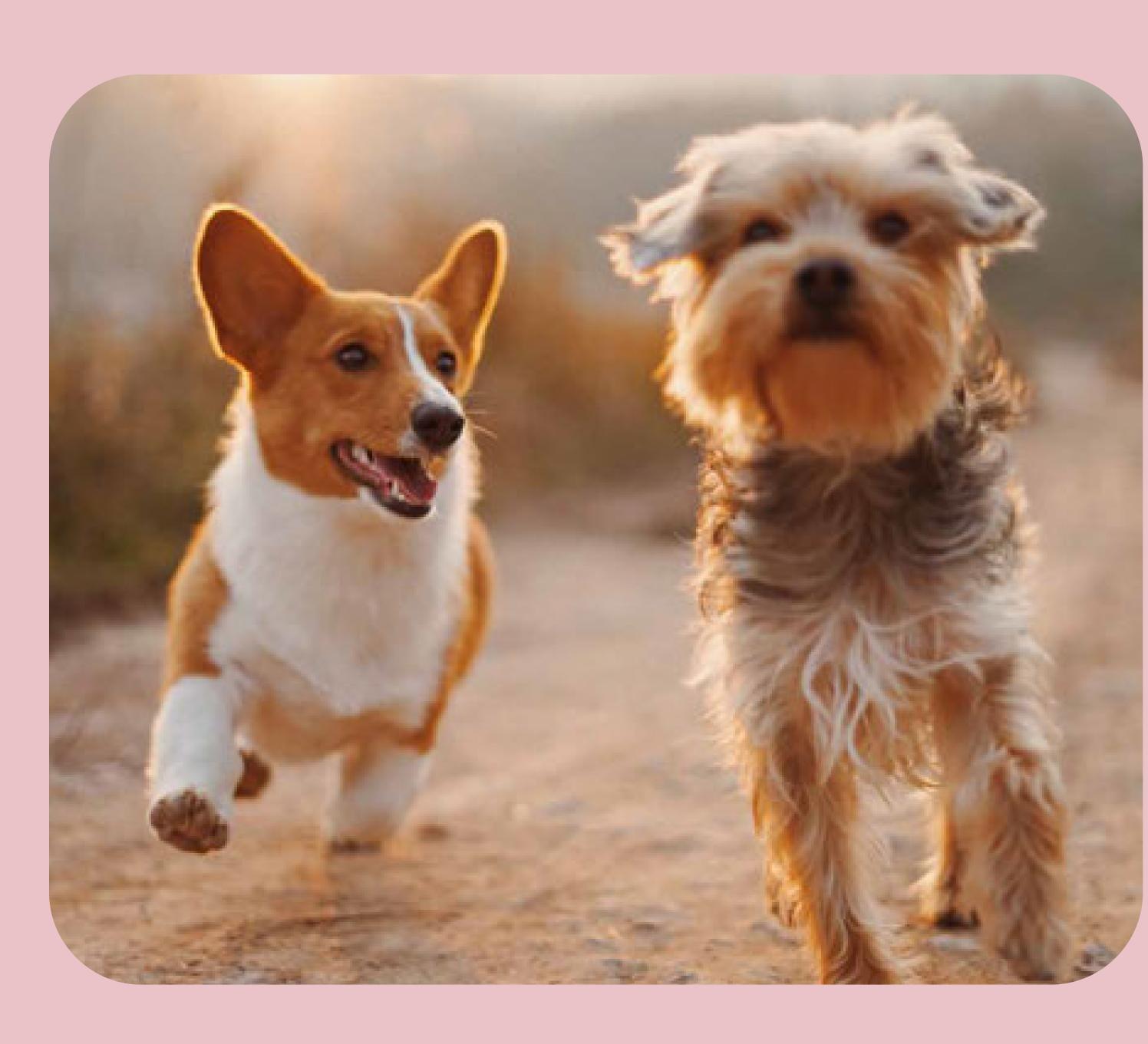
28.11% CARBOHYDRATES

Watch this recipe on YouTube



https://www.youtube.com/watch?v=sAujCckQQwg&feature=youtu.be





RECIPE YIELD

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.

GOOD CHOICE FOR:







Low Fat Diet

HOME COOKING FOR DOGS HOW TO PREPARE CHICKEN

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

COOKING FOR DOGS PEAS

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



STEP 3

PREPARING ASPARAGUS FOR DOGS

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.



STEP 4

ADD VITAMINS & MINERALS TO HOME COOKED DOG FOOD

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.

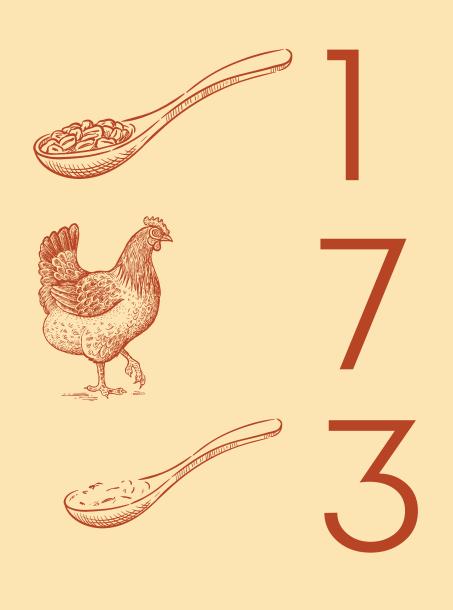
5 lbs	1 cup (6 oz) per day
10 lbs	2 cups (11 oz) per day
15 lbs	2 1/2 cups (15 oz) per day
20 lb	3 1/4 cups (18 oz) per day
30 lbs	4 1/3 cups (25 oz) per day
40 lbs	5 1/2 cups (30 oz) per day
50 lbs	6 1/2 cups (36 oz) per day
60 lbs	7 1/2 cups (41 oz) per day
70 lbs	8 1/3 cups (47 oz) per day
80 lbs	9 cups (51 oz) per day
90 lbs	10 cups (56 oz) per day





CHICKEN OATMEAL

INGREDIENTS



OATMEAL

CHICKEN

teaspoons

*4ZESTFOR Vitamins





https://www.youtube.com/watch?v=DGLx9JeqWZc&feature=youtu.be

GOOD CHOICE FOR:







PROTEIN	48.33%
FAT	15.44%
CARBOHYDRATES	30.12%

RECIPE YIELD

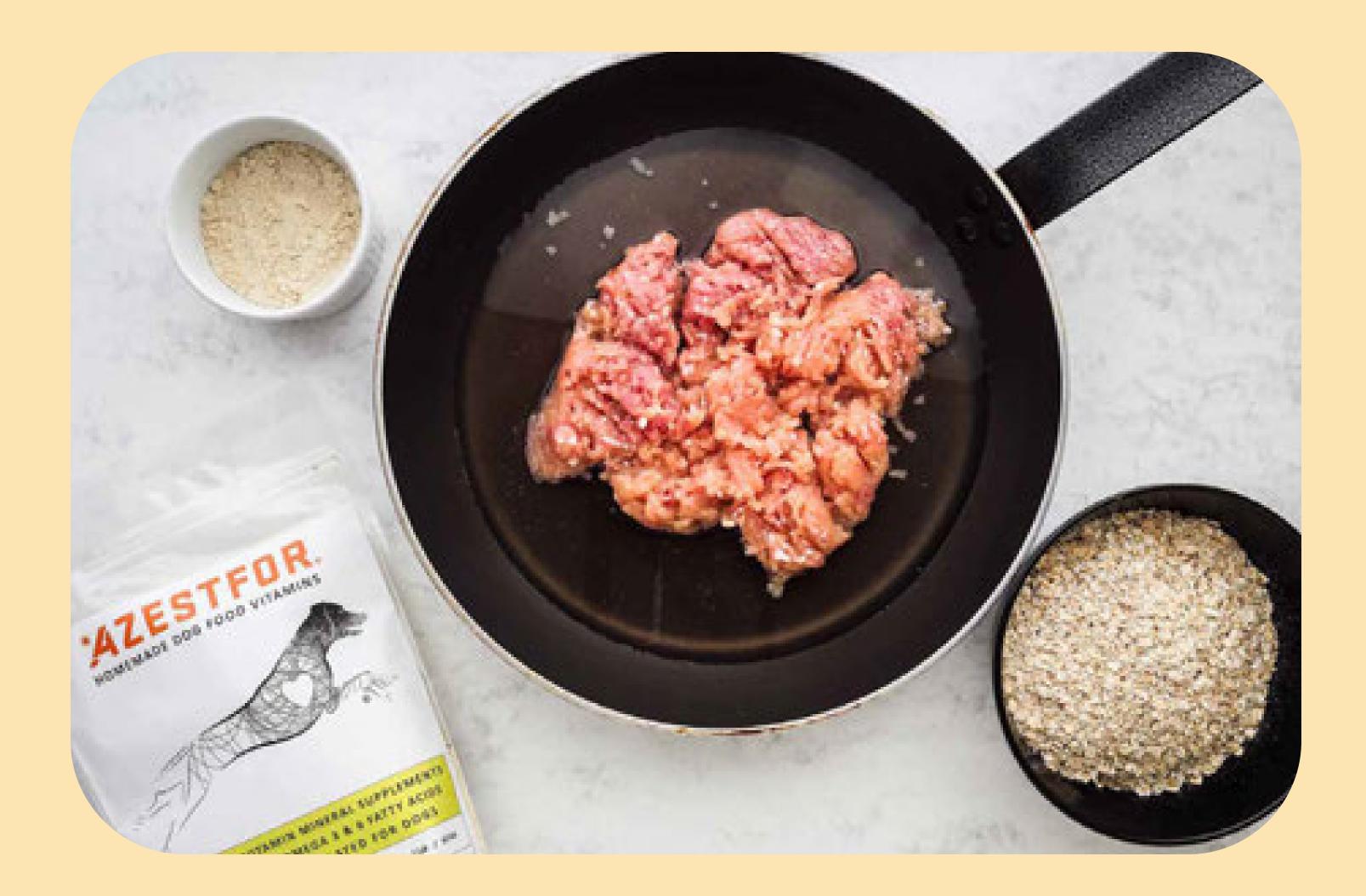
This recipe will yield approximately 2 cups of food. Equating to 533 calories (Kcals) Approximately enough servings of food for one day for an 18 lb dog to maintain weight.



PREPARE CHICKEN FOR OATMEAL DOG FOOD

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.

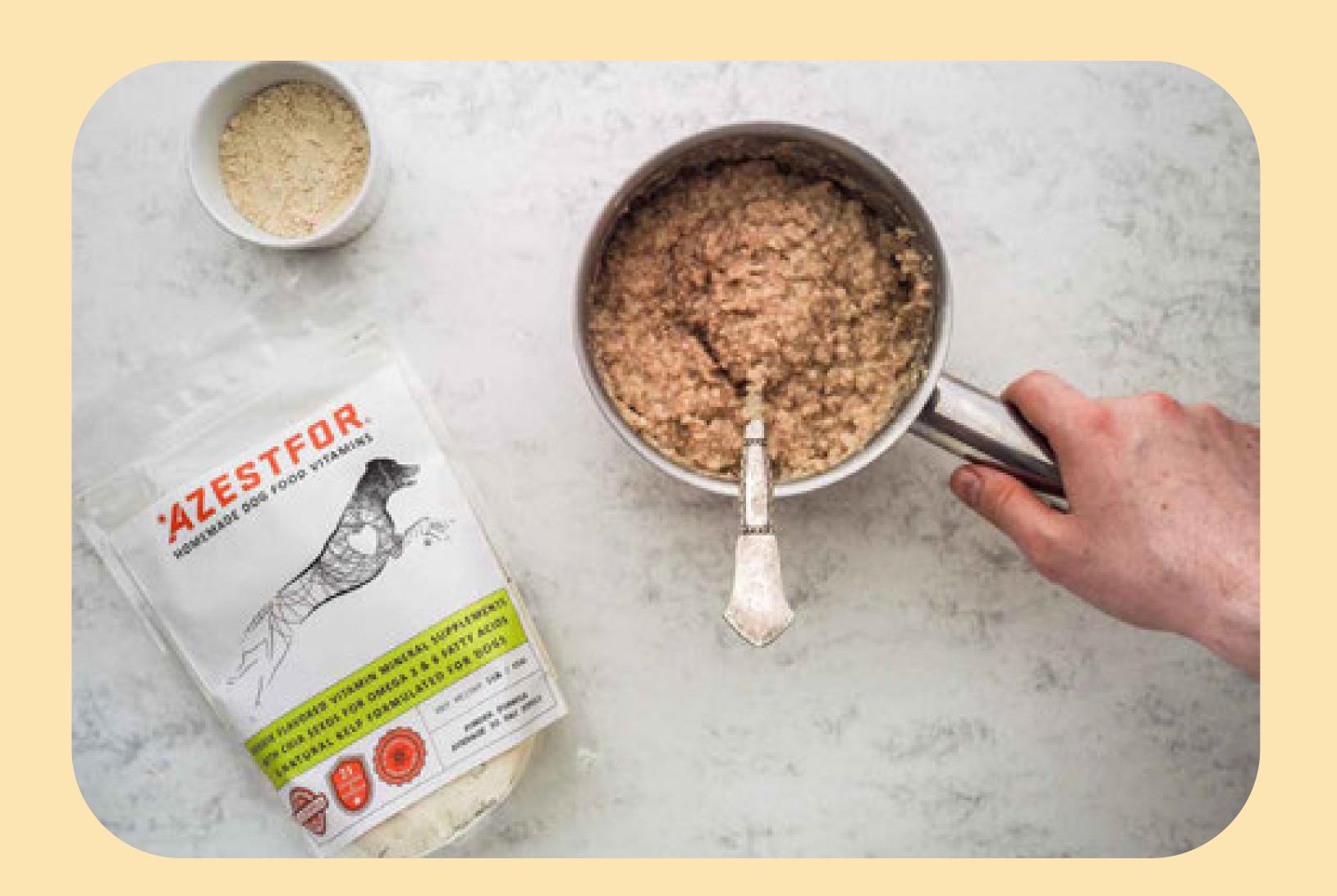


STEP 2

PREPARING OATS FOR DOGS

Oatmeal should be plain with no flavorings or additives. It should be prepared with no added sweetness (sugar) or sodium (salt). I 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.



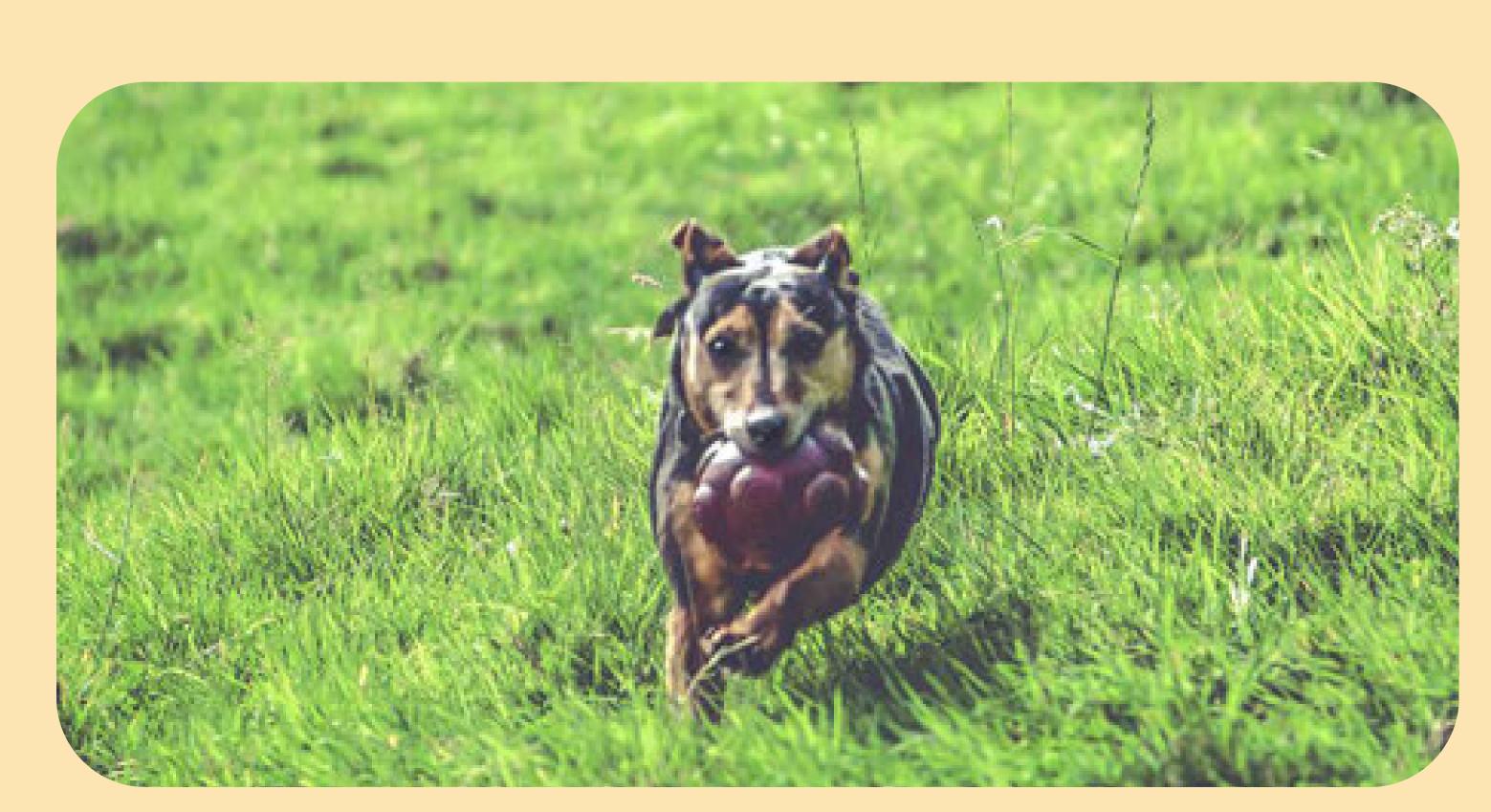
STEP 3

ADD VITAMIN MINERALS TO DOG FOOD WITH OATMEAL AND CHICKEN RECIPE

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

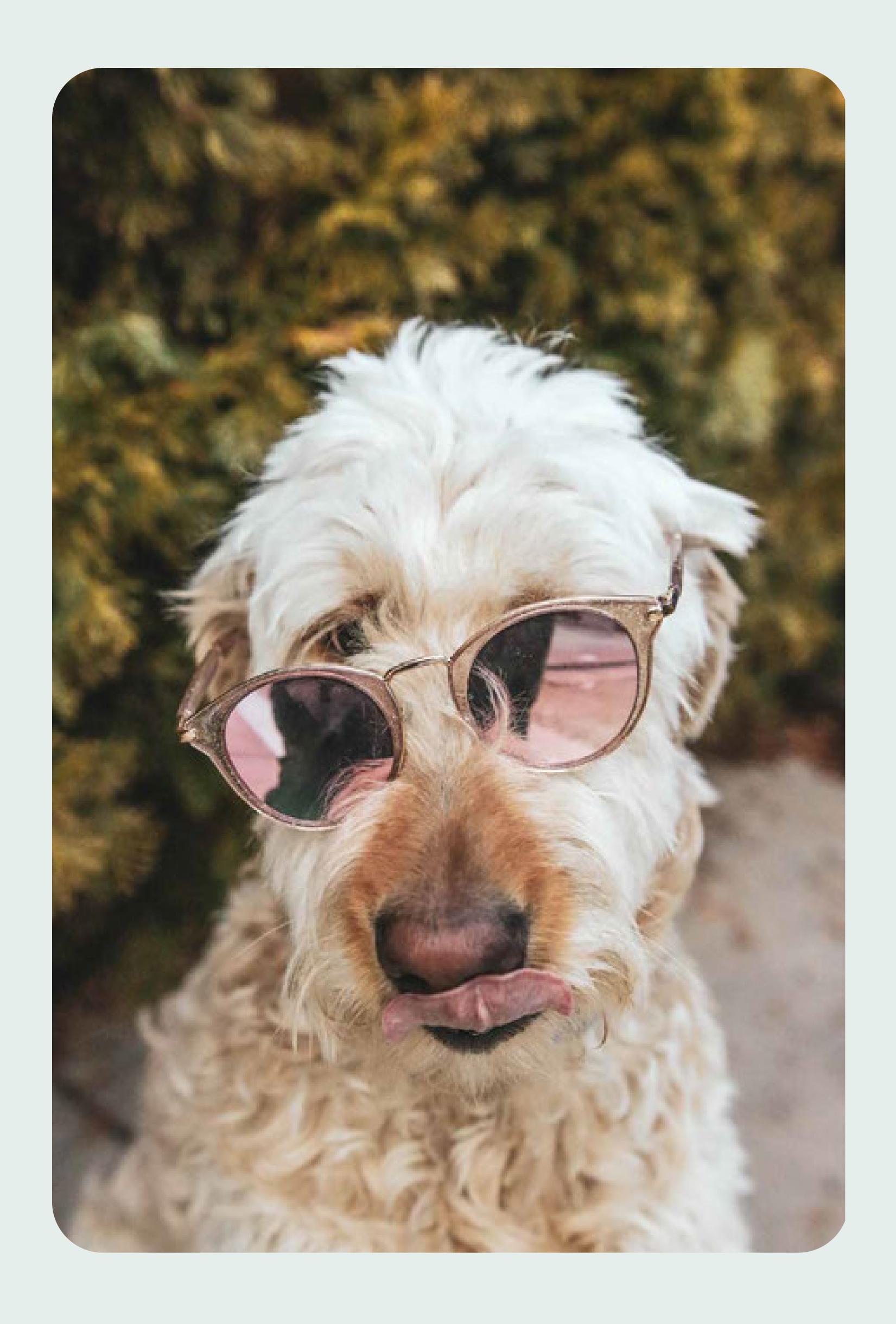
The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal – put it in the fridge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





10 lbs	1 cup (7.5 oz) per day
15 lbs	1 1/2 cups (10.5 oz) per day
20 lbs	2 cups (13 oz) per day
30 lbs	2 1/2 cups (17.5 oz) per day
40 lbs	3 cups (20 oz) per day
50 lbs	3 2/3 cups (25.5 oz) per day
60 lbs	4 1/4 cups (29.5 oz) per day
70 lbs	4 3/4 cups (33 oz) per day
80 lbs	5 1/4 cups (36.5 oz) per day
90 lbs	5 3/4 cups (40 oz) per day

CHICKEN POTATO



INGREDIENTS

cup

POTATOES

teaspoons

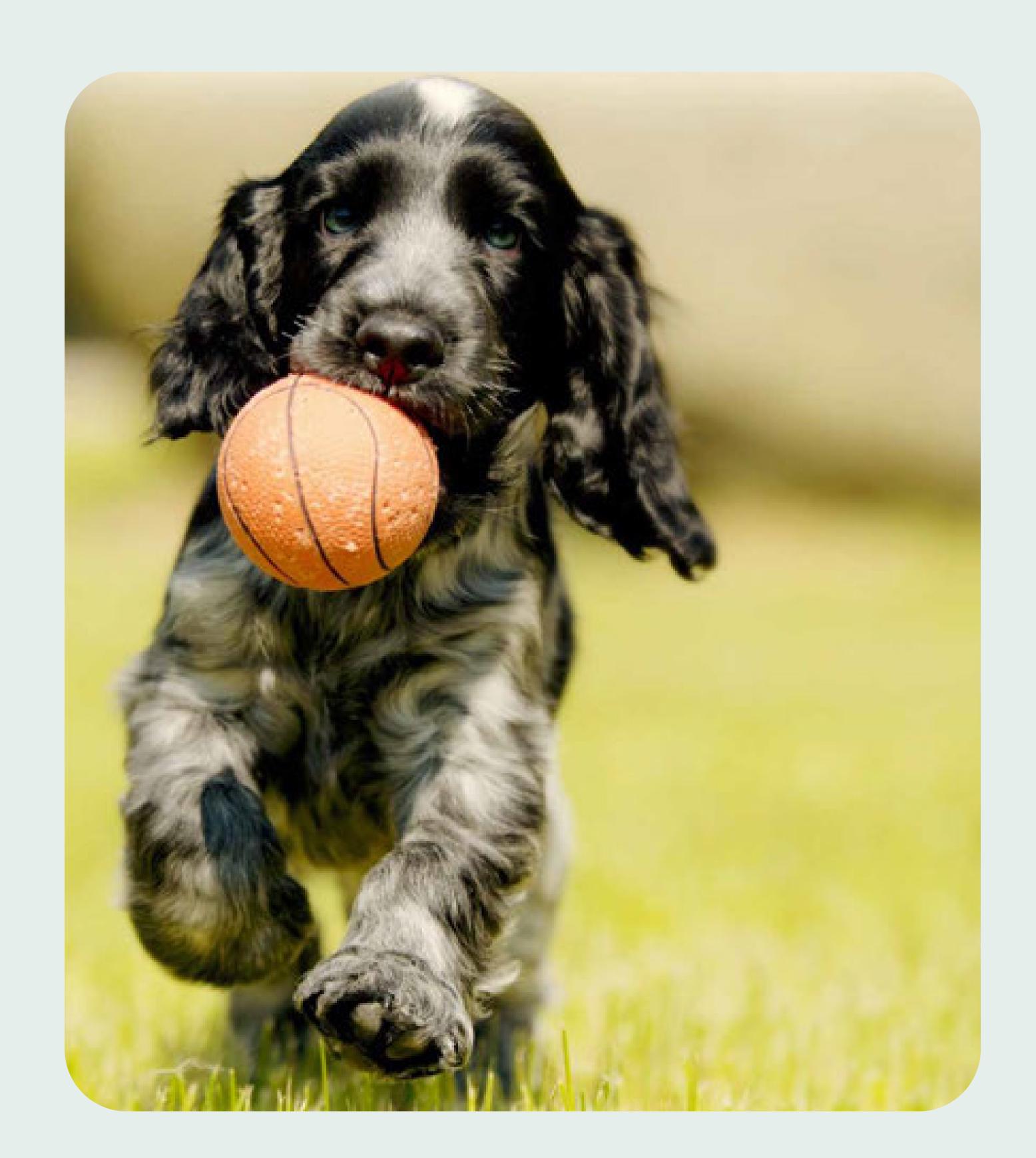
CHICKEN

teaspoons

*4ZESTFOR Vitamins

Watch this recipe on YouTube

e CARBOHYDRATES





RECIPE YIELD

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.

GOOD
CHOICE
FOR:







48.7%

PROTEIN 35.06[%]

FAT 9.39%

https://www.youtube.com/watch?v=tm94_zlaOuo&feature=youtu.be

COOKING CHICKEN FOR HOMEMADE DOG FOOD

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 3

ADD VITAMINS & MINERALS TO HOMEMADE DOG FOOD FOR WEIGHT LOSS

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.

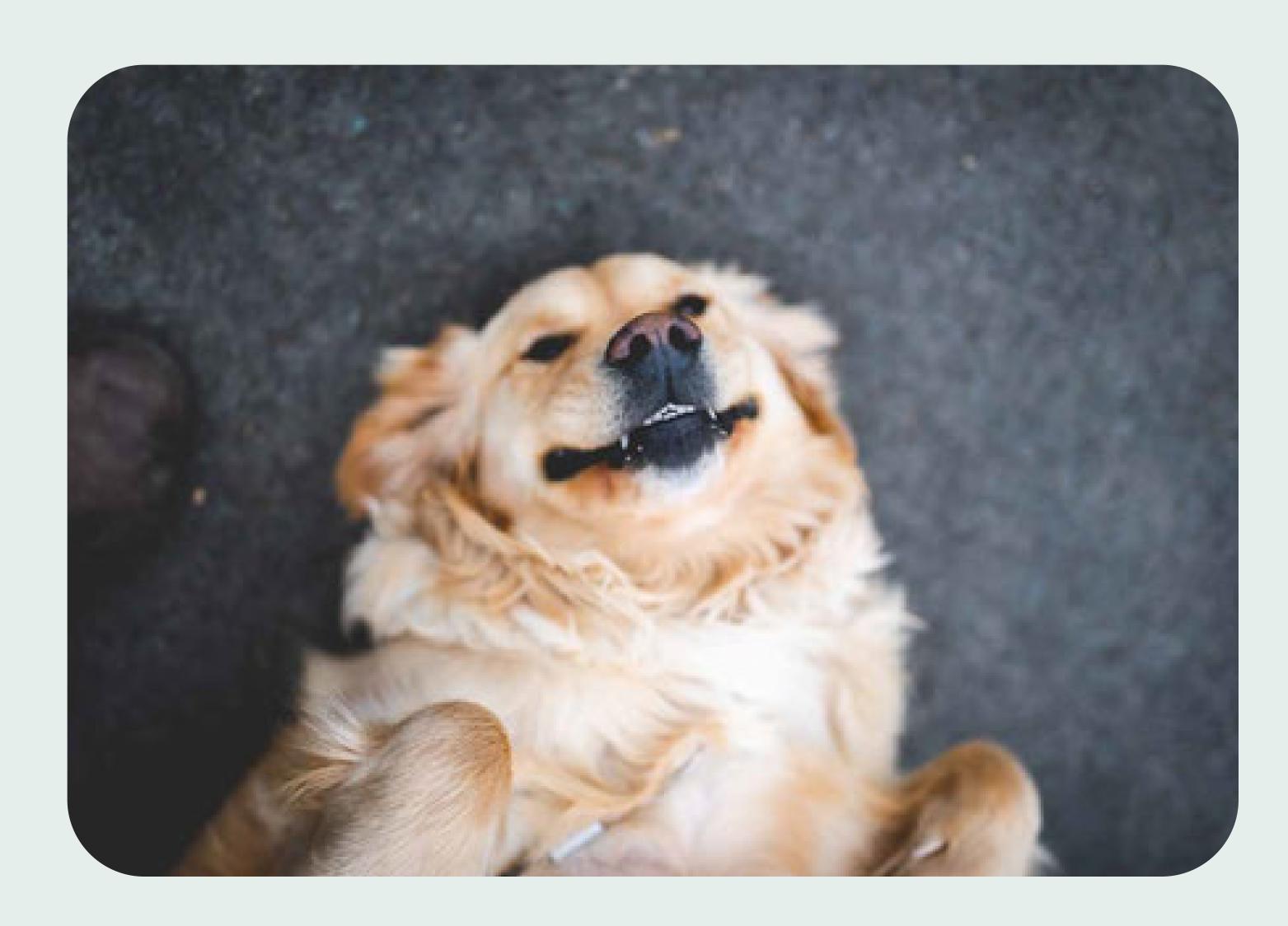


STEP 2

PREPARE POTATOES FOR DOG FOOD

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.





5 lbs	3/4 cup (4.6 oz) per day
10 lbs	1 cup (7.84 oz) per day
15 lbs	1 1/2 cups (10.5 oz) per day
20 lbs	2 cups (13 oz) per day
30 lbs	2 3/4 cups (18 oz) per day
40 lbs	3 1/2 cups (22 oz) per day
50 lbs	4 cups (26 oz) per day
60 lbs	4 1/2 cups (30 oz) per day
70 lbs	5 1/4 cups (34 oz) per day
80 lbs	5 3/4 cups (37 oz) per day
90 lbs	6 1/3 cups (41 oz) per day

CHCKEN







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

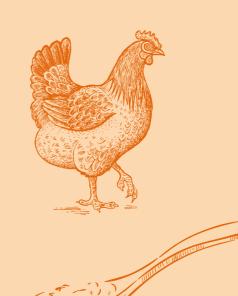


INGREDIENTS

11/2

cups

RICE



ounces

CHICKEN

teaspoons

*4ZESTFOR Vitamins

Watch this recipe on YouTube



https://www.youtube.com/watch?v=qg82i0mf3JU&feature=youtu.be

GOOD CHOICE

FOR:





Dog Skin & Coat

PROTEIN	36.47%

FAT 11.25%

CARBOHYDRATES 46.66%

COOKING CHICKEN FOR DOGS

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 3

ADD HOMEMADE DOG FOOD VITAMINS TO CHICKEN & RICE DOG FOOD RECIPE

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.



STEP 2

COOKING RICE FOR DOG FOOD

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.





5 lbs	3/4 cup (5.3 oz) per day
10 lbs	1 1/4 cups (9 oz) per day
15 lbs	1 2/3 cups (12 oz) per day
20 lbs	2 cups (15 oz) per day
30 lbs	3 cups (20.5 oz) per day
40 lbs	3 1/2 cups (25.5 oz) per day
50 lbs	4 cups (30 oz) per day
60 lbs	4 3/4 cups (34.5 oz) per day
70 lbs	5 1/3 cups (39 oz) per day
80 lbs	6 cups (43 oz) per day
90 lbs	6 1/2 cups (47 oz) per day





CHICKEN RICE CARROTS

INGREDIENTS

ounces

CHICKEN



ı

cup

RICE



1

cup

CARROTS



4

teaspoons

*AZESTFOR

Vitamins

PROTEIN

51.66%

FAT

12.89%

CARBOHYDRATES

28.11%

Watch this recipe on YouTube



on YouTube https://www.youtube.com/watch?v=EuE8IHJMr9E&feature=youtu.be



RECIPE YIELD

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.

GOOD
CHOICE
FOR:







HOW TO SAFELY COOK CHICKEN FOR DOGS

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

COOKING RICE FOR DOGS

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

COOK CARROTS UNTIL SOFT FOR DOGS DIGESTIBILITY

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

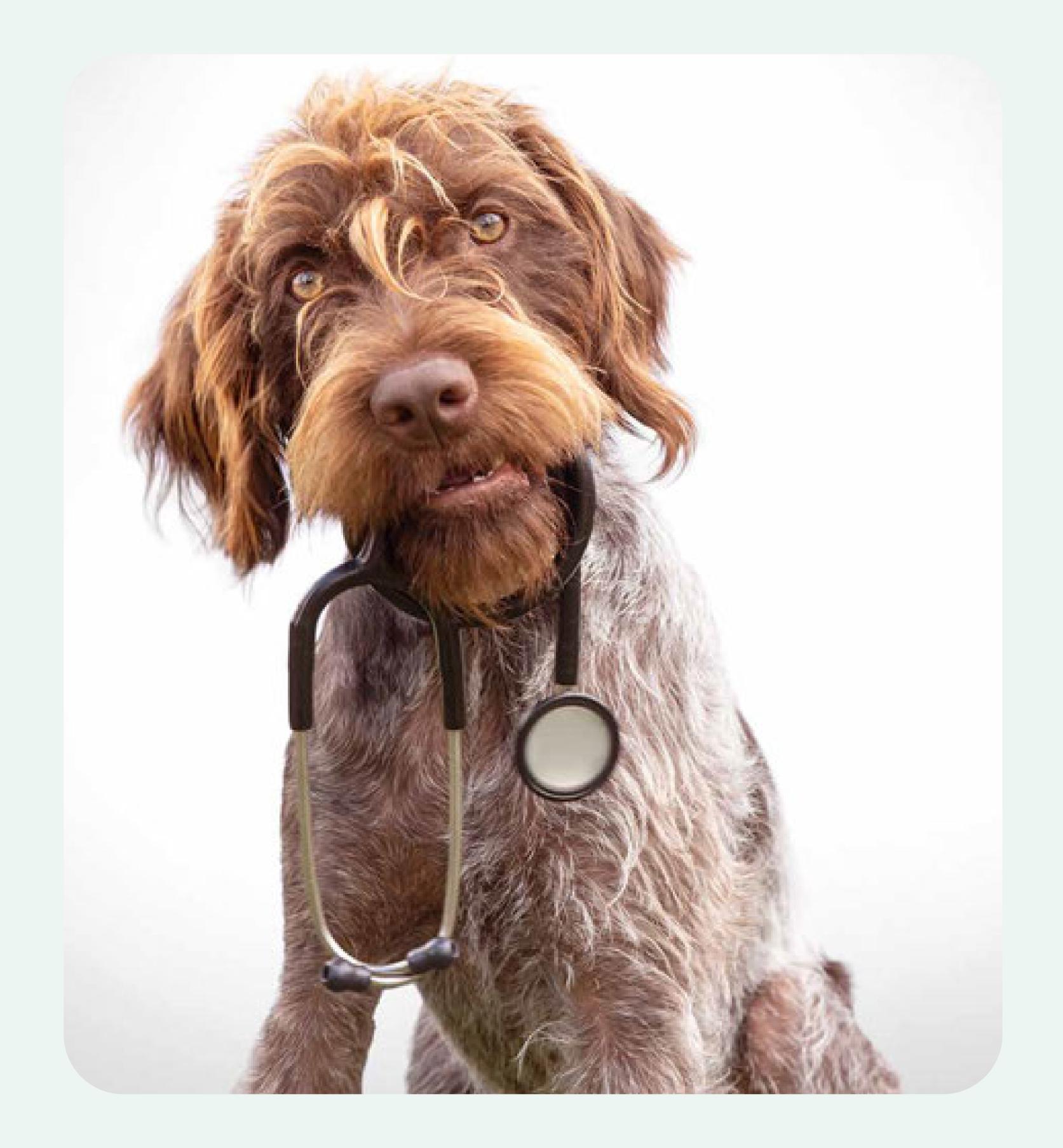
ADD HOMEMADE DOG FOOD SUPPLEMENT POWDER

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.

5 lbs	1 cup (6.5 oz) per day
10 lbs	1 1/2 cups (11 oz) per day
15 lbs	2 1/4 cups (15 oz) per day
20 lbs	2 3/4 cups (19 oz) per day
30 lbs	4 cups (25.5 oz) per day
40 lbs	5 cups (32oz) per day
50 lbs	5 1/2 cups (37.5 oz) per day
60 lbs	6 1/4 cups (43 oz) per day
70 lbs	7 cups (48.5 oz) per day
80 lbs	7 3/4 cups (53.5 oz) per day
90 lbs	8 1/2 cups (58.5 oz) per day

COTTAGE CHESE







INGREDIENTS

RICE



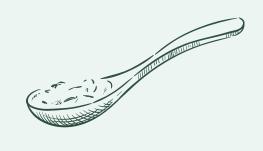
cup

COTTAGE CHEESE



teaspoons

SUNFLOWER OIL





teaspoons

*4ZESTFOR Vitamins

Watch this recipe on YouTube



RECIPE YIELD

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.

GOOD CHOICE

FOR:











57.94%

PROTEIN 24.59%

10.36% **FAT**

CARBOHYDRATES

COTTAGE CHEESE FOR DOGS

Cottage Cheese – plain, full fat.



STEP 2

HOW TO COOK RICE FOR DOGS

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

MIX IN 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 or Corn oil in the ratio of 1.2 per 1 teaspoon of sunflower oil.

STEP 4

SUPPLEMENTS FOR HOMEMADE DOG FOOD

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.





5 lbs	2/3 cup (5 oz) per day
10 lbs	1 cup (8.7 oz) per day
15 lbs	1 1/2 cups (12 oz) per day
20 lbs	2 cups (14.5 oz) per day
30 lbs	2 1/2 cups (20 oz) per day
40 lbs	3 cups (25 oz) per day
50 lbs	4 cups (29 oz) per day
60 lbs	4 1/3 cups (33 oz) per day
70 lbs	5 cups (37.5 oz) per day
80 lbs	5 1/4 cups (41 oz) per day
90 lbs	6 cups (45 oz) per day



DUCK CHICKPEAS



INGREDIENTS

7 ounces DUCK
1 cup CHICKPEAS

cup CARROTS

teaspoons

*4ZESTFOR
Vitamins

Watch this recipe on YouTube

https://www.youtube.com/watch?v=6FvIpLLj1Vs&feature=youtu.be

GOOD
CHOICE
FOR:





PROTEIN	37.73%
FAT	17.02%
CARBOHYDRATES	39.39%

RECIPE YIELD

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.

COOKING DUCK FOR DOGS

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 3

COOK CARROTS FOR HEALTHY DUCK DOG FOOD

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.

WEIGHT OF DOG / AMOUNT TO FEED

5 lbs	3/4 cup (5 oz) per day
10 lbs	11/3 cups (8 oz) per day
15 lbs	13/4 cups (11 oz) per day
20 lbs	2 cups (14 oz) per day
30 lbs	3 cups (19 oz) per day
40 lbs	3 1/2 cups (23 oz) per day
50 lbs	4 1/3 cups (27.5 oz) per day
60 lbs	5 cups (31 oz) per day
70 lbs	5 1/2 cups (35.5 oz) per day
80 lbs	6 1/4 cups (39 oz) per day
90 lbs	6 3/4 cups (43 oz) per day

STEP 2

PREPARING CHICKPEAS FOR GRAIN FREE DUCK DOG FOOD RECIPE

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.

STEP 4

ADD HOMEMADE DOG FOOD VITAMINS TO GRAIN FREE DUCK DOG FOOD

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

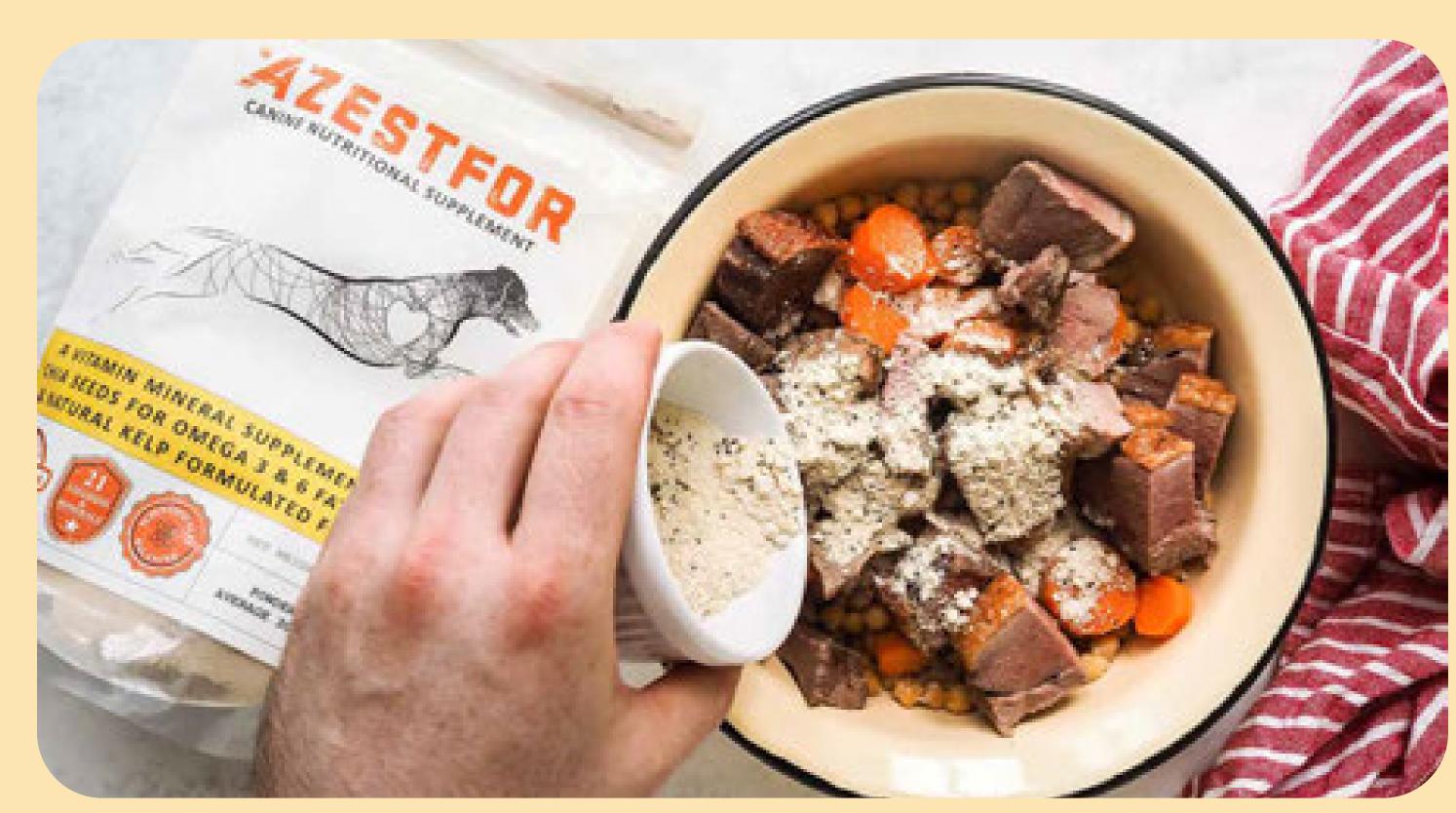
Heat destroys the potency of vitamins.

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.



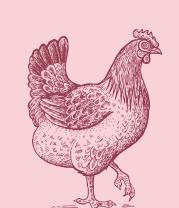






EGGS MACARONI BROCCOLI

INGREDIENTS



3

EGGS



MACARONI



ı

cup

cup

BROCCOLI



3

teaspoons

AZESTFORVitamins

PROTEIN	26.92%
FAT	17.37%
CARBOHYDRATES	49.15%

Watch this recipe on YouTube



RECIPE YIELD

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.

GOOD
CHOICE
FOR:







https://www.youtube.com/watch?v=v_oulE7VddQ&feature=youtu.be

HOW TO COOK EGGS FOR DOGS

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

COOKING PASTA FOR DIY DOG FOOD

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)



STEP 3

MAKING COOKED BROCCOLI FOR DOGS

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 pierce-able, remove from heat, drain and let cool.



STEP 4

ADD HOMEMADE DOG FOOD SUPPLEMENTS

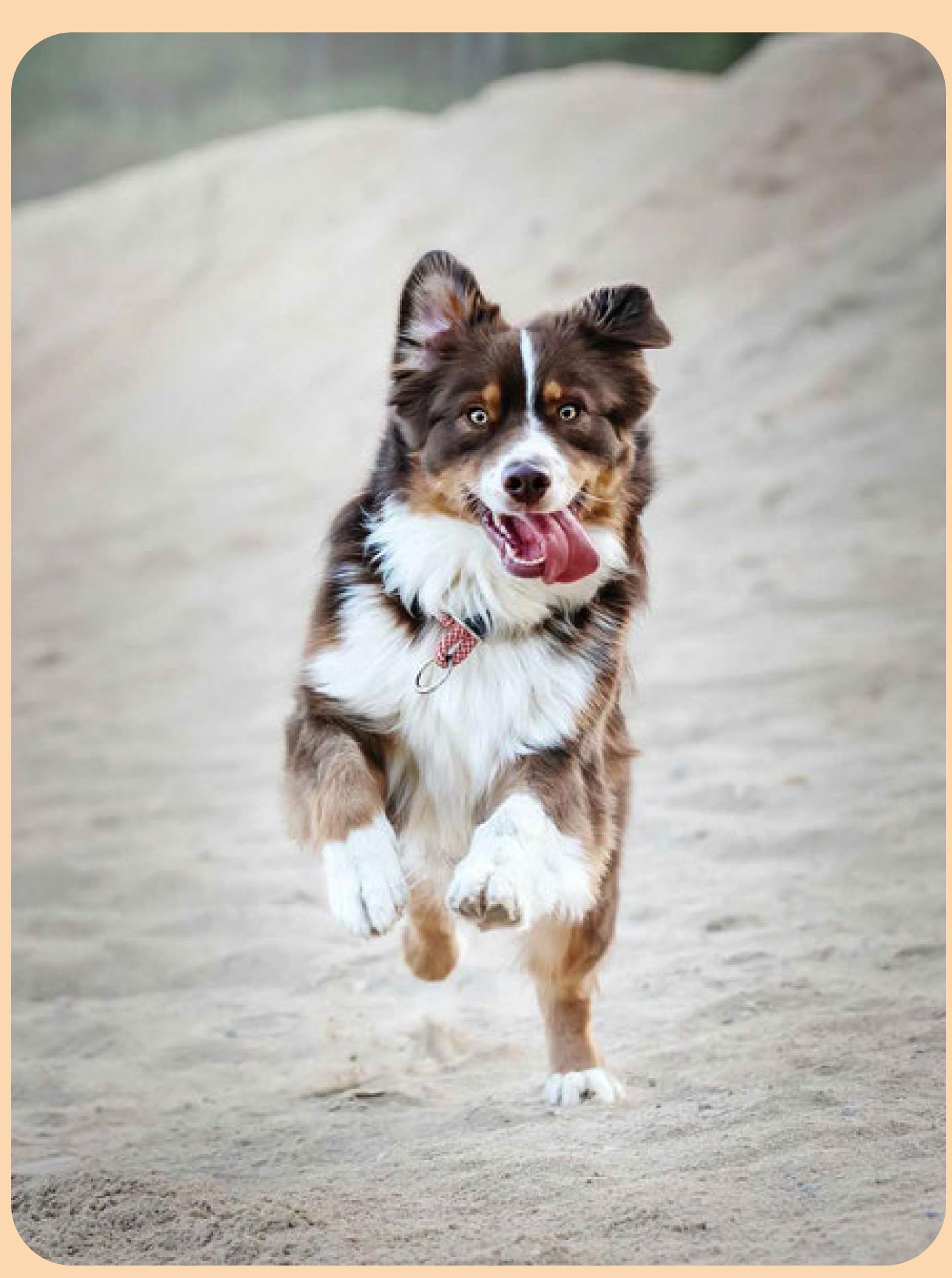
When the eggs, pasta and broccoli are cool to touch you can add the Azestfor nutritional supplements. Combine all ingredients and serve.

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.

5 lbs	1 cup (5 oz) per day
10 lbs	2 cups (10 oz) per day
15 lbs	2 3/4 cups (13.5 oz) per day
20 lbs	3 1/3 cups (18 oz) per day
30 lbs	4 1/2 cups (25 oz) per day
40 lbs	5 2/3 cups (31 oz) per day
50 lbs	6 2/3 cups (36 oz) per day
60 lbs	7 2/3 cups (42 oz) per day
70 lbs	8 1/2 cups (47 oz) per day
80 lbs	9 1/2 cups (52 oz) per day
90 lbs	10 1/3 cups (57 oz) per day

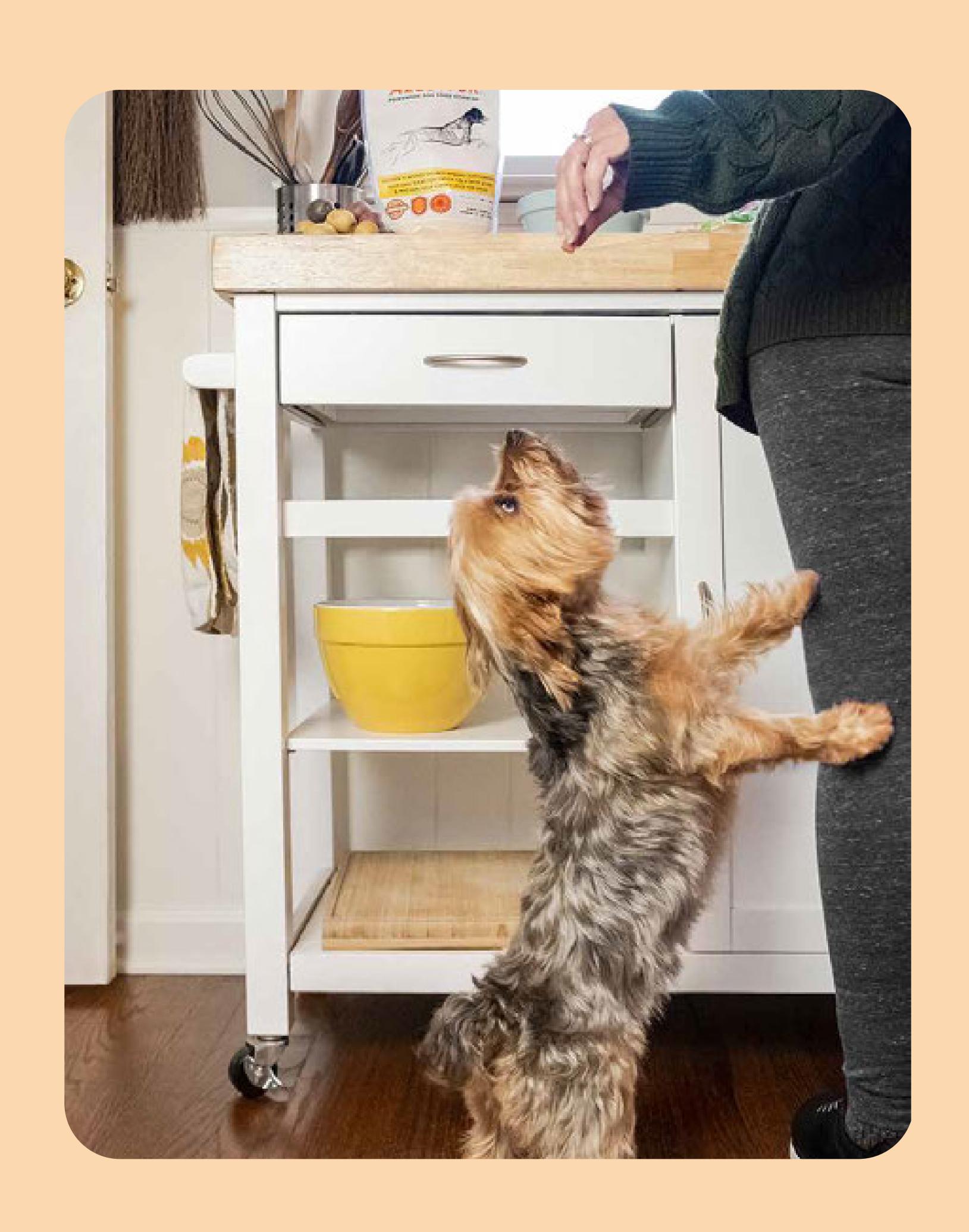
LAMB COUSCOUS





RECIPE YIELD

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



INGREDIENTS

ounces LAMB

П

cup

COUSCOUS

1

cup

CAULIFLOWER

teaspoon

SUNFLOWER OIL



teaspoons

**4ZESTFOR
Vitamins

Watch this recipe on YouTube



https://www.youtube.com/watch?v=qEdlPomzazl&feature=youtu.be

GOOD
CHOICE
FOR:



Common Protein Allergies



PROTEIN	43.05%
---------	--------

FAT	18.58%

CARBOHYDRATES 32.3[%]

HOW TO PREPARE LAMB FOR DOG FOOD RECIPE

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

COOKING COUSCOUS FOR DOGS

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

STEP 3

MAKING CAULIFLOWER FOR DOG FOOD

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

ADD SUNFLOWER OIL TO COUSCOUS DOG FOOD RECIPE

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.



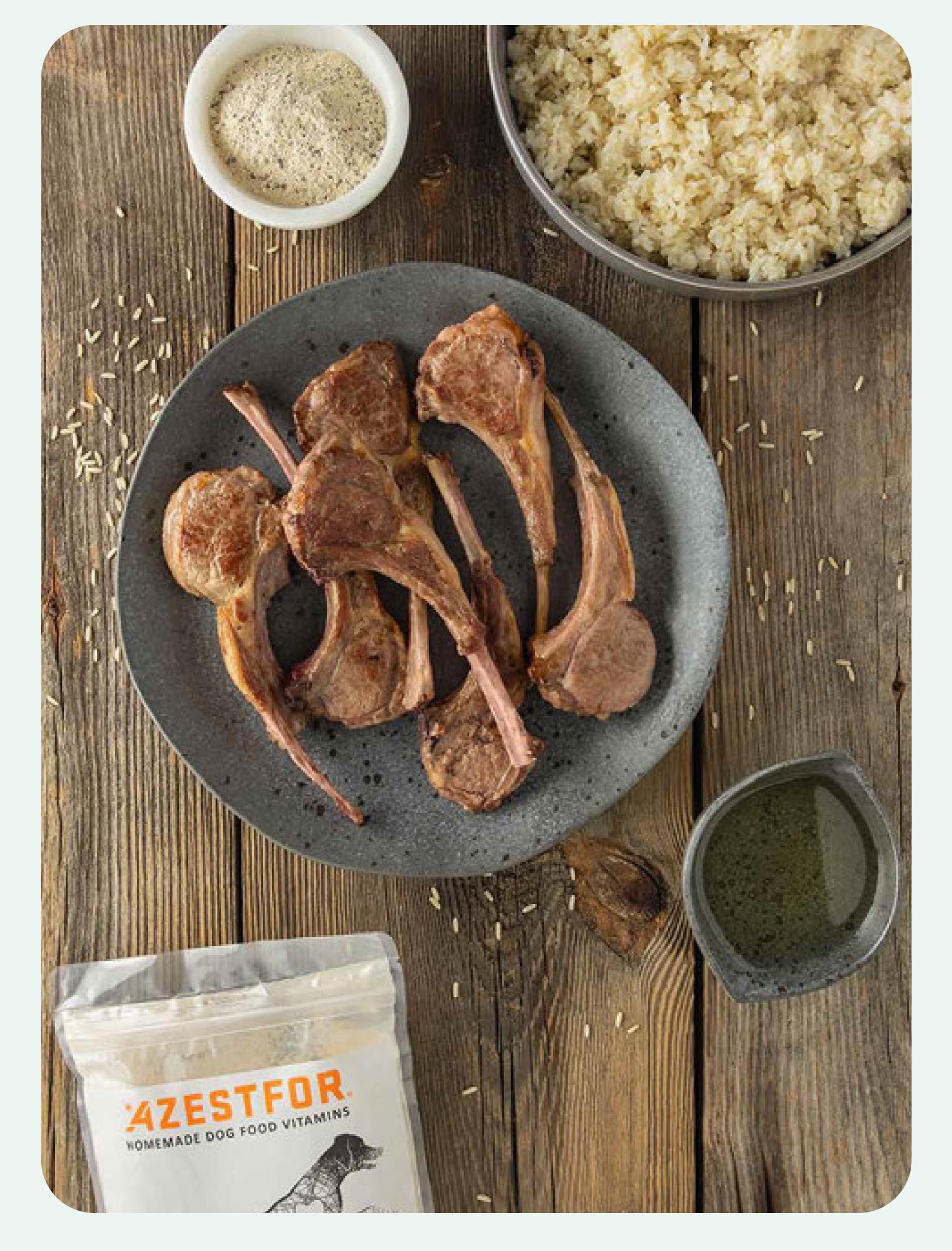
STEP 5

VITAMIN MINERAL MIX TO ADD TO HOMEMADE DOG FOOD DIET

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.

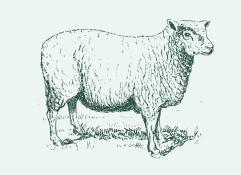
5 lbs	3/4 cup (4.5 oz) per day
10 lbs	1 1/4 cups (7.5 oz) per day
15 lbs	1 3/4 cups (10.24 oz) per day
20 lbs	2 cups (12.7 oz) per day
30 lbs	2 3/4 cups (17 oz) per day
40 lbs	3 1/2 cups (21 oz) per day
50 lbs	4 1/4 cups (25 oz) per day
60 lbs	4 3/4 cups (29 oz) per day
70 lbs	5 1/2 cups (32.5 oz) per day
80 lbs	6 cups (36 oz) per day
90 lbs	6 1/2 cups (39 oz) per day







INGREDIENTS



ounces

LAMB



cup



teaspoons

teaspoons

RICE

SUNFLOWER OIL

*4ZESTFOR Vitamins

Watch this recipe on YouTube



RECIPE YIELD

This homemade dog food for sensitive skin recipe will yield approximately 2 ½ cups of food, equating to 757 calories (Kcals), approximately enough servings of food for one day for a 30 lb dog to maintain weight.

GOOD CHOICE FOR:







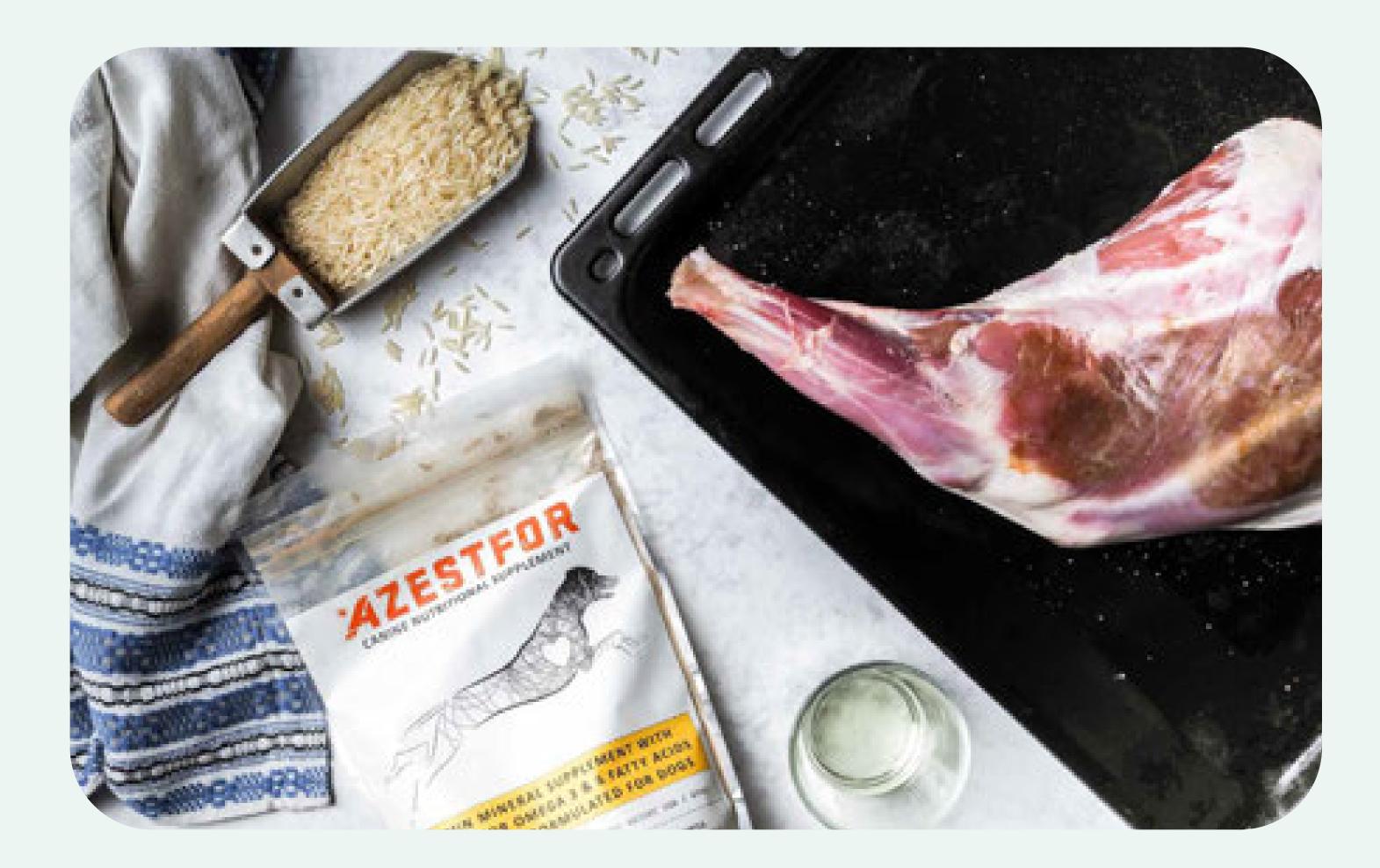
PROTEIN 36.34%

14.34% **FAT**

44.09% CARBOHYDRATES

HOW TO PREPARE LAMB FOR DOGS

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

COOKING RICE FOR DOGS

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

ADD SUNFLOWER OIL

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 5

ADD AZESTFOR VITAMIN SUPPLEMENT FOR HOMEMADE DOG FOOD

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

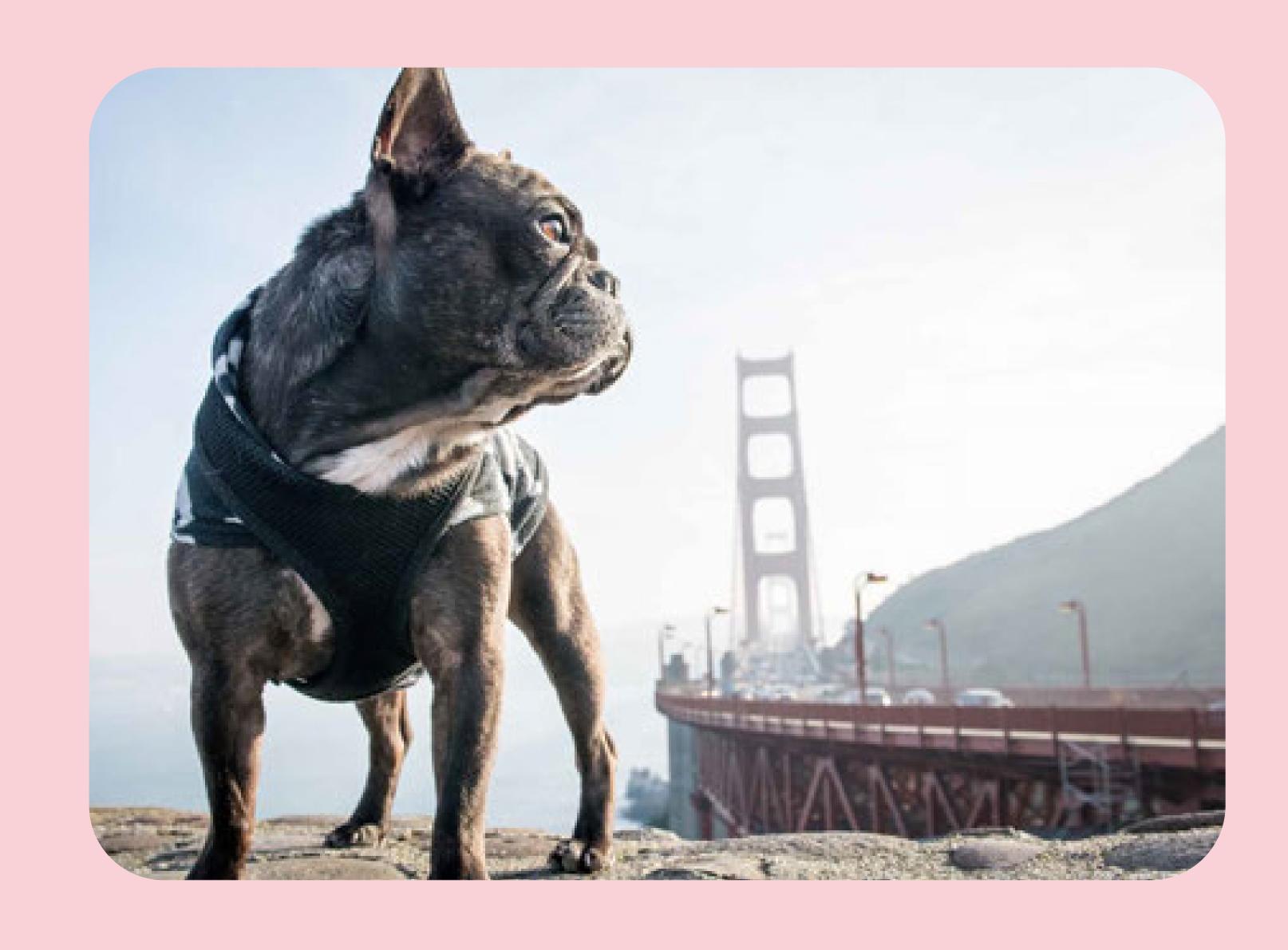
Heat destroys the potency of vitamins.

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.



5 lbs	8/9 cup (5.8 oz) per day
10 lbs	1 1/2 cups (9.7 oz) per day
15 lbs	2 cups (13 oz) per day
20 lbs	2 1/2 cups (16.5 oz) per day
30 lbs	3 1/2 cups (22 oz) per day
40 lbs	4 3/4 cups (27.5 oz) per day
50 lbs	5 cups (32 oz) per day
60 lbs	5 4/5 cups (37.5 oz) per day
70 lbs	6 cups (42 oz) per day
80 lbs	7 cups (45 oz) per day
90 lbs	8 cups (50 oz) per day





RABBIT CHICKPEAS

INGREDIENTS

ounces

RABBIT



cup

CHICKPEAS



cup

CARROTS



teaspoons

#4ZESTFOR Vitamins

PROTEIN	42.43%
FAT	12.82%
CARBOHYDRATES	39.19%

Watch this recipe on YouTube

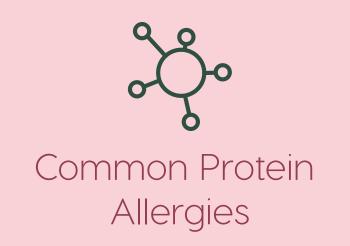


GOOD CHOICE FOR:



RECIPE YIELD

to maintain weight.



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

CANINE NUTRITIONAL SUPPLEMENT

A VITAMIN MINERAL SUPPLEMENT WIT

CHIA SEEDS FOR OMEGA 3 & 6 FATTY AL

& NATURAL KELP FORMULATED FOR DE

CARROTS

https://www.youtube.com/watch?v=E7oBRgcb7al&feature=youtu.be

HOW TO COOK RABBIT FOR DOGS

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 3

PREPARE CARROTS FOR RABBIT BASED DOG FOOD

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 2

COOKING CHICKPEAS FOR RABBIT DOG FOOD

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.



STEP 4

ADD AZESTFOR VITAMINS TO GRAIN FREE RABBIT DOG FOOD

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.

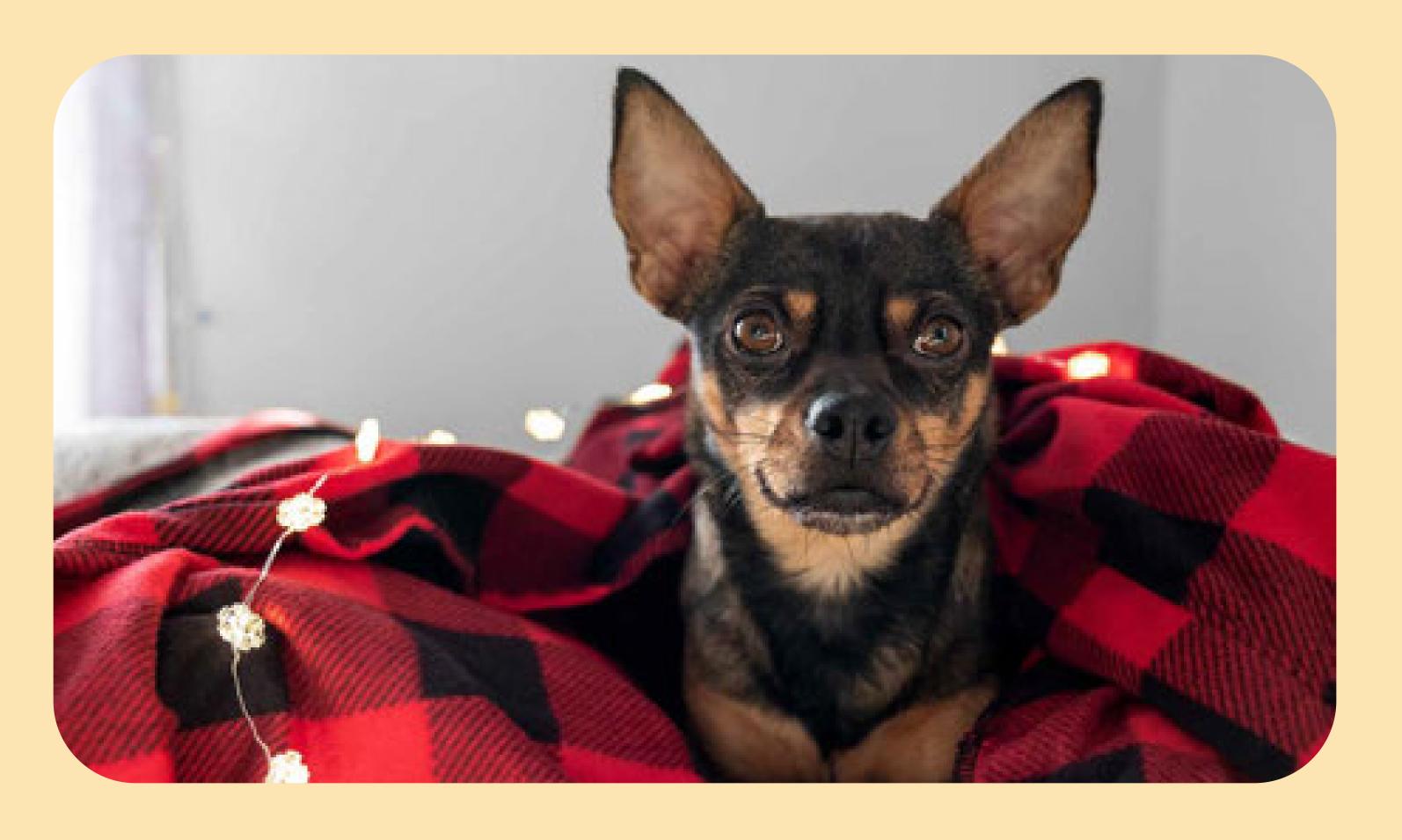
I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal – put it in the fridge overnight.

5 lbs	3/4 cup (5 oz) per day
10 lbs	11/3 cups (8 oz) per day
15 lbs	13/4 cups (11 oz) per day
20 lbs	2 cups (14 oz) per day
30 lbs	3 cups (19 oz) per day
40 lbs	3 1/2 cups (23 oz) per day
50 lbs	4 1/3 cups (27.5 oz) per day
60 lbs	5 cups (31 oz) per day
70 lbs	5 1/2 cups (35.5 oz) per day
80 lbs	6 1/4 cups (39 oz) per day
90 lbs	6 3/4 cups (43 oz) per day



SALIMON LENTILS





INGREDIENTS

The state of the s

ounces S

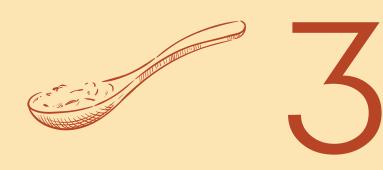
SALMON



11/2

cup

LENTILS



teaspoons

*4ZESTFOR
Vitamins

Watch this recipe on YouTube



https://www.youtube.com/watch?v=68wK9LRJywc&feature=youtu.be

GOOD
CHOICE
FOR:







PROTEIN	50.6%
FAT	7.24%
CARBOHYDRATES	33.65%

RECIPE YIELD

This recipe will yield approximately 2½ cups of food. Equating to 819 calories (Kcals) Approximately enough servings of food for 1 day for a 32 lb dog to maintain weight.

HOW TO POACH SALMON FOR DOGS

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.





WEIGHT OF DOG / AMOUNT TO FEED

5 lbs	2/3 cup (4.4 oz) per day
10 lbs	1 cups (7.5 oz) per day
15 lbs	1 1/2 cups (10.5 oz) per day
20 lbs	2 cups (13 oz) per day
30 lbs	2 1/2 cups (17.5 oz) per day
40 lbs	3 cups (20 oz) per day
50 lbs	3 2/3 cups (25.5 oz) per day
60 lbs	4 1/4 cups (29.5 oz) per day
70 lbs	4 3/4 cups (33 oz) per day
80 lbs	5 1/4 cups (36.5 oz) per day
90 lbs	5 3/4 cups (40 oz) per day

STEP 2

PREPARE LENTILS FOR DOG FOOD RECIPE

Cook lentils on a stove top, using 11/2 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.



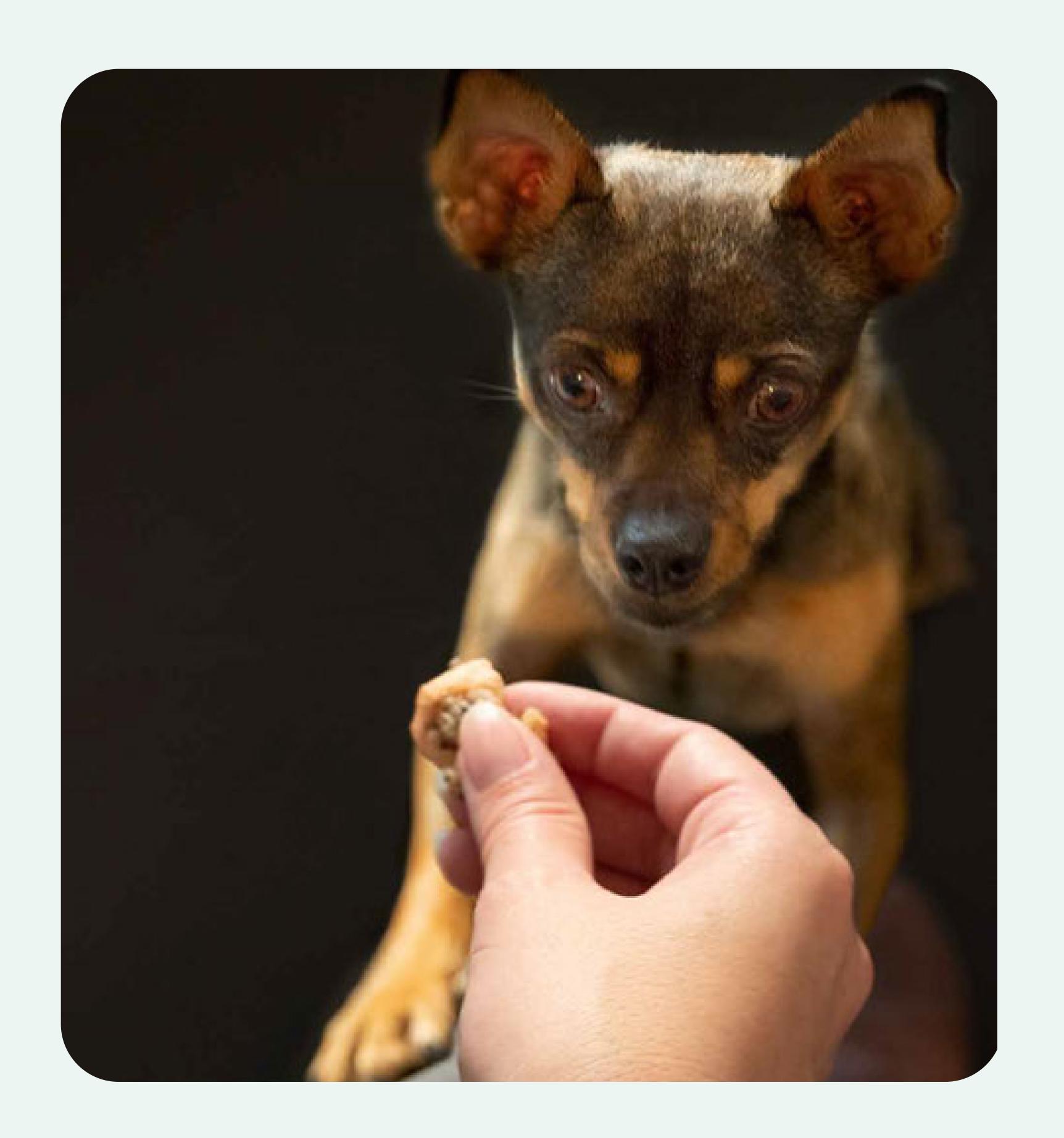
STEP 3

ADD AZESTFOR VITAMIN MINERALS SUPPLEMENTS TO THE SALMON AND LENTIL GRAIN DOG FOOD

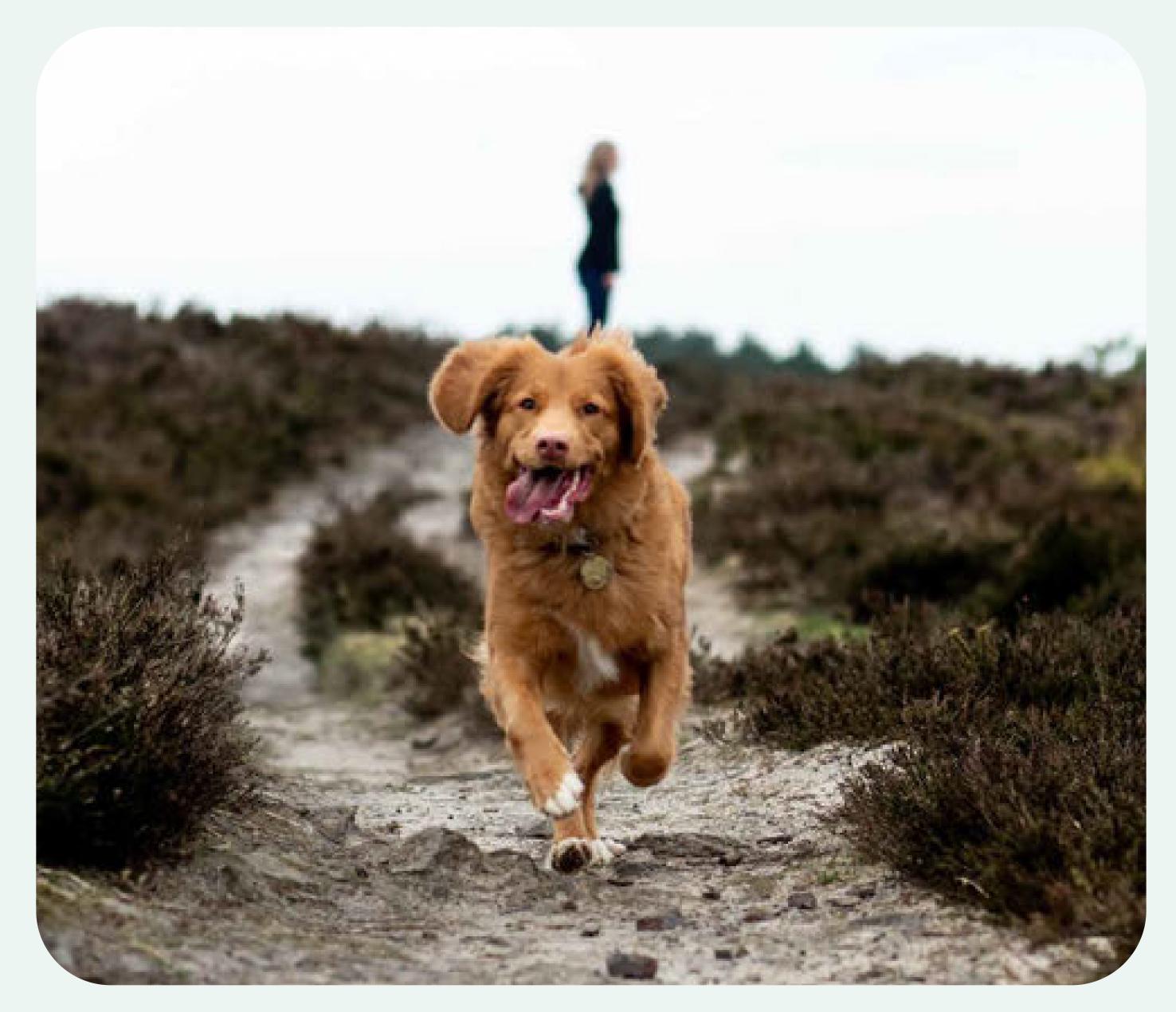
When the fish and lentils are cool to touch you can add the Azestfor nutritional supplements. Combine all ingredients and serve.



SALIMON QUINOA BROCCOLI







INGREDIENTS

ounces

SALMON



cup

QUINOA



cup

BROCCOLI



teaspoons

*4ZESTFOR Vitamins

Watch this recipe on YouTube



RECIPE YIELD

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.

GOOD **CHOICE** FOR:







57.94%

PROTEIN 24.59% 10.36% **FAT**

CARBOHYDRATES

https://www.youtube.com/watch?v=ooyWvrrBpbY&feature=youtu.be

HOW TO COOK SALMON FOR DOGS

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.

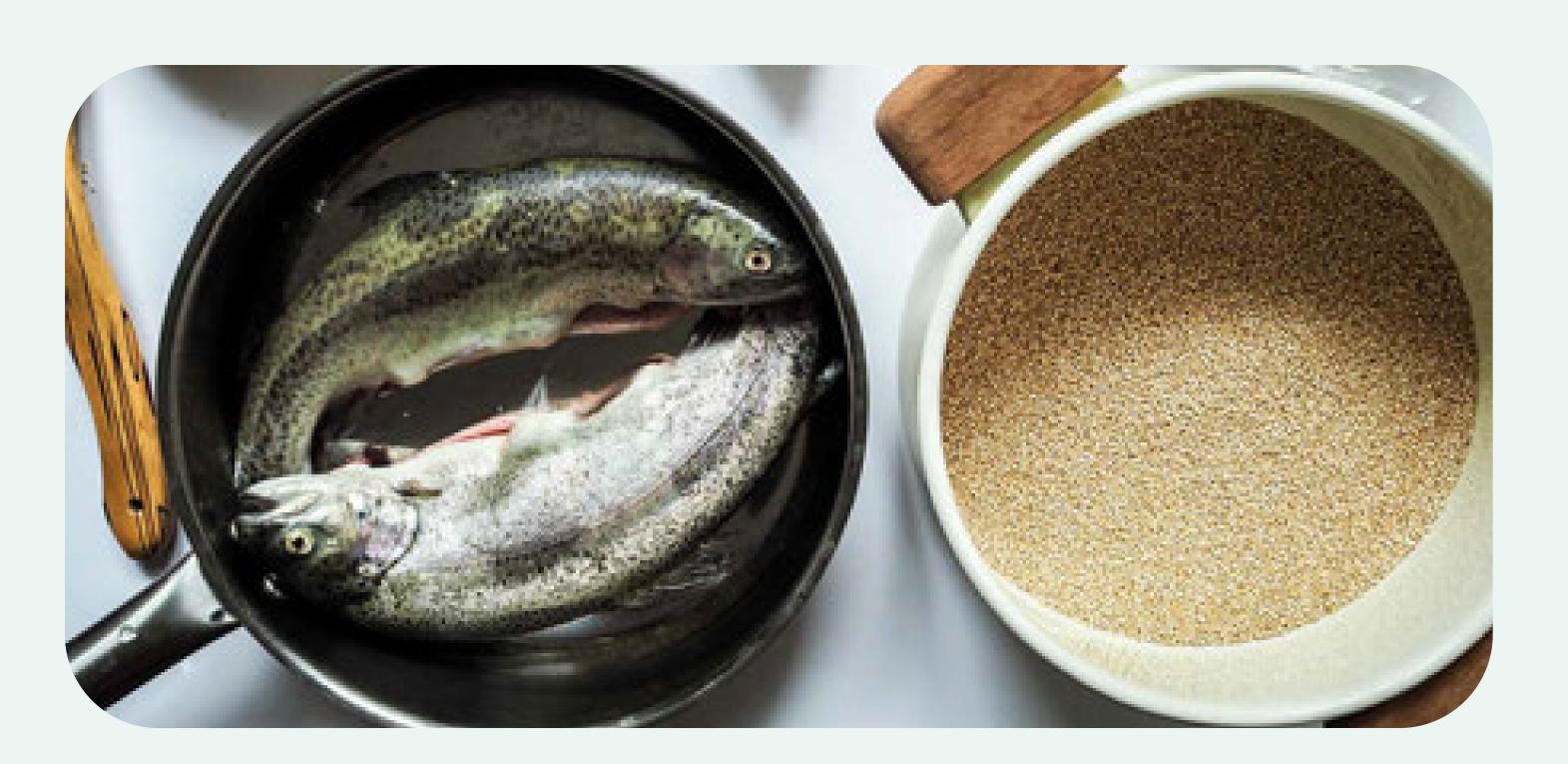


STEP 2

PREPARING QUINOA FOR DOGS

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. 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

COOKING BROCCOLI FOR DOGS

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

SUPPLEMENTS FOR HOMEMADE DOG FOOD

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.

5 lbs	2/3 cup (5 oz) per day
10 lbs	1 cup (8.7 oz) per day
15 lbs	1 1/2 cups (12 oz) per day
20 lbs	2 cups (14.5 oz) per day
30 lbs	2 1/2 cups (20 oz) per day
40 lbs	3 cups (25 oz) per day
50 lbs	4 cups (29 oz) per day
60 lbs	4 1/3 cups (33 oz) per day
70 lbs	5 cups (37.5 oz) per day
80 lbs	5 1/4 cups (41 oz) per day
90 lbs	6 cups (45 oz) per day

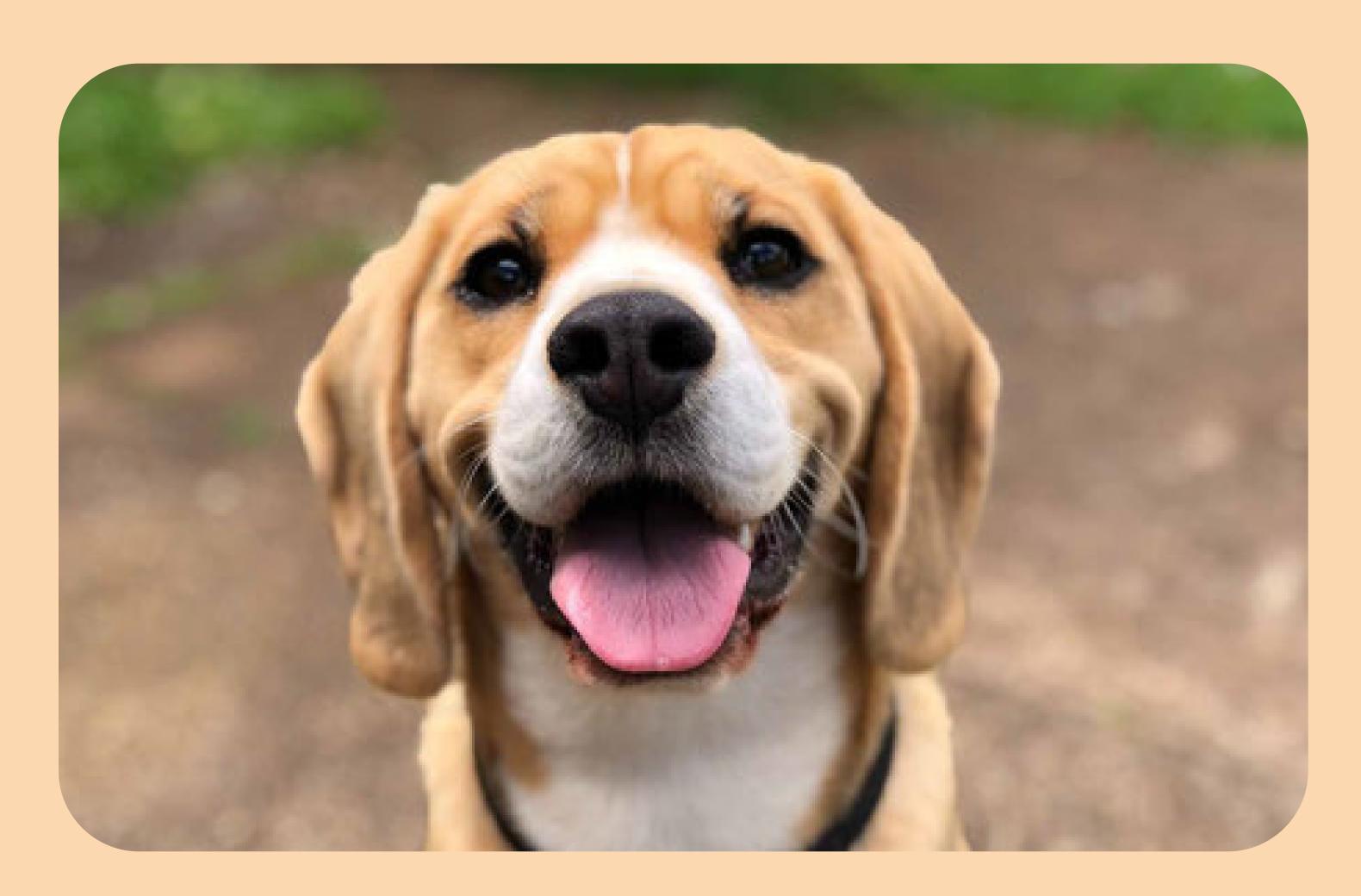
TOFU RICE BLACK-EYED PEAS





RECIPE YIELD

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

T cup RICE

TOFU TOFU

cup BLACK-EYED PEAS

teaspoon SUNFLOWER OIL

teaspoons **4ZESTFOR**Vitamins

Watch this recipe on YouTube



https://www.youtube.com/watch?v=52KEa5s6Joo&feature=youtu.be

GOOD CHOICE

FOR:

Vegetarian

Common Protein
Allergies

PROTEIN	24.18%

FAT 15.03%

CARBOHYDRATES 54.68%

HOW TO PREPARE BLACK-EYED PEAS FOR DOGS

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

COOKING THE RICE FOR VEGAN DOG FOOD

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

HOW TO COOK TOFU FOR DOGS

Tofu does not need to be cooked. It actually can be eaten raw. While rice is cooking, drain tofu from its package, and chop into bite sized pieces.

STEP 4

ADD 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 or Corn oil in the ratio of 1.2 per 1 teaspoon of sunflower oil.



STEP 5

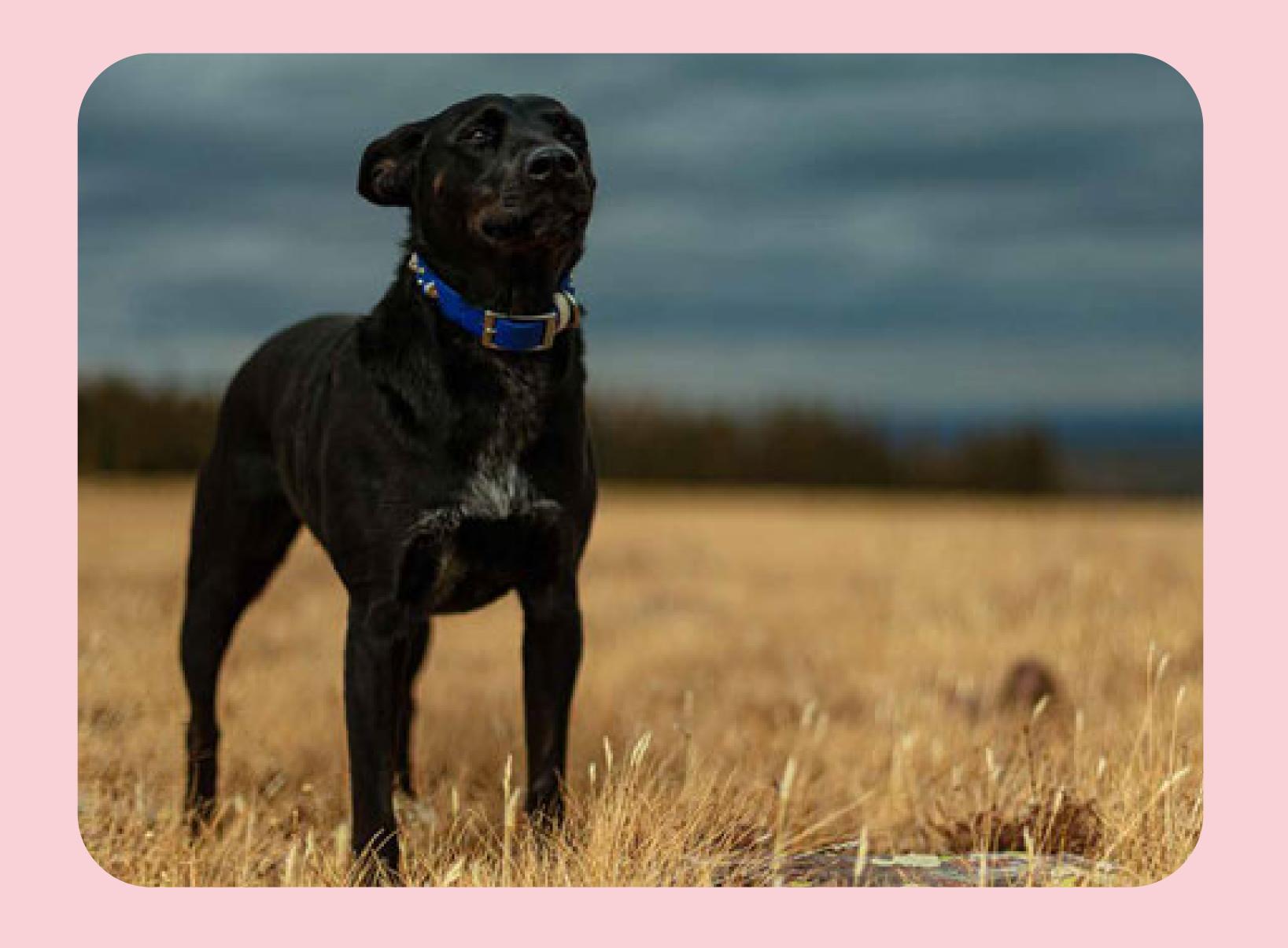
ADD SUPPLEMENT TO BALANCE HOMEMADE VEGAN DOG FOOD

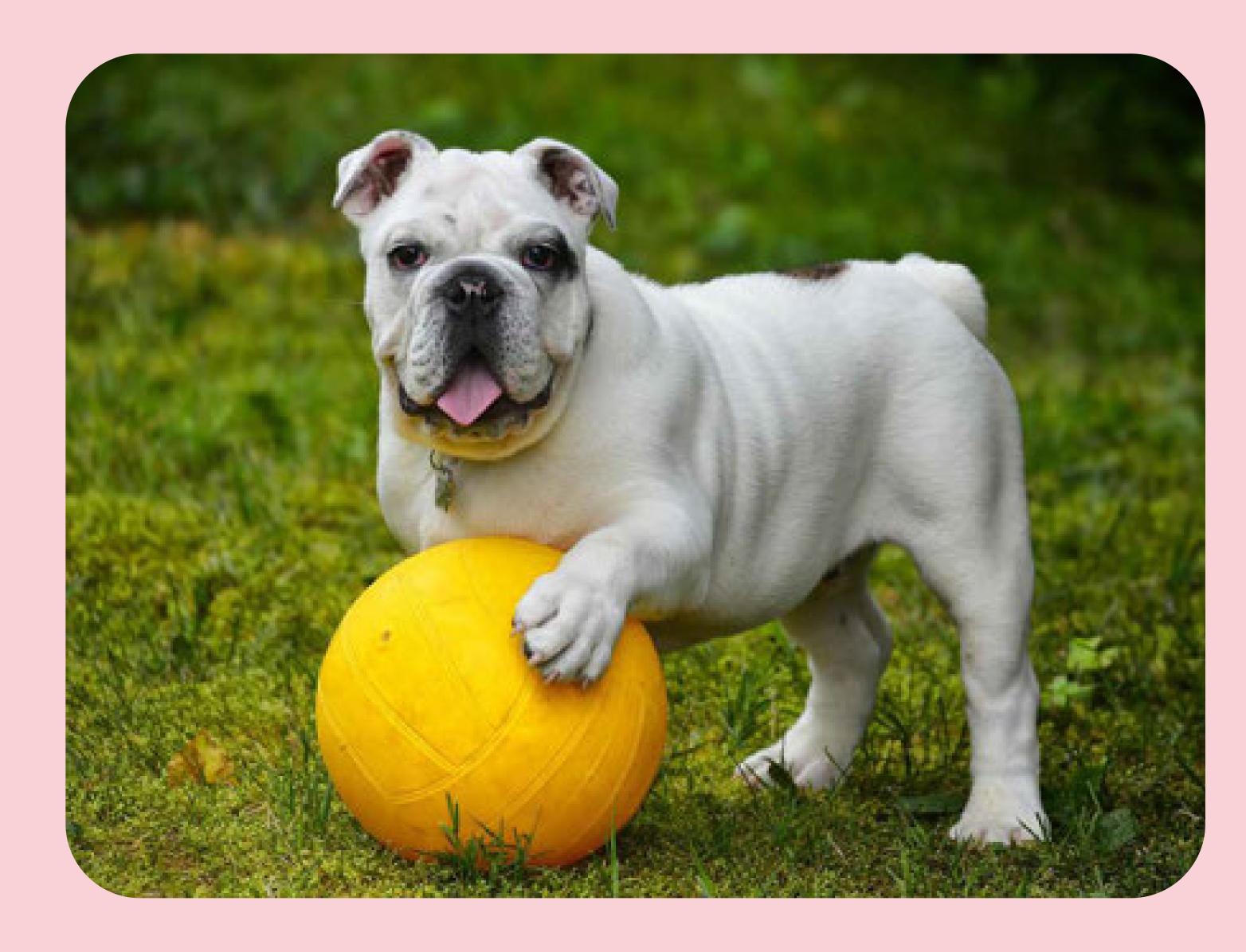
When the tofu, rice and black eyed peas are cool to touch you can add the Azestfor nutritional supplements.

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.

5 lbs	1 cup (7.4 oz) per day
10 lbs	1 1/2 cups (12.5 oz) per day
15 lbs	2 cups (17 oz) per day
20 lbs	2 2/3 cups (21 oz) per day
30 lbs	3 1/2 cups (28.5 oz) per day
40 lbs	4 1/2 cups (35.4 oz) per day
50 lbs	5 1/4 cups (42 oz) per day
60 lbs	6 cups (48 oz) per day
70 lbs	6 3/4 cups (54 oz) per day
80 lbs	7 1/2 cups (60 oz) per day
90 lbs	8 cups (65 oz) per day





TURKEY PUMPKIN CORN

INGREDIENTS



ounces

TURKEY



1

cup

PUMPKIN



ı

cup

CORN



4

teaspoons

*4ZESTFOR
Vitamins

PROTEIN	46.85%
FAT	8.69%

CARBOHYDRATES 38.89%

Watch this recipe on YouTube



RECIPE YIELD

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.

GOOD
CHOICE
FOR:







COOKING TURKEY FOR DOGS

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

ADD PUMPKIN TO DOG FOOD RECIPE

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



STEP 3

ADD CORN TO TURKEY DOG FOOD RECIPE

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.



STEP 4

ADD VITAMINS TO HOMEMADE TURKEY DOG FOOD

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

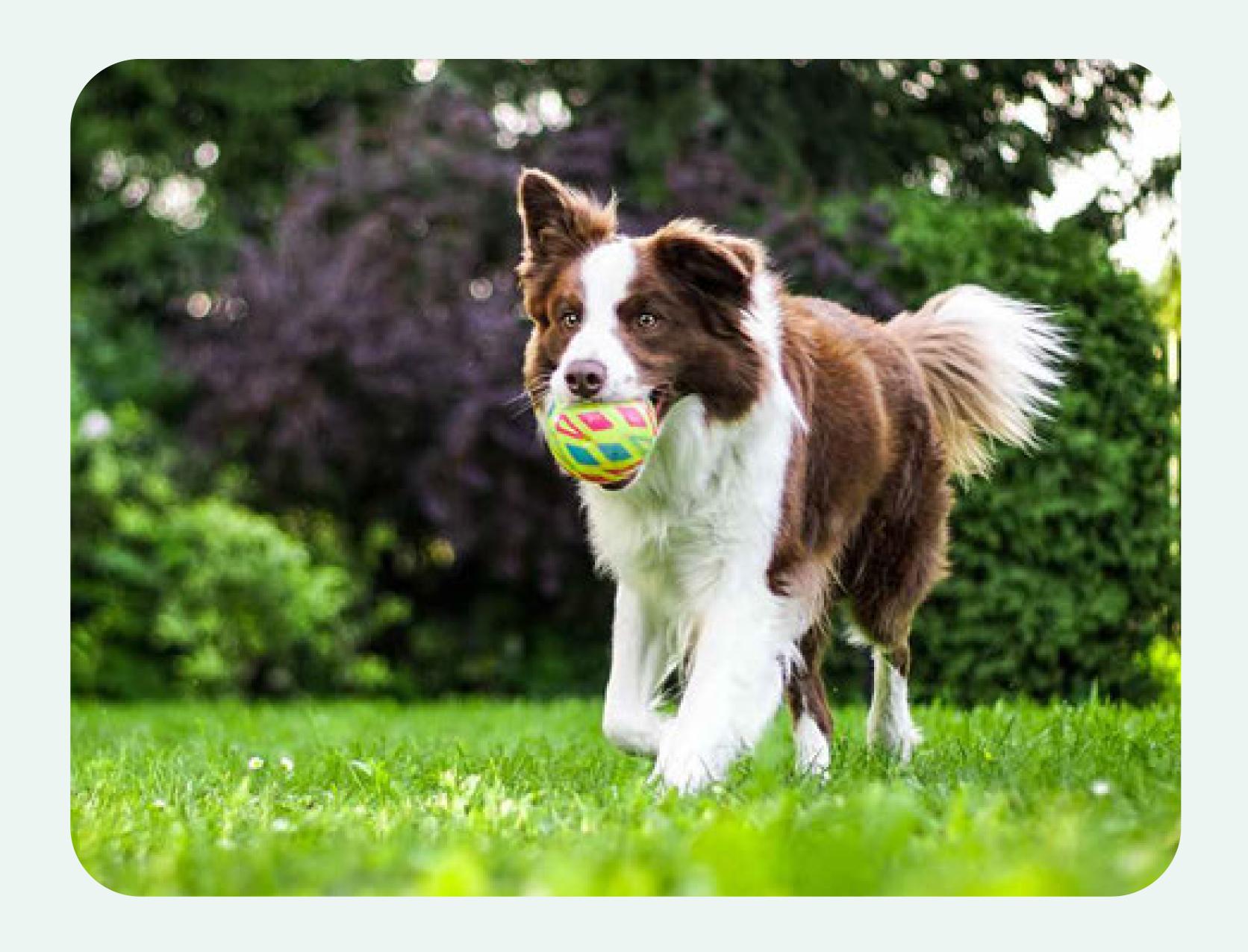
Heat destroys the potency of vitamins.

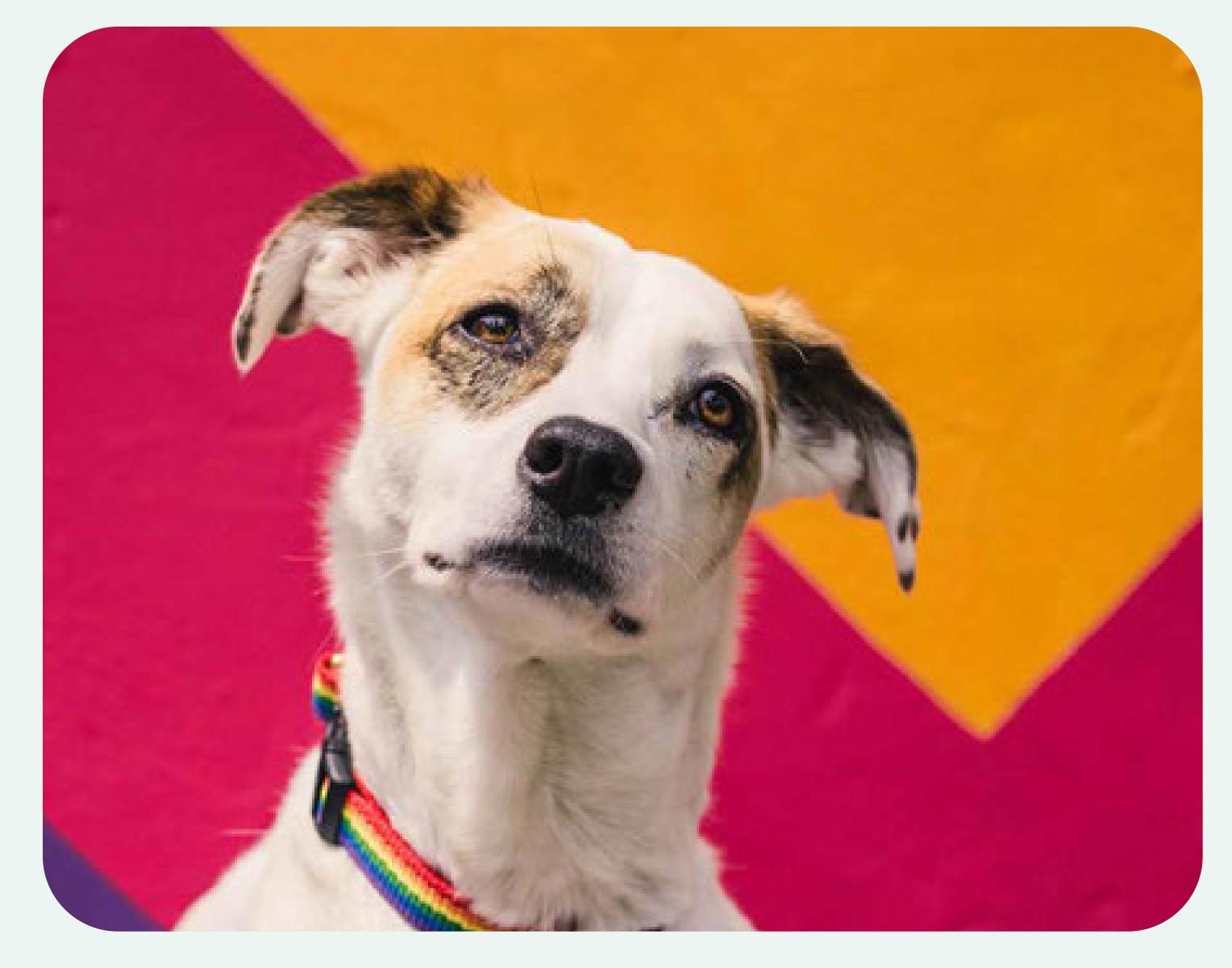
The recipe can be prepared in large batches and frozen. It will keep for up to a year in the freezer, or one week in the fridge. Freezing vitamins preserves their potency. I would recommend portioning the food into meal size servings before freezing it. To defrost a frozen meal – put it in the fridge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

5 lbs	1 cup (7 oz) per day
10 lbs	1 3/4 cups (12.4 oz) per day
15 lbs	2 1/3 cups (17 oz) per day
20 lbs	3 cups (21 oz) per day
30 lbs	4 cups (28 oz) per day
40 lbs	5 cups (35 oz) per day
50 lbs	5 3/4 cups (41.5 oz) per day
60 lbs	6 1/2 cups (47.5 oz) per day
70 lbs	7 1/2 cups (53 oz) per day
80 lbs	8 cups (59 oz) per day
90 lbs	9 cups (64 oz) per day

VENISON LENTILS







INGREDIENTS

ounces

VENISON

11/2

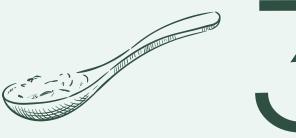
cup

LENTILS

1

teaspoon

SUNFLOWER OIL



3

teaspoons

**4ZESTFOR
Vitamins

Watch this recipe on YouTube



RECIPE YIELD

This recipe will yield approximately 2½ cups of food. Equating to 698 calories (Kcals) Approximately enough servings of food for 1 day for a 25 lb dog to maintain weight.

GOOD
CHOICE
FOR:







PROTEIN 50.65[%]

FAT 7.24%

CARBOHYDRATES 33.65[%]

COOKING VENISON FOR DOGS

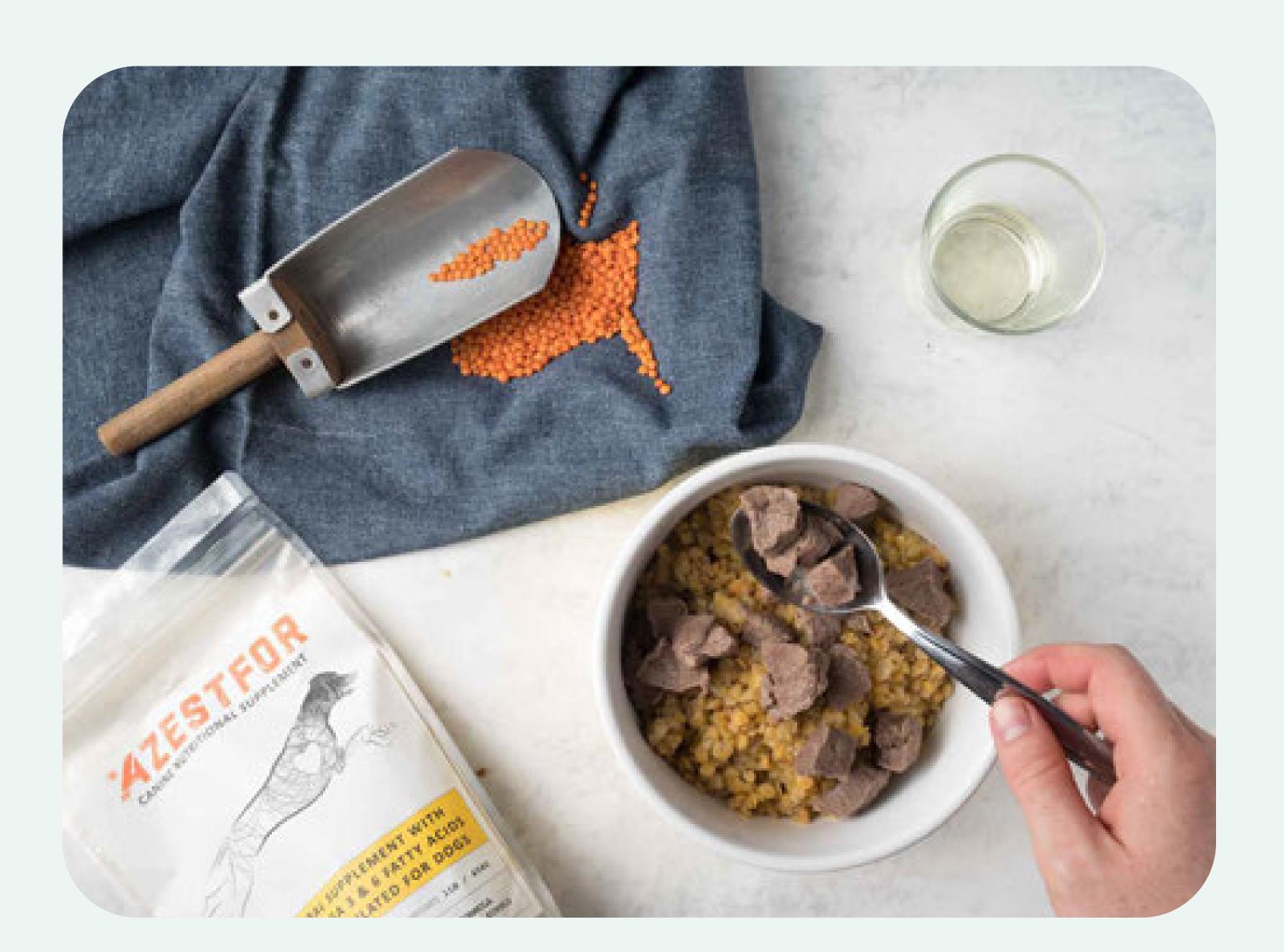
Place venison in a pan on top of the stove, add water to just cover meat. Cover and cook until venison is cooked throughout, about 7 minutes. Using a wide slotted spatula, remove venison from liquid.



STEP 4

ADD AZESTFOR VITAMINS TO DOG FOOD RECIPE

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



STEP 2

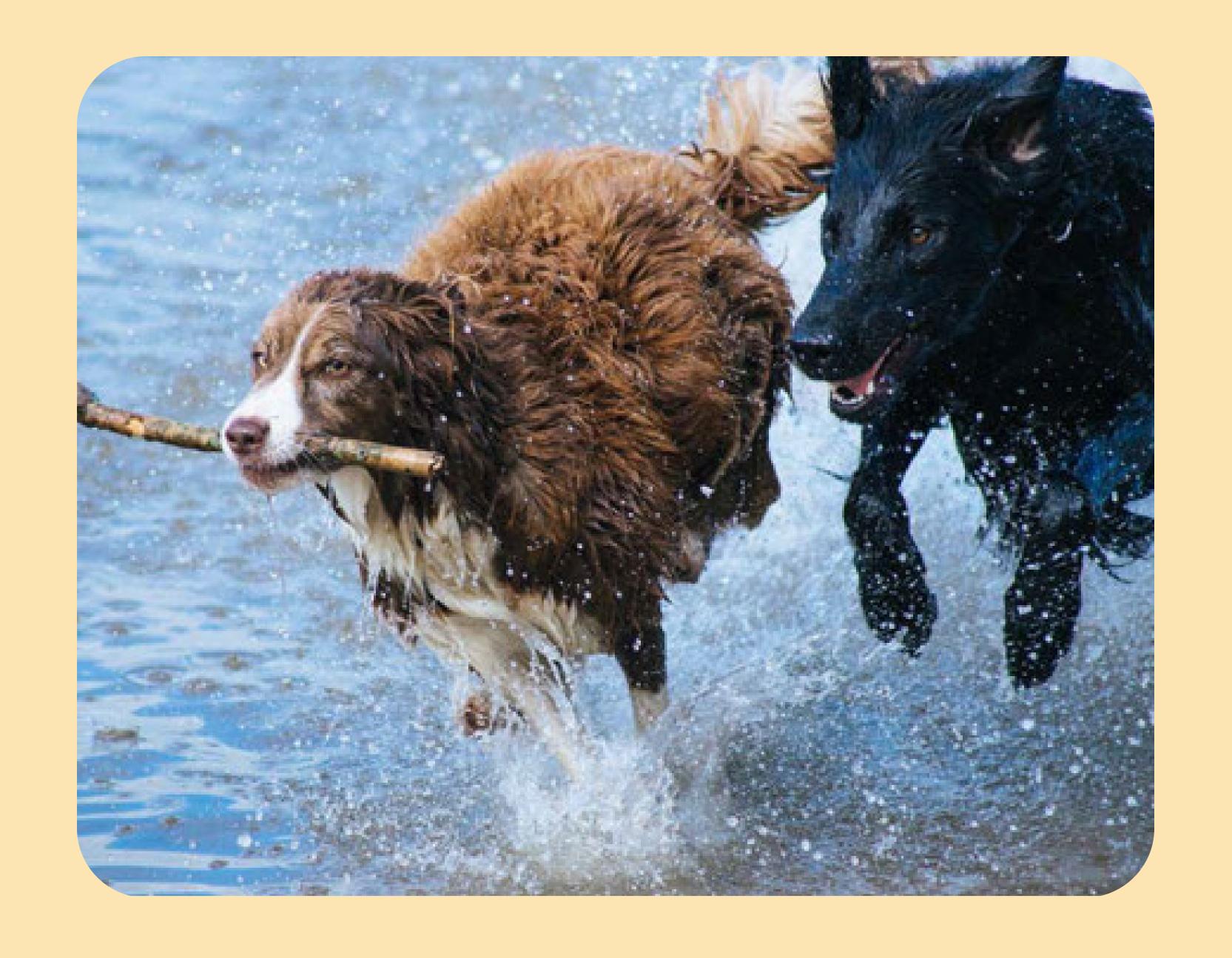
HOW TO PREPARE LENTILS FOR DOGS

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.





5 lbs	3/4 cup (4.6 oz) per day
10 lbs	1 cup (7.84 oz) per day
15 lbs	1 1/2 cups (10.5 oz) per day
20 lbs	2 cups (13 oz) per day
30 lbs	2 3/4 cups (18 oz) per day
40 lbs	3 1/2 cups (22 oz) per day
50 lbs	4 cups (26 oz) per day
60 lbs	4 1/2 cups (30 oz) per day
70 lbs	5 1/4 cups (34 oz) per day
80 lbs	5 3/4 cups (37 oz) per day
90 lbs	6 1/3 cups (41 oz) per day





VENISON. POTATO

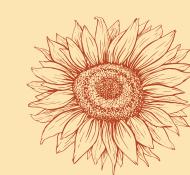


INGREDIENTS

VENISON

POTATOES

KALE



SUNFLOWER OIL



teaspoons

*AZESTFOR Vitamins

Watch this recipe on YouTube



https://www.youtube.com/watch?v=JaArkVrO_ys&feature=youtu.be

GOOD CHOICE FOR:



Common Protein Allergies



37.52%

48.66% PROTEIN FAT 8.35%

RECIPE YIELD

CARBOHYDRATES

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.

COOKING DEER MEAT FOR DOGS

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

CHOP AND LIGHTLY HEAT THE KALE

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



WEIGHT OF DOG / AMOUNT TO FEED

5 lbs	8/9 cup (5.4 oz) per day
10 lbs	1 1/2 cup (9 oz) per day
15 lbs	2 cups (12.3 oz) per day
20 lbs	2 1/2 cups (15 oz) per day
30 lbs	3 1/4 cups (20 oz) per day
40 lbs	4 1/4 cups (25.5 oz) per day
50 lbs	5 cups (30 oz) per day
60 lbs	5 3/4 cups (35 oz) per day
70 lbs	6 1/2 cups (43 oz) per day
80 lbs	7 cups (43 oz) per day
90 lbs	7 3/4 cups (47 oz) per day

STEP 3

PREPARE POTATOES FOR GRAIN FREE DOG FOOD RECIPE

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:

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

ADD 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 or Corn oil in the ratio of 1.2 per 1 teaspoon of sunflower oil.

STEP 5

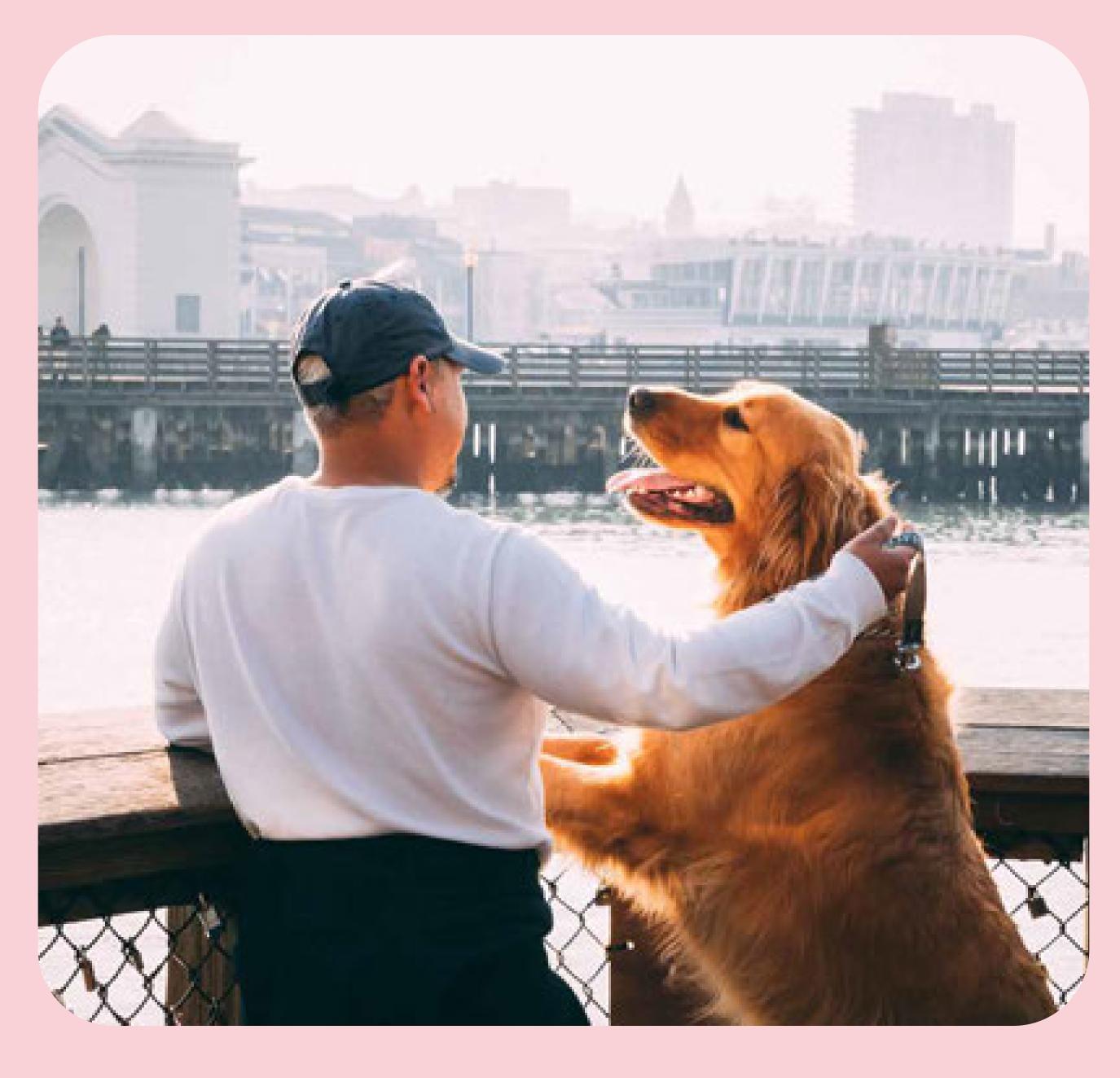
ADD VITAMINS TO HOMEMADE DOG FOOD

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.





VENISON.

INGREDIENTS

ounces

VENISON

cups

RICE



teaspoon

SUNFLOWER OIL



teaspoons

*4ZESTFOR Vitamins

PROTEIN	41.61%
FAT	8.49%
CARBOHYDRATES	45.18%

https://www.youtube.com/watch?v=LpDeWNNzkwl&feature=youtu.be

Watch this recipe on YouTube



FOR:









This recipe will yield approximately 2 ½ cups of food. Equating to 694 calories (Kcals), approximately enough servings of food for one day for a 25 lb dog to maintain weight.

GOOD **CHOICE**

PREPARING DEER MEAT FOR DOG FOOD

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

COOKING RICE FOR HOMEMADE DOG FOOD

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.

WEIGHT OF DOG / AMOUNT TO FEED

5 lbs	3/4 cup (4.4 oz) per day
10 lbs	1 1/4 cups (7.4 oz) per day
15 lbs	1 1/2 cups (10 oz) per day
20 lbs	2 cups (12.5 oz) per day
30 lbs	2 3/4 cups (17 oz) per day
40 lbs	3 1/2 cups (21 oz) per day
50 lbs	4 cups (25 oz) per day
60 lbs	4 3/4 cups (28 oz) per day
70 lbs	5 1/3 cups (32 oz) per day
80 lbs	5 3/4 cups (35 oz) per day
90 lbs	6 1/2 cups (39 oz) per day

STEP 3

ADD SUNFLOWER OIL TO VENISON DOG FOOD

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 4

ADD VITAMINS TO VENISON AND RICE DOG FOOD

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

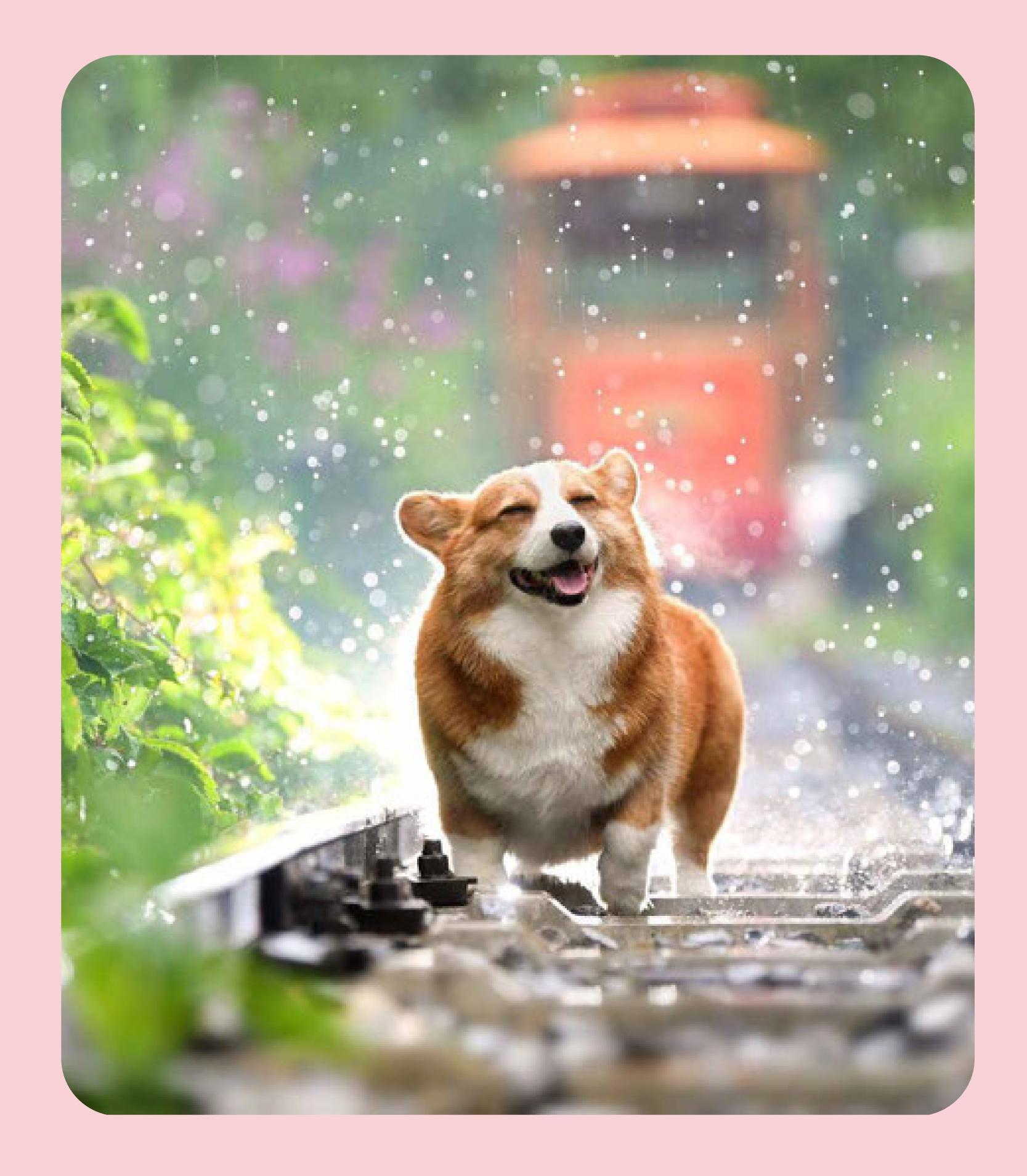
Heat destroys the potency of vitamins.

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.



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.



HOW MUCH VITAMIN SUPPLEMENT SHOULD I ADD? It's best to follow the recipes, each recipe has their own

amount of vitamin supplement to add, but as a general rule, add 1 1/4 teaspoons of vitamins per cup 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.





Mix 75% Old With 25% New Mix 50% Old With 50% New

Mix 25% Old With 75% New Feed 100% of

**AZESTFOR

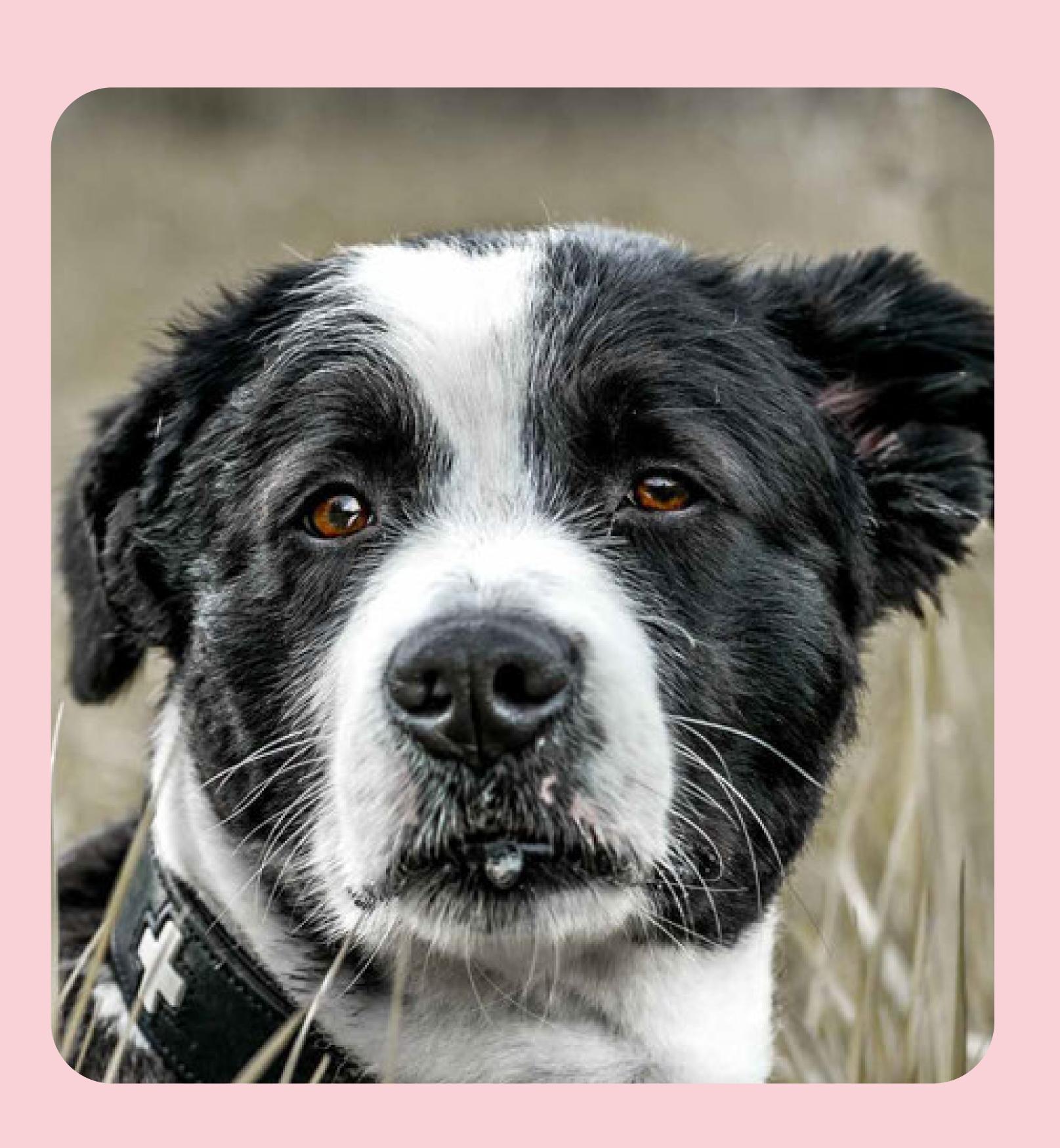
Homemade Dog Food

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.

HOW LONG CAN I STORE THE HOMEMADE DOG FOOD IN THE FRIDGE?

We recommend storing the food for no longer than 5-6 days in the fridge, but Azestfor Recipes are good for up to one year in the freezer. If you're planning to do this, we recommend pre-portioning them 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. Substituting frozen for fresh vegetables is fine. 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.

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

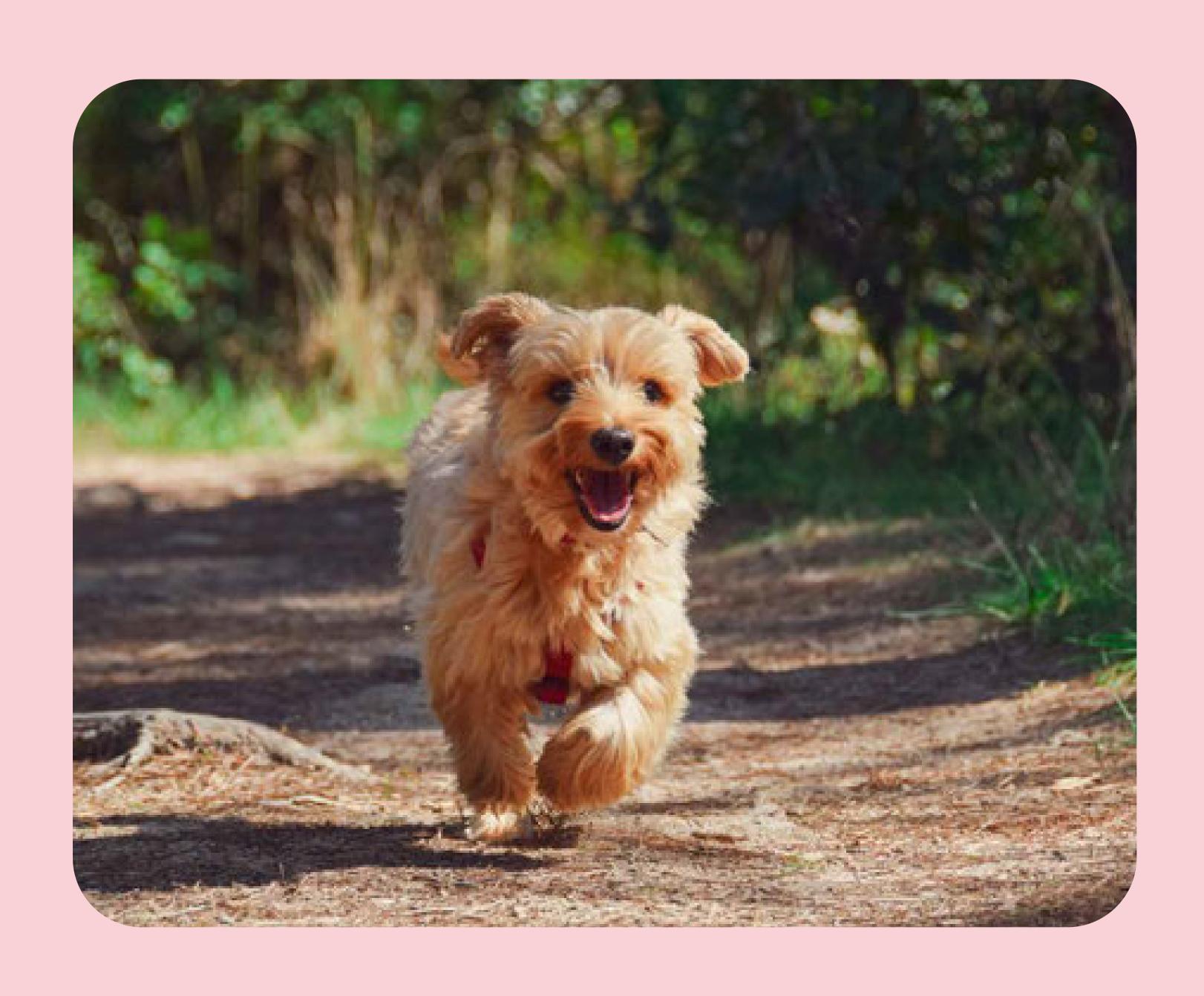
Important to thoroughly cook the starches in the recipes. If the starches are not cooked properly it may result in digestive upsets including gas or mucus in stool.

CAN I MIX THEM IN WITH KIBBLE TO MAKE THEM LAST?

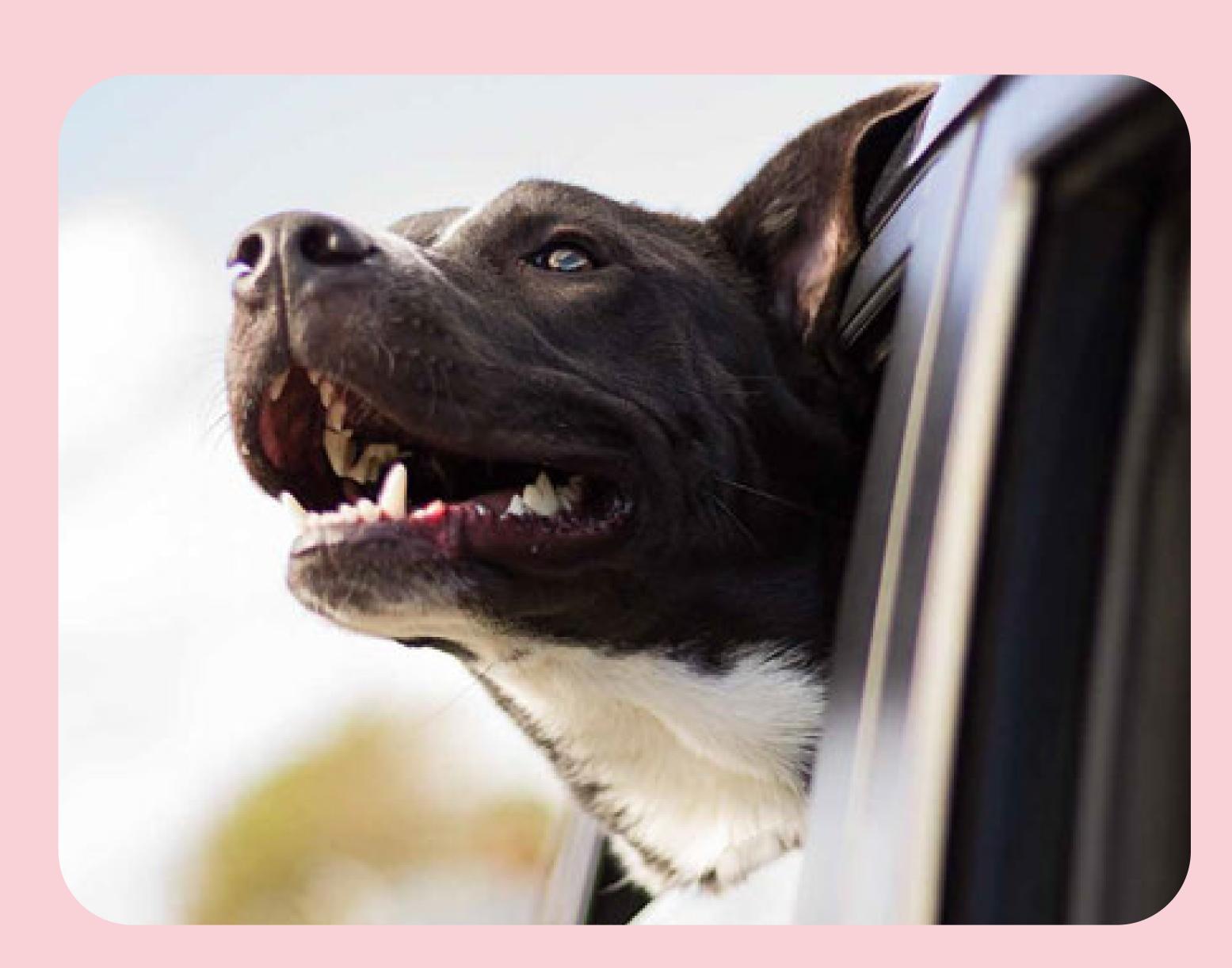
Yes you can use homemade dog food as a topper. You just need to add the vitamins to the quantity of homemade dog food you are feeding.

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.







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.