

WEEKLY MEAL PLAN

NAME:

WT

MON	TUE	WED	THURS	FRI	SAT	SUN
Silk Balls	Veggie Cubes	Silk Balls	Kidneys	Veggie Cubes	Silk Balls	Liver
	Chicken Legs		Dairy (Goats)	Chicken Legs		Dairy (Goats)
			Milk, Cottage			Milk, Cottage
			Cheese, or			Cheese, or
			Yogurt)			Yogurt)
	Deer, Elk,			Deer, Elk,		
	Moose, Goat,			Moose, Goat,		
	Turkey, Duck			Turkey, Duck		
*Uncooked & raw bones						

SUPPLEMENTS

We use our own mixture of probiotics (digestive enzymes), Sea Meal, Steamed Bone meal, Glucosimine, MSM, 500mg of Ester-C, kelp, & bee pollen, & Vita Coat.

Out of all of these, we highly recommend that you continue the probiotics, Sea Meal, Glucosimine, & Vita Coat.

SILK BALLS

VEGGIE CUBES

- 10 pounds hamburger meat
- 1 lg. box oatmeal
- 1 jar of wheat germ
- 1 1/4 cup veg oil
- 1 1/4 cup of unsulfured molasses
- 1 large can sweet potatoes (drained)
- 2 12 oz cans of beets (pureed)
- 10 raw eggs AND shells
- 10 envelopes of unflavored gelatin (knox)
- pinch of salt

Mix all ingredients together, much like you would a meat loaf. Roll into baseball sized balls and freeze. When feeding, divide as needed (1 ball per 50 lbs of dog per feeding)

- 4 cups cooked brown rice
- 1 big bag of frozen broccoli
- 1 big can of sweet potatoes
- 2 cans of beets
- 1/4 of veggie oil
- enough water to make it freeze

Mix ingredients in a blender. Pour the mixture into ice cube trays and give 5 or 6 cubes along with a couple chicken quarters.

DIET CALCULATIONS

\_\_\_\_\_ Dane's weight in lbs. x 16 = \_\_\_\_\_ ounces  
 \_\_\_\_\_ # of ounces x .02 = \_\_\_\_\_ ounces of food per day  
 \_\_\_\_\_ total ounces of food per day x .6 = \_\_\_\_\_ ounces of RMB (60% RMB RAW MEATY BONES)  
 \_\_\_\_\_ total ounces of food per day x .4 = \_\_\_\_\_ ounces of Veg. Patty mix. (40%)

Remember this is only a place to start! Dr. Billinghurst suggests feeding a puppy 10% of its body weight in food every day. An 11 lb. puppy would eat about a pound of food daily divided into 3 or 4 meals. If your dog is on the heavier side, reduce the RMBs and up the veggies. If your Dane is on the skinny side, up his/her RMBs. To know if your dog is 'just right,' rub the back of your hand. His/her ribs should feel the same.

As of \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ (date), my Dane should get every day \_\_\_\_\_ oz of RMB  
 \_\_\_\_\_ oz of Veggies