

VEGAN VET ADVICE TO MAKE BALANCED HOMEMADE DOG FOOD

The best sources of ingredients to supply all the nutrients needed

NUTS + SEEDS - 3%

- PURE PEANUT BUTTER
- TAHINI PASTE
- PUMPKIN SEEDS (GROUND)
- SUNFLOWER SEEDS (GROUND)
- (NO MACADAMIA NUTS)

OILS - 2%

- SUNFLOWER OIL
- RAPESEED OIL
- SESAME OIL
- ALGAE OIL

PROTEIN - 50%

- LENTILS (BEST SOAKED OR SPROUTED)
- RED KIDNEY BEANS
- TOFU
- TEXTURED VEGETABLE PROTEIN
- CHICKPEA, HEMP AND PEA PROTEIN - IN PROTEIN POWDER FORM FOR OPTIMUM ABSORPTION

FRUIT - 5%

- BANANAS
- APPLES AND PEARS (NO PIPS)
- ORANGES
- BLUEBERRIES
- RASPBERRIES
- BLACKBERRIES
- MELON
- (NO GRAPES OR RAISINS)

GREEN VEG - 10%

- KALE
- BROCCOLI
- GREEN BEANS
- ASPARAGUS
- COURGETTES
- CABBAGE
- BRUSSEL SPROUTS
- (SPINACH, BEET GREENS AND SWISS CHARD GOOD BUT IN MODERATION AS CONTAIN OXALATES)
- NO ONIONS OR LEEKS. GARLIC IN MODERATION

WHOLEGRAIN - 20%

- WHOLEWHEAT PASTA
- OATS
- QUINOA
- PEARL BARLEY
- BROWN RICE

COLOURFUL VEG - 10%

- SWEET POTATO WITHOUT SKIN
- ANY SQUASH
- SWEDE
- CAULIFLOWER
- CELERY
- PARSNIPS
- BEETROOT
- TURNIPS
- CARROTS

IMPORTANT TOP TIPS

- ALWAYS ENSURE THAT THE FOOD IS WELL COOKED, MASHED OR BLENDED FOR MAXIMUM ABSORPTION OF NUTRIENTS
- THE COOKED FOOD CAN BE BAKED PRE TOPPING FOR CRUNCH
- ALWAYS USE SUPPLEMENT AND VIT D3 ALGAE OIL WHEN HOMECOOKING. THESE CONTAIN VALUABLE VITAMINS, AMINO ACIDS, MINERALS, AND PROBIOTICS
- THE SUPPLEMENT AND ALGAE OIL MUST NEVER BE HEATED. CAN BE MADE INTO A PASTE WITH SOME PLANT-BASED MILK AND PURE PEANUT BUTTER OR ADDED TO COOLED COOKED FOOD
- THIS GUIDE IS FOR ADULT DOGS ONLY. PLEASE GET IN TOUCH IF YOU HAVE A PUPPY AS THEY HAVE EXTRA REQUIREMENTS

TOP URINARY ACIDIFIERS

FOR PREVENTION OF STRUVITE CRYSTALS ADD THE FOLLOWING

- SUPPLEMENT CONTAINING METHIONINE
- BROWN RICE
- ASPARAGUS
- CRANBERRIES

TOP VIT D3 SOURCE

- ALGAE OIL FROM VEGETOLOGY
- MUSHROOMS UV RADIATED IN SUNLIGHT

INGREDIENTS FOR FUSSY DOGS

- TAHINI PASTE
- NUTRITIONAL YEAST
- PURE PEANUT BUTTER
- SESAME OIL

Interested in learning more? We also offer a plant-based nutrition course

www.dogsgo-plantbased.co.uk/plant-based-dog-nutrition-course

THANK YOU FOR BEING KIND TO YOUR DOG AND OUR PLANET

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TRY THESE FAMILY RECIPES ON YOUR DOG

Umami Homemade Recipe

Method

1. SOAK LENTILS IN WATER FOR A DAY BEFORE COOKING AND RINSE WELL. SPROUTED LENTILS CAN BE USED FOR MAXIMUM BENEFIT OF NUTRIENTS.
2. COOK RINSED QUINOA, PEAS, LENTILS AND VEGETABLES TOGETHER IN WATER AND BLEND WELL.
3. COMBINE WITH COOKED PASTA
4. ONCE COOLED STIR IN SUPPLEMENT, OILS AND COCONUT. IF SOLID THEN SPREAD AS A TOPPING ON FOOD
5. PORTION, REFRIGERATE OR FREEZE FUTURE MEALS
6. DEFROST NEXT DAY'S MEAL THE DAY BEFORE

	5kg dog	15kg dog	25kg dog
Number of days	6 DAYS	3 DAYS	3 DAYS
Quinoa – dry weight	70g	90g	150g
Frozen green peas	150g	200g	400g
Cauliflower, carrots and kale	400g	400g	700g
Red lentils - raw weight	300g	300g	400g
Wholewheat pasta -dry weight	200g	250g	400g
Algae oil	1 tsp	1 tsp	2 tsp
Sunflower oil	25g	25g	50g
Desiccated coconut	30g	40g	50g
JUST BE KIND Supplement	4 tsp	2 ½ tbsp	3 ½ tbsp

Terrific Tofu and Turmeric Homemade Recipe

Method

1. BOIL TINNED DRAINED LENTILS, VEGETABLES (NOT CARROTS), KIDNEY BEANS, AND RINSED QUINOA TOGETHER UNTIL SOFT.
2. BLEND/MASH THE MIXTURE
3. ADD GRATED RAW CARROT, CHOPPED TOFU, TURMERIC, A GRIND OF BLACK PEPPER AND OATS
4. ADD HOT WATER IF TOO DRY (CONSISTENCY SHOULD BE LIKE THICK PORRIDGE)
5. TURN MIXTURE OUT ONTO TRAY
6. BAKE FOR 30 MINUTES IF CRUNCH DESIRED
7. LEAVE TO COOL FULLY
8. MAKE A TOPPING USING SUPPLEMENT, VIT D3 ALGAE AND SESAME OIL
9. SPREAD TOPPING ON COOLED FOOD
10. PORTION, REFRIGERATE AND FREEZE FUTURE MEALS
11. DEFROST NEXT DAY'S MEALS THE DAY BEFORE

	5kg dog	15kg dog	25kg dog
Number of days	6 DAYS	3 DAYS	3 DAYS
Tofu	250g	200g	300g
Drained tinned lentils	150g	200g	300g
Cauliflower, green beans, courgettes	120g	100g	150g
Grated carrots	120g	100g	150g
Drained tinned kidney beans	120g	200g	250g
Quinoa – dry weight	20g	50g	50g
Oats – dry weight	150g	250g	350g
Algae oil	1 tsp	1 tsp	2 tsp
Sesame oil	25g	25g	50g
Turmeric	1 tsp	1 tsp	1 tsp
JUST BE KIND Supplement	4 tsp	2 ½ tbsp	3 ½ tbsp

DOSE OF VEGETOLOGY OMEGA 3 & PURE VIT D3 FOR YOUR DOG

DOGS DO SEEM TO LOVE THE 'UMAMI' FLAVOUR OF ALGAE OIL AND THE CAPSULES CAN BE FED WHOLE TO LARGER DOGS. THE DOSE OF VEGETOLOGY ALGAE OIL IS 2 CAPSULES OR 1 TSP A WEEK FOR A 5KG DOG, 4 CAPSULES OR 2 TSP A WEEK FOR A 15KG DOG, 1 CAPSULE DAILY OR 1/2 TSP DAILY FOR A 25KG DOG AND 1-2 CAPSULES DAILY OR 1 TSP DAILY FOR A 30KG+ DOG

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