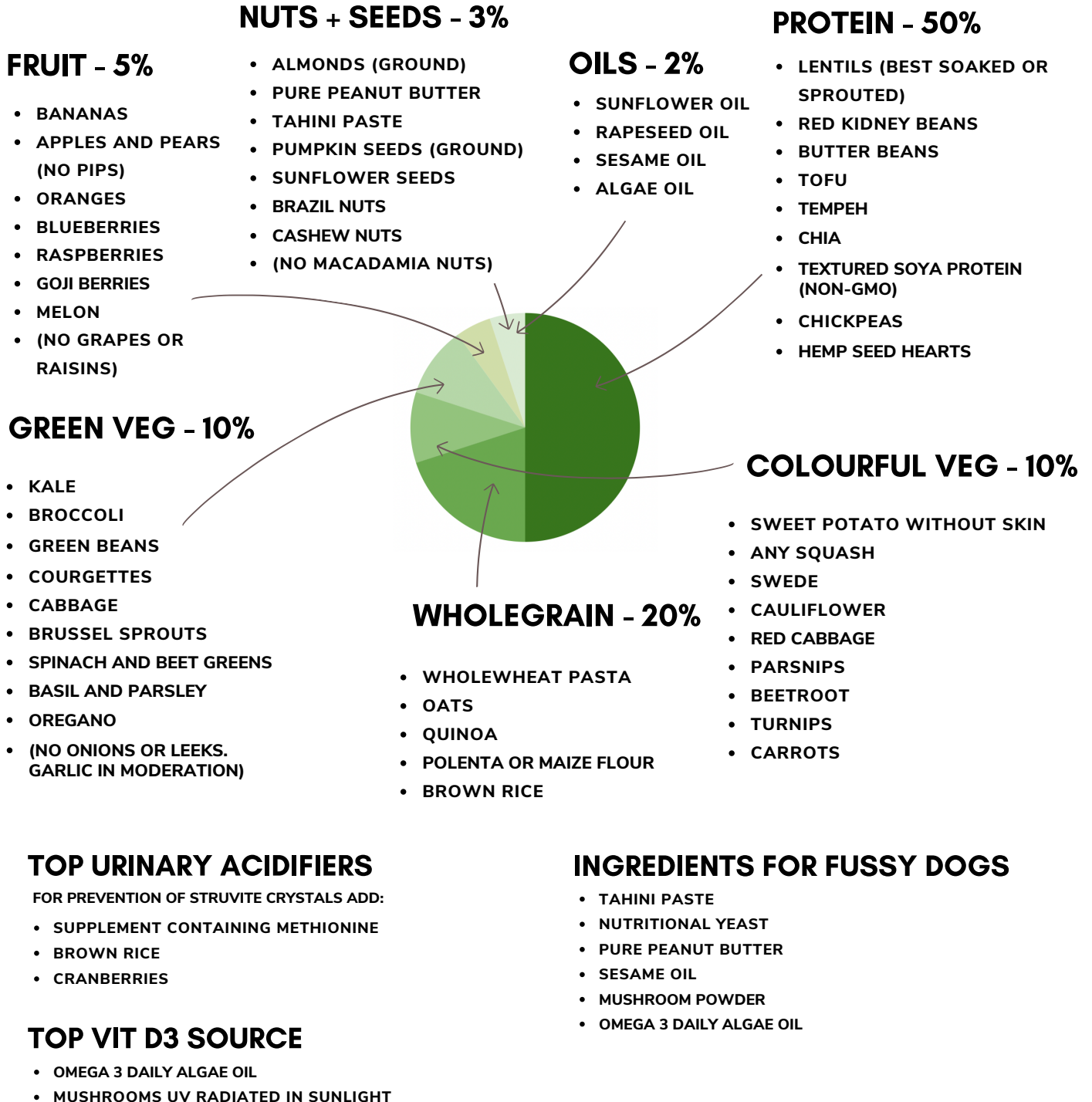


Try adding in these delicious ingredients to your dog's diet with percentages of calories needed to guide you



Interested in learning more? We offer a Plant-Based Dog Nutrition Masterclass at:

www.dogsgo-plantbased.co.uk

THANK YOU FOR BEING KIND TO YOUR DOG AND OUR PLANET

www.justbekind.co.uk

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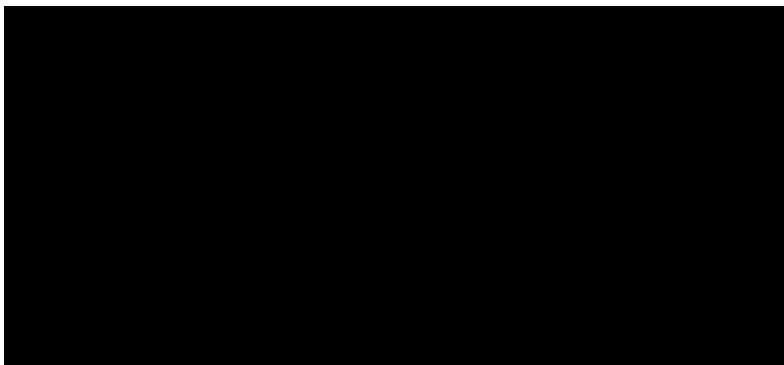
TRY PREPARING THIS EASY NUTRITIOUS RECIPE FOR YOUR DOG

DAILY AMOUNT TO FEED

INGREDIENTS	5KG DOG	15KG DOG	25KG DOG
FRESH TOFU	70g	120g	220g
COOKED LENTILS	45g	100g	150g
COOKED VEGETABLES	30g	50g	80g
FRUIT	30g	40g	80g
SUNFLOWER OIL	3g	6g	12g
ALGAE OIL	2g	4g	8g
JUST BE KIND SUPPLEMENT	4g or 1tsp	10g or 2 ½ tsp	18g or 4tsp

IMPORTANT TOP TIPS WHEN HOME COOKING

- FEED AS MUCH COLOUR AND DIVERSITY AS POSSIBLE TO ENHANCE YOUR DOG'S GUT MICROBIOME
- ANY FOODS THAT YOU CAN EAT RAW, THEY CAN BE FED RAW TO YOUR DOG TOO SUCH AS CARROTS, CUCUMBER, COURGETTE, RED PEPPERS
- IF DRIED LENTILS ARE USED, SOAK THEM OVERNIGHT AND RINSE WELL PRIOR TO COOKING
- ENSURE THAT ONCE COOKED, THE FOOD IS WELL MASHED OR BLENDED FOR MAXIMUM ABSORPTION OF NUTRIENTS, ESPECIALLY COOKED BEANS
- ENSURE THAT YOU WASH ALL BOUGHT FRUIT AND VEGETABLES AS YOU WOULD FOR YOURSELF
- ALWAYS USE JUST BE KIND SUPPLEMENT AND OMEGA 3 DAILY (WITH THE ADDED VIT D3 + ANTIOXIDANTS) WHEN HOME COOKING. THESE CONTAIN VALUABLE VITAMINS, AMINO ACIDS, MINERALS AND PROBIOTICS
- THE COOKED FOOD CAN BE BAKED PRE-TOPPING FOR AN EXTRA CRUNCH
- THE SUPPLEMENT MUST BE ADDED TO COOLED COOKED FOOD AND MUST NEVER BE HEATED. CAN BE MADE INTO A PASTE WITH SOME PLANT-BASED MILK AND PURE PEANUT BUTTER
- CHOOSE ORGANIC OR HOMEGROWN INGREDIENTS WHERE POSSIBLE TO REDUCE PESTICIDE RISK



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