

## Sarita's recipes for Zoey and Kona Shoemaker

### Zoey and Kona's Meal Plan Dec 2019



Not based on anything but common sense that we need to fuel our bodies with good nutrient-dense food so why wouldn't that apply to our

dogs? No doctor has approved or guided our choices. The pet food industry was useless in helping us balance the fat/protein/carb intake information.

Zoey is the following ingredients and measure amounts, Kona is double these for now. When he is off kibble completely he will get 3x these measurements (except chia and flax he will get double).

Also, I keep the same recipe until the items are gone. So if I open a can of green beans then we use those until the can is gone. Neither dog has complained.

When I bake sweet potatoes I usually do 3 large ones in a baking La Crueuset in a ton of water. 1 spud works for both dogs for 1 day. I leave the skin on and the funky tips.

When I make rice or quinoa I begin with 3 cups of water and 1.5 of the grain/rice. This lasts for 3 days (6 meals).

To make the crushed pulverized egg shells I collect them up from Randy making his breakfast and rinse them then

let them air dry and put them in my mini-food processor grinding until they are super tiny flecks. I add about 3T of water to 4 egg's shells. That lasts a week.

I buy the giant 6-pack of chicken from Costco. 1 pack will last me 3 days (6 meals). I rinse chicken and place in La Crueuset pot fill with about 1-2 inches above the chicken (to make 'chicken soup water') and bake at 350 for about an hour. It falls off the bone. I also do this with chicken breast if that's what I get at Costco. Randy convinced me that the fat is a good thing for the dogs...who am I to argue, right?



The following are my loose recipes.

Just remember you do not need to "flavor" anything up. Also, if you can give them organic I would. If you have a dog on kibble slowly ween them off so their bodies are not shocked. If you tell your Vet you are doing this be prepared to be judged and them be irritated that you aren't interested in buying the dog food they offer at their clinic...stay strong!

## Sarita's recipes for Zoey and Kona Shoemaker

1)

Chicken 1/2c shredded or a chunk (so she has to chew more...inspiring the first stage of digestion: SALIVA)

1/2c whole grain rice

1/3c shredded carrots

1/4t of crushed egg shells

1T of chicken soup juice

2)

Chicken 1/2c shredded or a chunk (so she has to chew more...inspiring the first stage of digestion: SALIVA)

1/4c whole grain rice

1/4c dry oats (not instant)

1/3c baked sweet potato (or yam)

1/4t of crushed egg shells

1T of chicken soup juice

3)

1/2 jumbo scrambled egg (no seasoning cooked in pan not requiring oils)

1/4c dry oats

1/3c green beans

1t chia seeds

1t flax seed

1/4t of crushed egg shells

1T of chicken soup juice

4)

Chicken 1/2c shredded or a chunk (so she has to chew more...inspiring the first stage of digestion: SALIVA)

1/2c quinoa

1/4c shredded zucchini

1/3c baked sweet potato (or yam)

1/4t of crushed egg shells

1T of chicken soup juice

5)

Chicken 1/2c shredded or a chunk (so she has to chew more...inspiring the first stage of digestion: SALIVA)

1/2c quinoa

1/2c frozen (but thawed to room temp in warm water) sweet corn

1/3c baked sweet potato (or yam)

1/4t of crushed egg shells

6)

Chicken 1/2c shredded or a chunk (so she has to chew more...inspiring the first stage of digestion: SALIVA)

1/3c quinoa

1/2 apple chopped, remove core (dogs should not have apple seeds)

1/3c boiled russet or yellow potato

1/4t of crushed egg shells

My dogs eat twice. 7am and 6pm.

We walk Kona every other day in the AM into the Ute Valley mountains and Zoey stays on flat ground at the park on grass or snow (she loves snow...so does Kona).

Both dogs walk 30-45 minutes every afternoon at the park. I zig-zag across the grass to give them the enjoyment of NOT CONCRETE, CEMENT, FLOORING...real planet earth between their toes.

If we have enough energy they get a 15 minute walk at 7pm, or just a potty break outside.



Let me know how your pets do!

xoxo

Sarita, Randy, Kona and Zoey

Piper (our cat) would have NOTHING to do with this although I did get her to lick up a tablespoon of the chicken juice!