

# Quick Start Guide

**How to create outstanding dog health for life**



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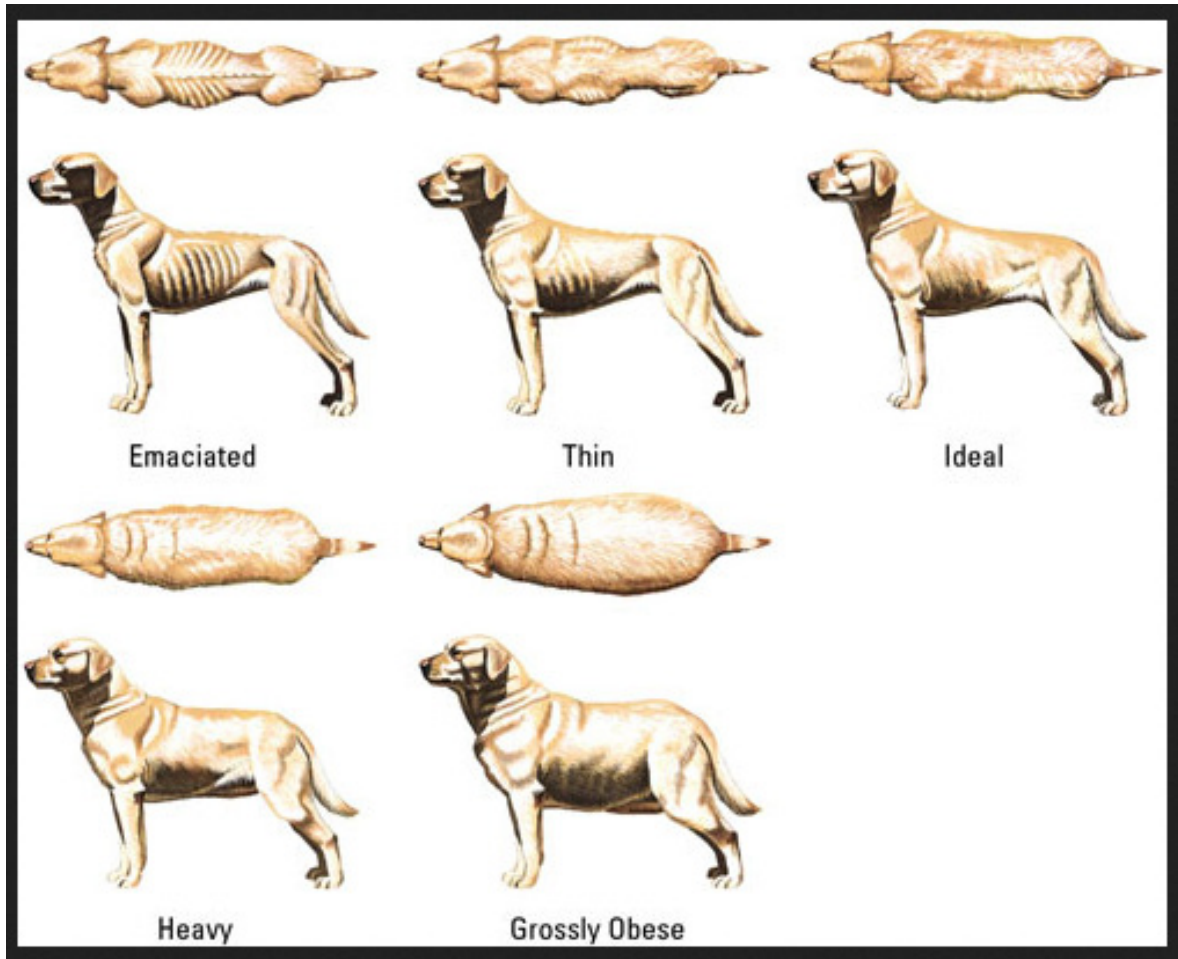
Dogs Name							
Current Weight							
Ideal Weight							
Current Health Condition							
Current Medications							
	Sun	Mon	Tues	Weds	Thurs	Fri	Sat
Food Weight to Feed Daily							
Fast Day/s							
Exercise Days							
Food Choice Wk1							
Food Choice Wk2							
Food Choice Wk3							
Food Choice Wk4							
Supplement Days							
What to Watch Out For i.e. - bone manners							

1. Decide if you want to switch "cold turkey", or gradually. If your dog is generally healthy, go cold turkey. If they have health problems, particularly in the GI tract or they're older dogs or have difficulty getting started then switch gradually. And it's ok to begin feeding commercial ready-made raw meals, keep the ingredients simple to start with. See the resource guide for suppliers.
2. Begin with one meat source the first week, feeding once per day. Chicken or Tripe are good starter foods.
3. Feed large pieces or whole carcass so your dog has to work on it. This is excellent employment of their time. Initially, if you prefer, feed the pre-ground ready-made raw commercial foods (single meat & bone ingredient first i.e. chicken).

- **Small Dog Example:** An 8 to 14lb or 3.6 to 6.3 kg dog (Maltese, Shih tzu, Yorkshire Terrier, Bichon Frise Pekingese, Chihuahua, Pug, King Charles Spaniel, Miniature Poodle, Dachshunds, Jack Russell Terrier, West Highland Terrier).
- Feed chicken wings & necks, turkey neck portions, chicken breast, green tripe or pre-made all in one raw meals.
- **Medium Dog Example:** A 25 to 50lb or 11.3 to 22.6kg dog. (Staffordshire Bull Terrier, American Staffordshire Terrier, Wheaten Terrier, American Pit Bull Terrier, Spaniels, Beagle, Bulldog, Schnauzer, Kelpie, Australian Cattle Dog, Border Collie).
- Feed chicken backs (whole frames), turkey necks, green tripe or pre-made all in one raw meals.
- **Large Dog Example:** A 65 to 120lb or 29.5 to 54.4kg dog. (Dobermann, Labrador Retriever, Golden Retriever, Giant Schnauzer, Great Dane, German Shepherd, Dalmatian, Boxer, Rottweiler, Old English Sheepdog, Weimaraner, American Foxhound, Bloodhound, Husky, Greyhound, Irish Wolfhound, Afghan Hound, American Bulldog)
- Feed large chicken backs (whole frames), turkey necks, green tripe or pre-made all in one raw meals.

- Depending on appetite (healthy appetite, finicky eater or doesn't eat much), size and weight, vary the size and number of pieces of food given daily.

Feed roughly 2-3% of dog's lean body weight for medium/large dogs and 3-5% for small dogs per day. Allow the dog to dictate its needs to start and keep an eye on ribcage for condition - pinch a thin layer of fat over them. Aim for the ideal size below.



- Each following week, work in another food source as per sample menu.
- After the first 4 weeks, work in fish once a week, raw eggs 2 days per week, (1 egg small dog, 2 eggs medium dog, 3 eggs large dog) some blended, crushed or fine grated vegetables/salad greens/edible herbs once a week minimum and some offal, liver/kidney etc mixed into several meals per week or as one main meal per fortnight.

Also add in the 4 supplements to 3 alternate days' meals each week.

For convenience: Some commercial raw food meals come as ready mixed all in one balanced meals. Mix several of these meals in each week if you prefer and according to budget/convenience.

7. Always have fresh filtered water available.
8. Keep your eyes open for other food sources like rabbit, turkey necks, green tripe, buffalo, kangaroo and venison etc.
9. There may be some diarrhea, mood swings and barfing from the first week or two as part of the body's detoxification process, this will pass.

If your dog is starting out with a serious health problem, especially in the gastrointestinal tract, you will need to consult a holistic health practitioner and plan out a 6 to 12 month roadmap to recovery.

10. Work in one fast day per week for healthy dogs over 12 months old, after your dog has settled on the new diet.
11. Puppies can be put straight onto 3-4 raw food meals the first day you pick them up usually at 7 to 10 weeks of age. I recommend green tripe, chicken pieces, lamb breast, canned sardines and egg with a little offal and pureed veg.
12. Feed adult dogs whatever time of day suits you.
13. Balance out the feeding of minimum 4 to 5 animal choices plus eggs, organs and a little vegetable matter over a whole month and don't worry if one week you only have one source of meat available, mix in other choices the following week.
14. If feeding indoor grain fed meat, supplement with some fish/krill oil and vitamin E oil twice per week.

Fish/Krill oil - ½tsp for a small dog, 1½tsp for a medium dog and 2½tsp for a large dog. Vitamin E oil (natural mixed tocopherol) - 50IU per day for small dogs, 200IU medium dogs and 400IU for large dogs.

15. Don't worry too much about getting things perfect, just give your dog the amount he or she wants and watch the overall weight. I find generally dogs tend to balance out their weight naturally on this diet.

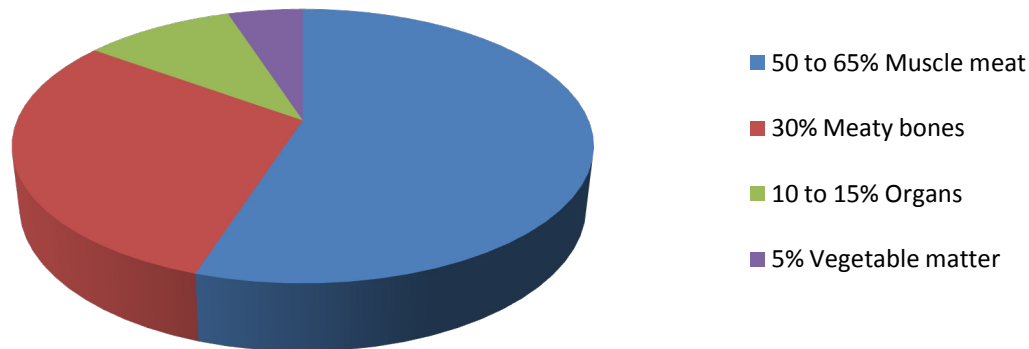
Feed around 50 to 65% boneless muscle meat

Feed around 30% meaty bones

Feed around 10 to 15% organs

Feed around 5% vegetable matter

### % of Each Food Group to Feed



You won't be feeding all the food groups at once, so one day it's 65% muscle meat, 30% meaty bones and 5% veg. The next day it could be 100% muscle meat.

The point being, you can vary the food greatly over the month but overall for that month you have fed the blue portion of the pie as muscle meat, the red portion as meaty bones, the green portion as organs and the purple portion as vegetable matter.

**1 Months Food Needs by Weight-Example:** Bichon Frisé weighing 15lb or 7kg and is medium energy. Daily food requirement is 4% of lean body weight (15lb x 4% = 0.6 x 16 = 9.6oz or 270g of food per day)

For the whole month's food requirement: 9.6oz x 31 days = 18.6lb or 8.3kg

18.6 x 50-65% (muscle meat) = 9.3lb-12.9lb or 4.165kg-5.78kg

18.6 x 30% (meaty bones) = 5.58lb or 2.5kg

18.6 x 10-15% (Organs) = 1.86lb-2.79lb or 833g-1.25kg

18.6 x 5% (Veg.) = 0.93lb or 417g

So for the whole month the Bichon would get around 11lb of muscle meat, 5 1/2lb of meaty bones, around 2 1/4lb of organs and 1lb of vegetable matter. Use this calculator to help: <http://www.conversion-converter-calculator.com>

**Meat Examples:**

Minced beef/turkey/chicken/lamb/buffalo/pork/goat/chicken/turkey breast/eggs/ heart/ox tongue.

**Meaty Bones Examples:**

Chicken/turkey necks/chicken frames/quarters & wings/lamb breast/rack of lamb rib/lamb neck/half/whole rabbit/ox tail/pork trotter/beef rib.

**Organ Examples:**

Liver/kidney/trachea/spleen/gullet/lung/turkey giblets/chicken giblets.

**Vegetables & Fruit examples:**

Carrot/broccoli/cabbage/zucchini/lettuce/spinach/cress/parsley/dandelion/cantaloupe/apple/pear/banana.

Remember, your dog's new diet will mean greater energy levels and newfound enthusiasm so please be prepared to get out and drain your dogs energy levels on a daily basis.

I highly recommend a session of throw and fetch at the park, in your yard or if walking, it's important to be out at least 45 minutes twice per day at a good pace or power walking for a minimum of 3 good power walks of 30 minutes per week - great way to get yourself fit too!

**Example Switchover Menu for 25lb Dog: Week 1**

<b>25lb Dog of Average Energy Feeding 3% of Lean Body Weight Per Day</b>	
<b>Week 1:</b>	<b>3/4lb per day of Chicken back/necks/quarters/breast in 1 main meal per day</b>
<b>Mon:</b>	1 chicken back & 1 chicken neck/s = 1/2lb, plus 1/4lb of chicken breast to = 3/4lb of food for the day.
<b>Tues:</b>	The same as Monday.
<b>Weds:</b>	3/4lb of whole/diced chicken breast.
<b>Thurs:</b>	The same as Wednesday.
<b>Fri:</b>	3/4lb Minced all in one (bone in) chicken meal.
<b>Sat:</b>	3/4lb of whole/diced chicken breast.
<b>Sun:</b>	1 chicken back & 1 chicken neck/s = 1/2lb, plus 1/4lb of chicken breast to = 3/4lb of food for the day.

<b>Week 2:</b>	<b>3/4lb of Lamb breast/mince/neck in 1 main meal per day</b> <b>Plus add in Chicken over the week</b>
<b>Mon:</b>	1/4lb of lamb breast and 1/2lb of minced lamb.
<b>Tues:</b>	1 chicken back & 1 chicken neck/s = 1/2lb, plus 1/4lb of chicken breast to = 3/4lb of food for the day.
<b>Weds:</b>	3/4lb Minced all in one lamb meal.
<b>Thurs:</b>	3/4lb Minced all in one chicken meal.
<b>Fri:</b>	3/4lb of whole/diced lamb.
<b>Sat:</b>	3/4lb of whole/diced chicken breast.
<b>Sun:</b>	1/4lb of lamb breast and 1/2lb of minced lamb.
<b>Week 3:</b>	<b>3/4lb of raw green beef tripe in 1 main meal per day</b> <b>Plus add in Chicken &amp; Lamb over the week</b>
<b>Mon:</b>	3/4lb of raw green tripe in one main meal.
<b>Tues:</b>	1 chicken back & 1 chicken neck/s = 1/2lb, plus 1/4lb of chicken breast to = 3/4lb of food for the day.
<b>Weds:</b>	3/4lb Minced all in one lamb meal.
<b>Thurs:</b>	3/4lb of raw green tripe in one main meal.
<b>Fri:</b>	3/4lb of whole/diced chicken breast.
<b>Sat:</b>	1/4lb of lamb breast and 1/2lb of minced lamb.
<b>Sun:</b>	3/4lb of raw green tripe in one main meal.



<b>Week 4:</b>	<b>3/4lb of beef heart/mince/meaty rib bone/minced organ blend in 1 main meal per week</b>  <b>Plus add in Chicken, lamb &amp; Tripe over the week</b>
<b>Mon:</b>	3/4lb of raw green tripe in one main meal.
<b>Tues:</b>	1 chicken back & 1 chicken neck/s = 1/2lb, plus 1/4lb of chicken breast to = 3/4lb of food for the day.
<b>Weds:</b>	1/4lb sliced beef heart or ox tongue with 3/4lb minced organ blend.
<b>Thurs:</b>	1/4lb of lamb breast and 1/2lb of minced lamb.
<b>Fri:</b>	3/4lb Minced all in one beef meal or beef mince
<b>Sat:</b>	3/4lb of whole/diced chicken breast.
<b>Sun:</b>	3/4lb of raw green tripe in one main meal.

By following this sample switchover menu you will know what meats your dog is happy with over the month. You can also use commercial raw pre-made meals for extra convenience.

From week 5 you can now mix up each daily meal with various choices or whatever you have on hand.

Also from week 5 mix in various other muscle meats, meaty bones and/or all in one pre-made commercial raw food meals, plus eggs, some organ foods such as liver/kidney/spleen/trachea/giblets etc and a little crushed, mashed or pureed vegetable/salad/edible herbs and the supplements.

Use the percentage of each food group to balance the diet over the month.

Use supplements as per guidelines.

If you just want to print out the table on page 2, (not the entire 9 pages) right click on the table and click print or Ctrl+P, then under Print Range, select current page and click ok.