

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		

*Other Variations: (1) Add uncooked & raw bones to the above, (2) FreshPet Vital Grain Free, or (3) FreshPet Vital RAW

SILK BALLS	VEGGIE CUBES
<p>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</p> <p>Mix all ingredients together, much like you would a meatloaf. Roll into baseball sized balls and freeze. When feeding, divide as needed (1 ball per dog per feeding)</p>	<p>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</p> <p>Mix ingredients in a blender. Pour the mixture into ice cube trays and give 5 or 6 cubes along with a couple chicken quarters.</p>
BEEF YOGURT PUPS	FROZEN BEEF-BOSTON YUMS
<p>16 ounces plain nonfat yogurt 3/4 cup water 1 tablespoon Beef bouillon granules</p> <p>Dissolve bouillon in water, Combine water and yogurt in blender and blend thoroughly, Pour into small containers for freezing, cover and freeze</p>	<p>1 cup water 1 cube beef bouillon 4 small pieces of beef</p> <p>Dissolve bouillon in water and tear meat into smaller pieces about 1/2 inch squares. Freeze in ice trays for about 12 hours or until solid. Great for hot days!</p>

DIET CALCULATIONS	
<p>_____ Bostons 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%)</p>	<p>Remember this is only a place to start! Dr. Billingham 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.</p>
<p>As of _____ / _____ / _____ (date), my Boston should get every day _____ oz of RMB _____ oz of Veggies</p>	