

The
Healthy
Barker



*Nutritious and Delicious Canine Cuisine
Delivered Fresh to Your Door*

www.thehealthybarker.ca | 519-342-1191

Home Cooked Dog Food Recipe

This recipe will make about 10 cups of dog.

Protein – 2 lbs (454 grams) weighed after the meat is cooked. This can include,

- Chicken
- Turkey
- Beef (Chuck beef is a nice selection)
- Venison
- Kangaroo
- Fish, such as salmon, sardines, cod

Three cups of vegetables. Two of them being a root vegetable and the other a green leafy vegetable. This can include,

Root Vegetables – measure before cooking

- Sweet Potatoes
- White, Russet potatoes
- Beets
- Carrots
- Parsnips

Leafy Green Vegetables – measure before cooking

- Spinach
- Kale
- Collard Greens
- Dandelion Leaves
- Parsley
- Beet Greens

Other Vegetables – measure before cooking

- Broccoli
- Green or Yellow Beans
- Zucchini
- Squash
- Pumpkin (may cause diarrhea)
- Asparagus
- Peas

Two Servings of Fruit (1/2 a cup each serving)

- Cranberries
- Apples
- Blueberries
- Pears

Probiotic – ½ cup

- Kefir or
- Yogurt (non-flavoured)

Omega 3 and 6

- 2 tablespoon of safflower oil
- 2 tsp of a fish oil

The Healthy Barker Whole Food Supplement

- 60 grams (about 3 tablespoons)

The Healthy Barker will be more than happy to assist you in preparation instructions if you are unsure. Just send us an email and we will provide you with full instructions.