



JustFoodforDogs®

# Fish & Sweet Potato

Recipe, Cooking Instructions  
& Feeding Guidelines



Yields  
approximately

**12 lbs**  
of food

## Recipe Ingredients

Yields  
approximately

**6 lbs**  
of food

### Large Batch

### Small Batch

**4 lbs 10 oz Whitefish**  
deboned (Cod, Pollock, or Haddock)

**3 lbs 3 oz Sweet Potatoes**  
With Skin

**3 lbs 3 oz Russet Potatoes**  
With skin

**6 oz Green Beans**  
Finely chopped

**6 oz Broccoli**  
Finally chopped

**4 oz Sunflower Oil**

**2 oz Lemon Juice**

**1½ oz Flaxseed**  
Ground

**½ oz Dried Seaweed**  
(e.g. unseasoned Nori)

**2 tbsps Fish & Sweet  
Potatoes DIY Nutrient Blend**

**2 lbs 5 oz Whitefish**  
deboned (Cod, Pollock, or Haddock)

**1 lbs 10 oz Sweet Potatoes**  
With Skin

**1 lbs 10 oz Russet Potatoes**  
with skin

**3 oz Green Beans**  
Finely chopped

**3 oz Broccoli**  
Finally chopped

**2 oz Sunflower Oil**

**1 oz Lemon Juice**

**¾ oz Flaxseed**  
Ground

**¼ oz Dried Seaweed**  
(e.g. unseasoned Nori)

**1 tbsps Fish & Sweet  
Potatoes DIY Nutrient Blend**

All weights indicated are raw or dry weight.

25.11

**To determine the batch size for cooking:** refer to the feeding guide chart for days of food supply per your dog's weight and batch yield.



## Stovetop Cooking Instructions

### Preparation

1. Wash all fruits and vegetables thoroughly. Use fresh vegetables whenever possible, but if one or two items are purchased frozen, make sure there are no added ingredients such as salt or sugar.
2. Make sure to use potatoes without shades of green or signs of aging.
3. Prepare a one-quart ice bath. Once the potatoes are cooked, the ice will be used to cool them and to stop the cooking process so they retain their texture.

### Cooking

1. Place whitefish on a parchment-lined baking sheet and place the sheet in a preheated oven at 350°F. Cook for 15-20 minutes or until fully cooked. Let cool to the touch.
2. Steam or boil green beans and broccoli until soft. Let cool.
3. Choose a pot that will hold all the potatoes, add water and bring to a rapid boil. In the meantime, dice the russet and sweet potatoes (do not peel) to an appropriate bite size for your dog. Add potatoes to the water and lower heat to a simmer. Cook for 10-15 minutes or until fully cooked (soft to the touch). Add ice to stop the cooking process. Drain. Let the potatoes cool to the touch.
4. In a large mixing bowl, combine all ingredients, including safflower oil, lemon juice, flaxseed meal and dried seaweed. Slowly sprinkle in DIY Nutrient Blend until fully incorporated. Mix thoroughly.
5. Portion into individual serving sizes and store in freezer or refrigerator. Stored in the refrigerator, this recipe will stay fresh for up to 4 days. In the freezer, it can be stored for up to 3 months.



## Instant Pot Cooking Instructions

### Preparation

1. Wash all vegetables thoroughly.
2. Finely chop or dice all vegetables.
3. Use fresh fruits and vegetables whenever possible, but if 1 or 2 items must be frozen, make sure there are no added ingredients such as salt or sugar.
4. Make sure to use potatoes without shades of green or signs of aging.
5. Cut whitefish into smaller portions.

### Cooking

1. Add whitefish, russet potatoes, sweet potatoes, green beans, and broccoli to the Instant Pot along with 1 cup of water. To avoid a "Burn Error," be sure to mix well and scrape the bottom of the pot after adding water.
2. Set Instant Pot setting to "Pressure Cook" for 10 minutes..
3. After the 10-minute timer goes off, release pressure and check to see if ingredients are thoroughly cooked (soft to the touch). Simmer for an additional 10 minutes, if needed.
4. After it has completely cooled to the touch, place the food in a large mixing bowl and combine all ingredients, including safflower oil, lemon juice, flaxseed meal and dried seaweed. Slowly sprinkle in DIY Nutrient Blend until fully incorporated. Mix thoroughly.
5. Portion into individual serving sizes and store in refrigerator or freezer. Stored in the refrigerator this recipe will stay fresh 3-4 days and up to one year in the freezer.



## Slow Cooker Cooking Instructions

### Preparation

1. Wash all vegetables thoroughly.
2. Finely chop or dice all vegetables.
3. Use fresh fruits and vegetables whenever possible, but if 1 or 2 items must be frozen, make sure there are no added ingredients such as salt or sugar.
4. Make sure to use potatoes without shades of green or signs of aging.
5. Cut whitefish into smaller portions.

### Cooking

1. Add whitefish, russet potatoes, sweet potatoes, green beans, and broccoli to the slow cooker, along with 1½ cups of water.
2. Set cooker to medium heat for 3½ hours, occasionally stirring to break up cod..
3. Check to see if ingredients are cooking thoroughly (becoming soft to the touch).
4. Once all ingredients are cooked, allow food to cool.
5. After it has completely cooled to the touch, place the food in a large mixing bowl and combine all ingredients, including safflower oil, lemon juice, flaxseed meal and dried seaweed. Slowly sprinkle in DIY Nutrient Blend until fully incorporated. Mix thoroughly.
6. Portion into individual serving sizes and store in the refrigerator or freezer. This recipe will remain fresh in your refrigerator for up to 3 days and up to one year in the freezer.



## Quick Feeding Guidelines

### ADULT DOG

Size & Weight	Daily Amount	Days of Supply Full Recipe	Days of Supply Half Recipe
<b>Extra Small</b> 5 - 10 lbs	1 - 1½ cup 5½ - 9½ oz	18 - 32	9 - 16
<b>Small</b> 11 - 20 lbs	1½ - 2½ cups 9½ - 16 oz	11 - 18	5 - 9
<b>Medium</b> 21 - 40 lbs	2½ - 4 cups 16 - 26½ oz	6 - 11	3 - 5
<b>Large</b> 41 - 60 lbs	4 - 5¼ cups 26½ - 35½ oz	4 - 6	2 - 3
<b>Extra Large</b> 61 - 80 lbs	5¼ - 6½ cups 35½ - 44 oz	4	2

### PUPPY (under 4 months)

Size & Weight	Daily Amount	Days of Supply Full Recipe	Days of Supply Half Recipe
1 - 4 lbs	¾ - 2¼ cups or 4½ - 15 oz	11 - 39	5 - 19
5 - 10 lbs	2¼ - 3¾ cups or 15 - 25 oz	7 - 11	3 - 5
11 - 20 lbs	3¾ - 6¼ cups or 25 - 42½ oz	4 - 7	2 - 3
21 - 40 lbs	6¼ - 10½ cups or 42½ - 71 oz	2 - 4	1 - 2
41 - 60 lbs	10½ - 14¼ cups or 71 - 96½ oz	1 - 2	0 - 1

### PUPPY (over 4 months)

Size & Weight	Daily Amount	Days of Supply Full Recipe	Days of Supply Half Recipe
1 - 4 lbs	½ - 1½ cup or 3 - 10 oz	17 - 58	8 - 29
5 - 10 lbs	1½ - 2½ cups or 10 - 17 oz	10 - 17	5 - 8
11 - 20 lbs	2½ - 4¼ cups or 17 - 28 oz	6 - 10	3 - 5
21 - 40 lbs	4¼ - 7 cups or 28 - 47½ oz	3 - 6	1 - 3
41 - 60 lbs	7 - 9½ cups or 47½ - 64½ oz	2 - 3	0 - 1