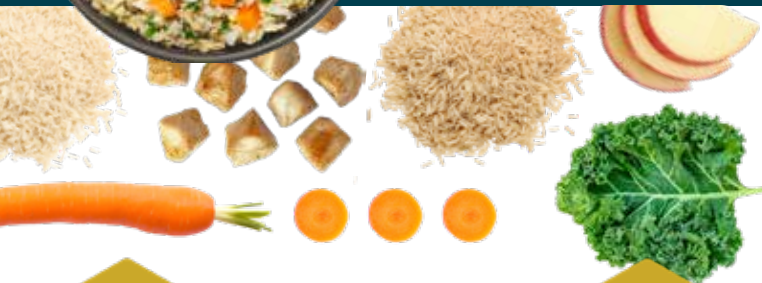


Chicken & Rice

Recipe, Cooking Instructions
& Feeding Guidelines



Yields approximately

9 lbs
of food

Recipe Ingredients

Yields approximately

4½ lbs
of food

Large Batch

Small Batch

2 lbs 11 oz Chicken Thighs

Boneless, skinless, diced or ground

14 oz Chicken Liver

Diced or ground

4.8 oz Green or Red Apples

Cored, seeded, finely chopped

8 oz Carrots Finely chopped

8 oz Kale Finely chopped

11 oz White Rice Dry

6.4 oz Brown Rice Dry

1½ tsps Sunflower Oil

**½ tsp JustFoodForDogs
Omega (algae) Oil**

½ tsp Flaxseed Oil

**7½ tbsps Chicken & Rice
DIY Nutrient Blend**

2.16 cups Water

21 oz Chicken Thighs

Boneless, skinless, diced or ground

7.2 oz Chicken Liver

Diced or ground

2 oz Green or Red Apples

Cored, seeded, finely chopped

4 oz Carrots Finely chopped

4 oz Kale Finely chopped

5.4 oz White Rice Dry

3.2 oz Brown Rice Dry

¾ tsp Sunflower Oil

**¼ tsp JustFoodForDogs
Omega (algae) Oil**

¼ tsp Flaxseed Oil

**3¾ tbsps Chicken & Rice
DIY Nutrient Blend**

1.1 cup Water



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 absolutely certain that all apples have been cored and all seeds removed — **apple core/seeds can be toxic to dogs.**

Cooking

1. In a nonstick skillet, brown chicken thighs and chicken liver over medium-high heat, stirring frequently. Add kale, carrots and apples while chicken is slightly pink. Continue to cook until chicken is fully cooked and vegetables are soft. Do not drain. Let the mixture cool until it is warm to the touch.
2. Cook brown and white rice according to package directions. Let cool.
3. In a large mixing bowl, combine all ingredients, including the oils. Slowly sprinkle in DIY Nutrient Blend until fully incorporated.
4. 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 that all apples are cored and all seeds are removed. **Apple cores/seeds can be toxic to dogs.**

Cooking

1. Add chicken thighs, chicken liver, carrots, and kale to the Instant Pot. Use the "Sautee" setting at 7 minutes with the lid removed to begin browning the protein and stirring to break up larger chunks of meat. After 7 minutes, turn off Instant Pot.
2. Add brown and white rice and apples to the 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. Use "Pressure Cook" setting on "High" for 5 minutes. Once the timer goes off, allow rice to simmer for 3-5 minutes before releasing pressure.
3. Check to ensure ingredients are cooked thoroughly (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 slowly sprinkle in the DIY Nutrient Blend along with the oils required in the recipe. Mix these in thoroughly.
6. Portion into individual serving sizes and store in the refrigerator or freezer. This recipe will remain fresh in your refrigerator for 3-5 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 that all apples are cored and all seeds are removed. **Apple cores/seeds can be toxic to dogs.**

Cooking

1. Add chicken thighs, chicken liver, carrots, and kale to the slow cooker along with $\frac{1}{2}$ cup of water. Slow-cook on high heat for approximately 2 hours, occasionally stirring to break up the chicken.
2. Check to see if ingredients are cooking thoroughly (becoming soft to the touch).
3. Add brown and white rice and apples along with another $\frac{1}{2}$ cups of water. Cook on high heat for an additional $1\frac{1}{2}$ to 2 hours.
4. Periodically check to ensure water level is sufficient, and reduce heat to low once the majority of the water is absorbed. Allow rice to simmer until grains are soft. Then turn off heat.
5. After it has completely cooled to the touch, place the food in a large mixing bowl and slowly sprinkle in the DIY Nutrient Blend along with the oils required in the recipe. Mix these in thoroughly.
6. Portion into individual serving sizes and store in the refrigerator or freezer. This recipe will remain fresh in your refrigerator for 3-5 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
Extra Small 5 - 10 lbs	¾ - 1 cup 3½ - 6 oz	24 - 41	12 - 20
Small 11 - 20 lbs	1 - 1¾ cups 6 - 9½ oz	15 - 24	7 - 12
Medium 21 - 40 lbs	1¾ - 2¾ cups 9½ - 16 oz	6 - 15	4 - 7
Large 41 - 60 lbs	2¾ - 3¾ cups 16 - 21½ oz	6	3 - 4
Extra Large 61 - 80 lbs	3¾ - 4½ cups 21½ - 27 oz	5 - 6	2 - 3

PUPPY (under 4 months)

Size & Weight	Daily Amount	Days of Supply Full Recipe	Days of Supply Half Recipe
1 - 4 lbs	½ - 1½ cups or 2½ - 9 oz	16 - 57	8 - 28
5 - 10 lbs	1½ - 2½ cups or 9 - 15 oz	9 - 16	4 - 8
11 - 20 lbs	2½ - 4¼ cups or 15 - 25½ oz	5 - 9	2 - 4
21 - 40 lbs	4¼ - 7¼ cups or 25½ - 43 oz	3 - 5	1 - 2
41 - 60 lbs	7¼ - 9¾ cups or 43 - 58½ oz	2 - 3	1

PUPPY (over 4 months)

Size & Weight	Daily Amount	Days of Supply Full Recipe	Days of Supply Half Recipe
1 - 4 lbs	¼ - 1 cup or 2 - 6 oz	24 - 72	12 - 36
5 - 10 lbs	1 - 1¾ cups or 6 - 10 oz	14 - 24	7 - 12
11 - 20 lbs	1¾ - 2¾ cups or 10 - 17 oz	8 - 14	4 - 7
21 - 40 lbs	2¾ - 4¾ cups or 17 - 28½ oz	5 - 8	2 - 4
41 - 60 lbs	4¾ - 6½ cups or 28½ - 39 oz	3 - 5	1 - 2