





Recipes


Healthy Snacks


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Beef
& Russet Potato
Available in 18 oz., 72 oz.
- 


Lamb
& Brown Rice
Available in 18 oz., 72 oz.
- 


Turkey & Whole
Wheat Macaroni
Available in 18 oz., 72 oz.
- 


Chicken
& White Rice
Available in 18 oz., 72 oz.
- 


Fish
& Sweet Potato
Available in 18 oz., 72 oz.
- 


Venison
& Squash
Available in 18 oz., 72 oz.


- 


Salmon Bark
Available in 5 oz.
- 

Beef Liver Bark
Available in 5 oz.
- 

Chicken Apple Bark
Available in 5 oz.
- 

Pumpkin
Available in 5 oz.
- 

Chicken Breast
Available in 5 oz., 18 oz.,
28 oz.
- 

Venison
Available in 5 oz.
- 

Beef Brisket
Available in 5 oz.

Ask about our line of prescription diets and our bulk order options.



Veterinary
Supplements

Omega Plus Fish Oil
Promotes healthy skin and a shiny coat
Available in 8 oz., 16 oz.

Calm (90 capsules or 12-pack)
Natural stress reliever for anxious
dogs or for tense situations

Skin & Allergy Care (60 capsules)
Supports the immune system against allergies
and infections, and prevents tear staining

Joint Care (60 capsules)
Supports and protects joint tissue

Joint Care Plus (60 capsules)
Proven stronger joint support with
Type II Collagen and Hyaluronic Acid

Probiotic Live (60 capsules)
Supports digestion and promotes
a healthy intestinal flora

JustFoodForDogs.com

SUBSTITUTIONS NOT RECOMMENDED! Each of our recipes has passed extensive third-party feeding trials that have proven our food nutritionally balanced. In order for your dog to fully benefit from our recipes, please follow the instructions exactly as indicated. Our recipes are easily prepared with just a basic understanding of food preparation, handling, cooking and storage. If you have any questions, you can call JustFoodForDogs seven days a week and we will do our best to help. Regardless of what you feed your dog, we recommend you have your pet visit your veterinarian every six months.

Puppy Feeding Guidelines

Use standard 8 oz. measuring cup.

Puppies < 4 months			Puppies > 4 months		
Puppy Weight	Oz	Cups	Puppy Weight	Oz	Cups
5	13	2	5	9	1.25
10	22	3.25	10	15	2.25
15	30	4.25	15	20	3
20	37	5.5	20	25	3.75
25	43	6.5	25	29	4.25
30	50	7.25	30	33	5
35	56	8.25	35	38	5.5
40	62	9	40	41	6
45	67	10	45	45	6.75
50	73	10.75	50	49	7.25
55	78	11.5	55	53	7.75
60	84	12.25	60	56	8.25
			65	60	8.75
			70	63	9.25
			75	66	9.75
			80	70	10.25
			85	73	10.75
			90	76	11.25
			95	79	11.75
			100	82	12.25

JustFood
ForDogs®

More life. More years. More love.™

866.726.9509 tel | 866.423.9405 fx | Open 7 Days a Week

Visit JustFoodForDogs.com for a location near you.

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COOKING GUIDE

Fish & Sweet
Potato



Puppy Love

Georgia (on cover) is a big-pawed puppy who absolutely loves our Fish & Sweet Potato Recipe. It’s great for growth, which is a really good thing because Georgia is expected to weigh 100 pounds when fully grown. Perfect for fast-growing puppies, our fish recipe is excellent for adult dogs as well.

Georgia knows that JustFoodForDogs meals are delicious. What she doesn’t know is that our balanced whole food recipes also help keep dogs healthier. Independent research at a major university found that dogs fed our food experience a boost in immune cells and other markers of health.

We started JustFoodForDogs with the goal of increasing the length and quality of life for as many dogs as possible. Like Georgia, we want your dog to have the advantages that come with using only ingredients certified and approved by the USDA for human consumption. That’s why we gladly share our recipes and will even teach you how to make our food at home.

See our easy-to-follow DIY video by visiting <http://company.justfoodfordogs.com/portfolio-posts/diy>

Ingredients

Pacific Cod
Pacific cod is an excellent source of low-fat protein and a good source of omega-3 fatty acids, niacin, vitamins B6 and B12, potassium, phosphorus, and selenium.

Sweet Potatoes
Sweet potatoes are an excellent source of vitamins B6 and C, as well as manganese, beta-carotene as a source of vitamin A, dietary fiber, and potassium.

Russet Potatoes
Russet potatoes are high in potassium and contain substantial amounts of vitamins C and B6. They are also a good source of niacin, dietary fiber, magnesium, iron and thiamin.

Green Beans
Green beans are rich in vitamin K, riboflavin, copper, omega-3 fatty acids and niacin. They are also a good source of dietary fiber, and phosphorous.

Broccoli
Broccoli is an excellent source of vitamins C and K, beta-carotene as a source of Vitamin A, as well as folate and dietary fiber.

Safflower Oil
Safflower oil contains essential omega-6 fatty acids. High linoleic acid variety is recommended.

JustFoodForDogs Do It Yourself Nutrient Blend
Our Fish & Sweet Potato Nutrient Blend is specifically formulated for this recipe and is compounded from 100% human-edible ingredients. Like all our DIY Nutrient Blends, it balances the recipe for long-term feeding.



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Full Recipe

This full recipe will yield approximately 11 pounds of food, equating to approximately 5,310 calories (kcal).
To make less food, try our half recipe below.

- 4 pounds 8 ounces Pacific cod, raw weight
- 3 pounds 3 ounces sweet potatoes, with skin
- 3 pounds 3 ounces russet potatoes, with skin
- 6 ounces green beans, finely chopped
- 6 ounces broccoli, finely chopped
- 11.5 tablespoons safflower oil
- 4 tablespoons JustFoodForDogs Fish & Sweet Potato DIY Nutrient Blend

Half Recipe

To make half the food, simply follow the same preparation and cooking instructions but use the measurements below.

- 2 pounds 4 ounces Pacific cod, raw weight
- 25.5 ounces sweet potatoes, with skin
- 25.5 ounces russet potatoes, with skin
- 3 ounces green beans, finely chopped
- 3 ounces broccoli, finely chopped
- 5.75 tablespoons safflower oil
- 2 tablespoons JustFoodForDogs Fish & Sweet Potato DIY Nutrient Blend



Preparation

1. Wash all vegetables thoroughly.
2. 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.
3. Be sure to use edible potatoes, without any signs of aging or shades of green.
4. 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 cod 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 1/4" or 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 until they are cool to the touch.
4. In a large mixing bowl, combine all ingredients, including safflower oil. Slowly sprinkle in DIY Nutrient Blend until fully incorporated.
5. Portion into individual serving sizes and store in the freezer or refrigerator. Stored in the refrigerator, this recipe will stay fresh 3-4 days. In the freezer, it can be stored up to 3 months.

Adult Dog Feeding Guidelines

Use standard 8 oz. measuring cup.

Adult Dog Weight	Oz	Cups
10	8	1.25
20	13	2
30	18	2.75
40	23	3.25
50	27	4
60	31	4.5
70	34	5
80	38	5.5
90	41	6
100	45	6.5

See back panel for Puppy Feeding Guide.