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Basic Crock Pot Diet for Dogs

Ingredients

16 oz **Turkey Breast** (cooling, Qi tonic)
16 oz **Pork** (cooling, Yin Tonic)
16 oz **Ground Beef** (neutral, blood tonic)
6 tbs **Coconut oil**
3 cups **Calabrese Vegetables** (kale, collards, cabbage, brussel sprouts, broccoli)
4 cups **Vegetables** (zucchini, green beans, squash, pumpkin, tomatoes, seasonal veggies)
1 can **Kidney Beans** (not drained) or ½ lb dry Kidney Beans (blood tonic, drains damp)
4 large **Carrots** (blood tonic, cooling)
½ tsp **Dried Turmeric** (resolves stagnation)
½ tsp **Dried Mustard** (resolves stagnation)
1 clove uncooked **Garlic** (resolves stagnation)
2000 mg **Calcium** per 3 lbs of protein (bone meal, calcium supplement)

Throw it all together in the crock pot, add 4 cups **Water** (if not adding rice add 2 cups of water), and let cook for 8 hours on low or 275 degrees, then add 1 cup uncooked **Brown Rice**, and mix into cooked food with a potato masher, let steam up for an additional hour, then turn off crock pot, and let cool. You can either portion out food into individual meal portions or leave in crock pot. Refrigerate once cool. You can also freeze batches and reheat as needed. To take the chill of the food, add some warm water, or just put the kettle up to boil when you start making the food. Mix in any herbs you may be giving with the warm water & food.

To fill crock pot, use approximately 40% protein, 25% carbohydrates, and 35% vegetables by volume in crockpot. Always add 2000 mg calcium per 3 pounds of meat unless your bet is chewing **REAL** bones 2-3 times weekly. Soup bones, chank bones, marrow bones, etc. are acceptable.

Feed 1/8 to 1/4 cup twice a day for dogs under 10 pounds of lean body weight
1/2 to 1 cup for up to 50 pounds
1 to 1.5 cups for dogs greater than 50 pounds.

If your pet is heavy, start low. If your pet is thin and active, go medium to high, and adjust based on how your pet responds. Always change food gradually, mixing in 50% old food with 50% new food, and phasing out the old food over 1-2 weeks. A **Multivitamin** (Catalyn by Standard Process or NuCat) is required with this diet.