

# Complete & Balanced

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## **ALL-RAW** Home-Made Meals for Dogs

HILARY WATSON

HW VETERINARY NUTRITION INC.

# RAW 1

## Adult Beef 1

Use a blender or food processor to mix ingredients well and grind to a mulch consistency.

INGREDIENTS		
APPROX.	INGREDIENT	GRAMS
1½ cup	Apple, raw, with skin, no cores, sliced	182
1 cup	Beans, green, raw	110
	Beef, lean ground, RAW	400
1 cup	Broccoli, raw, chopped	91
½ cup	Carrots, raw, grated	55
1 tsp	Cod liver oil	5
	Liver, beef, RAW	132
1 tsp	Safflower oil	5
2 scoops	HILARY'S BLEND supplement	20
<b>TOTAL</b>		<b>1000</b>

FEEDING GUIDE			
BODY WEIGHT		ENERGY INTAKE	AMOUNT TO FEED
lb	kg	kcal/day	grams/day
10	4.5	296	255
20	9.1	497	428
40	18.2	836	720
60	27.3	1134	976
80	36.4	1407	1211
100	45.5	1663	1432



### METABOLIZABLE ENERGY

116 kcal/100 grams

Carbohydrate
Protein
Fat



NUTRITION				
		Per 100g As Fed	Per 100g Dry Matter	Per 1000 kcal
PROTEIN	g	11.24	46.19	96.77
Arginine	g	0.73	3.01	6.31
Histidine	g	0.35	1.43	3.00
Isoleucine	g	0.51	2.07	4.34
Leucine	g	0.91	3.73	7.81
Lysine	g	0.90	3.70	7.75
Methionine + Cystine	g	0.42	1.72	3.60
Phenylalanine + Tyrosine	g	0.84	3.46	7.25
Threonine	g	0.45	1.83	3.83
Tryptophan	g	0.07	0.30	0.63
Valine	g	0.59	2.42	5.07
FAT (LIPID)	g	5.57	22.89	47.96
Linoleic acid	g	0.54	2.22	4.65
MINERALS				
Calcium	g	280.71	1153.34	2416.33
Phosphorus	g	226.80	931.82	1952.23
Calcium to Phosphorus ratio		1.24	1.24	1.24
Potassium	g	408.54	1678.51	3516.60
Sodium	g	46.84	192.46	403.22
Magnesium	g	19.88	81.67	171.10
Iron	mg	6.37	26.16	54.81
Copper	mg	1.70	6.98	14.62
Manganese	mg	0.40	1.65	3.46
Zinc	mg	8.97	36.87	77.25
Iodine	mg	0.12	0.49	1.03
Selenium	ug	12.18	50.04	104.84
VITAMINS				
Vitamin A	IU	3798	15603	32689
Vitamin D	IU	65	267	560
Vitamin E	mg	6.36	26.14	54.77
Thiamin	mg	0.11	0.46	0.96
Riboflavin	mg	0.62	2.53	5.30
Niacin	mg	4.30	17.66	37.00
Pantothenic acid	mg	2.07	8.52	17.85
Pyridoxine	mg	0.39	1.60	3.35
Folic acid	ug	56.68	232.88	487.90
Choline	mg	154.92	636.52	1333.56
Vitamin B12	ug	10.31	42.37	88.77
OTHER (non-essential nutrients)				
Total dietary fiber	g	1.70	6.99	14.64
FATTY ACIDS				
Polyunsaturated fatty acids	g	0.71	2.92	6.12
Eicosapentaenoic acid	mg	34	140	293
Docosahexaenoic acid	mg	55	230	482
Omega 6:3 ratio (estimate)		6.9	6.9	6.9
ANTIOXIDANTS				
Vitamin C	mg	11.07	45.49	95.30
Beta-carotene	ug	535.13	2198.63	4606.29
Lycopene	ug	0.06	0.23	0.48
Lutein + Zeaxanthin	ug	217.43	893.34	1871.61

## NUTRITION

		Per 100g As Fed	Per 100g Dry Matter	Per 1000 kcal
PROTEIN	g	11.23	45.08	92.46
Arginine	g	0.76	3.03	6.21
Histidine	g	0.34	1.36	2.79
Isoleucine	g	0.49	1.97	4.04
Leucine	g	0.85	3.40	6.97
Lysine	g	0.89	3.56	7.30
Methionine + Cystine	g	0.37	1.50	3.08
Phenylalanine + Tyrosine	g	0.77	3.07	6.30
Threonine	g	0.42	1.70	3.49
Tryptophan	g	0.05	0.20	0.41
Valine	g	0.55	2.19	4.49
FAT (LIPID)	g	6.12	24.55	50.35
Linoleic acid	g	0.55	2.20	4.51
MINERALS				
Calcium	g	280.98	1127.96	2313.57
Phosphorus	g	205.83	826.28	1694.79
Calcium to Phosphorus ratio		1.37	1.37	1.37
Potassium	g	428.17	1718.83	3525.52
Sodium	g	41.56	166.83	342.19
Magnesium	g	23.47	94.20	193.21
Iron	mg	6.15	24.68	50.62
Copper	mg	0.45	1.80	3.69
Manganese	mg	0.43	1.72	3.53
Zinc	mg	9.09	36.49	74.85
Iodine	mg	0.12	0.48	0.98
Selenium	ug	8.70	34.91	71.60
VITAMINS				
Vitamin A	IU	961	3857	7910
Vitamin D	IU	59	237	486
Vitamin E	mg	6.37	25.55	52.41
Thiamin	mg	0.13	0.50	1.03
Riboflavin	mg	0.27	1.09	2.24
Niacin	mg	3.32	13.31	27.30
Pantothenic acid	mg	1.15	4.63	9.50
Pyridoxine	mg	0.30	1.21	2.48
Folic acid	ug	18.99	76.25	156.40
Choline	mg	115.81	464.89	953.54
Vitamin B12	ug	2.70	10.85	22.25
OTHER (non-essential nutrients)				
Total dietary fiber	g	2.05	8.24	16.90
FATTY ACIDS				
Polyunsaturated fatty acids	g	0.71	2.86	5.87
Eicosapentaenoic acid	mg	34	140	287
Docosahexaenoic acid	mg	55	220	451
Omega 6:3 ratio (estimate)		6.9	6.9	6.9
ANTIOXIDANTS				
Vitamin C	mg	14.83	59.55	122.14
Beta-carotene	ug	268.44	1077.64	2210.36
Lycopene	ug	316.48	1270.47	2605.88
Lutein + Zeaxanthin	ug	743.91	2986.35	6125.34

## Adult Beef 2

Use a blender or food processor to mix ingredients well and grind to a mulch consistency.

## INGREDIENTS

APPROX.	INGREDIENT	GRAMS
	Beef, ground, RAW	499
4	Brussels sprouts, raw	76
1 tsp	Cod liver oil	5
⅓ cup	Pears, raw, chopped, no cores	107
1 cup	Peas, green, raw	145
1 tsp	Safflower oil	5
2 leaves	Spinach, raw	20
1 medium	Tomatoes, red, raw	123
2 scoops	HILARY'S BLEND supplement	20
<b>TOTAL</b>		<b>1000</b>

## FEEDING GUIDE

BODY WEIGHT		ENERGY INTAKE	AMOUNT TO FEED
lb	kg	kcal/day	grams/day
10	4.5	296	244
20	9.1	497	410
40	18.2	836	689
60	27.3	1134	934
80	36.4	1407	1158
100	45.5	1663	1369

## METABOLIZABLE ENERGY

121 kcal/100 grams

Carbohydrate
Protein
Fat



**Hilary's** Blend  
Supplement for home-made meals

# Adult Chicken 1

Use a blender or food processor to mix ingredients well and grind to a mulch consistency.

INGREDIENTS		
APPROX.	INGREDIENT	GRAMS
1¼ cups	Apple, raw, with skin, no cores, sliced	122
¼ cup	Blueberries, raw	37
1½ cups	Cabbage, raw, shredded	105
1 cup	Carrots, raw, grated	110
	Chicken, ground RAW	357
1 tsp	Cod liver oil	5
	Liver, chicken, RAW	60
1 tsp	Safflower oil	5
1 medium	Tomatoes, red, raw	123
¼ cup	Yogurt, plain, low fat	61
1½ scoops	HILARY'S BLEND supplement	15
<b>TOTAL</b>		<b>1000</b>

FEEDING GUIDE			
BODY WEIGHT		ENERGY INTAKE	AMOUNT TO FEED
lb	kg	kcal/day	grams/day
10	4.5	296	335
20	9.1	497	563
40	18.2	836	948
60	27.3	1134	1284
80	36.4	1407	1594
100	45.5	1663	1884



**METABOLIZABLE ENERGY**

88 kcal/100 grams

Carbohydrate
Protein
Fat



NUTRITION				
		Per 100g As Fed	Per 100g Dry Matter	Per 1000 kcal
PROTEIN	g	7.96	41.55	90.12
Arginine	g	0.50	2.61	5.66
Histidine	g	0.24	1.23	2.67
Isoleucine	g	0.37	1.91	4.14
Leucine	g	0.63	3.29	7.14
Lysine	g	0.67	3.49	7.57
Methionine + Cystine	g	0.30	1.55	3.36
Phenylalanine + Tyrosine	g	0.61	3.19	6.92
Threonine	g	0.35	1.81	3.93
Tryptophan	g	0.07	0.36	0.78
Valine	g	0.40	2.08	4.51
FAT (LIPID)	g	4.36	22.75	49.34
Linoleic acid	g	0.90	4.71	10.22
MINERALS				
Calcium	g	221.43	1156.60	2508.62
Phosphorus	g	166.98	872.18	1891.73
Calcium to Phosphorus ratio		1.33	1.33	1.33
Potassium	g	421.13	2199.66	4770.98
Sodium	g	43.10	225.11	488.26
Magnesium	g	16.65	86.95	188.59
Iron	mg	4.43	23.15	50.21
Copper	mg	0.35	1.80	3.90
Manganese	mg	0.31	1.64	3.56
Zinc	mg	5.65	29.51	64.01
Iodine	mg	0.09	0.47	1.02
Selenium	ug	7.20	37.62	81.60
VITAMINS				
Vitamin A	IU	3135	16376	35520
Vitamin D	IU	55	289	626
Vitamin E	mg	4.84	25.29	54.85
Thiamin	mg	0.12	0.61	1.32
Riboflavin	mg	0.34	1.79	3.88
Niacin	mg	3.07	16.01	34.73
Pantothenic acid	mg	1.48	7.73	16.77
Pyridoxine	mg	0.33	1.70	3.69
Folic acid	ug	47.64	248.82	539.68
Choline	mg	97.14	507.36	1100.44
Vitamin B12	ug	2.43	12.69	27.52
OTHER (non-essential nutrients)				
Total dietary fiber	g	1.33	6.94	15.05
FATTY ACIDS				
Polyunsaturated fatty acids	g	1.14	5.94	12.88
Eicosapentaenoic acid	mg	37	200	434
Docosahexaenoic acid	mg	78	410	889
Omega 6:3 ratio (estimate)		8.7	8.7	8.7
ANTIOXIDANTS				
Vitamin C	mg	7.68	40.13	87.04
Beta-carotene	ug	973.76	5086.17	11031.71
Lycopene	ug	316.59	1653.62	3586.64
Lutein + Zeaxanthin	ug	51.60	269.49	584.51

## NUTRITION

		Per 100g As Fed	Per 100g Dry Matter	Per 1000 kcal
PROTEIN	g	10.04	44.70	96.38
Arginine	g	0.64	2.83	6.10
Histidine	g	0.30	1.32	2.85
Isoleucine	g	0.45	2.02	4.36
Leucine	g	0.77	3.43	7.40
Lysine	g	0.84	3.73	8.04
Methionine + Cystine	g	0.35	1.57	3.39
Phenylalanine + Tyrosine	g	0.74	3.28	7.07
Threonine	g	0.42	1.85	3.99
Tryptophan	g	0.09	0.39	0.84
Valine	g	0.49	2.17	4.68
FAT (LIPID)	g	5.31	23.64	50.97
Linoleic acid	g	1.05	4.69	10.11
MINERALS				
Calcium	g	227.01	1010.66	2179.18
Phosphorus	g	183.65	817.61	1762.93
Calcium to Phosphorus ratio		1.24	1.24	1.24
Potassium	g	514.58	2290.95	4939.73
Sodium	g	43.71	194.61	419.62
Magnesium	g	22.22	98.92	213.29
Iron	mg	4.24	18.86	40.67
Copper	mg	0.33	1.48	3.19
Manganese	mg	0.32	1.43	3.08
Zinc	mg	5.76	25.65	55.31
Iodine	mg	0.09	0.40	0.86
Selenium	ug	5.88	26.15	56.38
VITAMINS				
Vitamin A	IU	847	3773	8135
Vitamin D	IU	55	246	530
Vitamin E	mg	4.84	21.53	46.42
Thiamin	mg	0.12	0.55	1.19
Riboflavin	mg	0.29	1.30	2.80
Niacin	mg	3.35	14.90	32.13
Pantothenic acid	mg	1.30	5.79	12.48
Pyridoxine	mg	0.37	1.64	3.54
Folic acid	ug	12.51	55.70	120.10
Choline	mg	96.88	431.32	930.01
Vitamin B12	ug	1.52	6.77	14.60
OTHER (non-essential nutrients)				
Total dietary fiber	g	1.45	6.44	13.89
FATTY ACIDS				
Polyunsaturated fatty acids	g	1.29	5.72	12.33
Eicosapentaenoic acid	mg	39	170	367
Docosahexaenoic acid	mg	88	390	841
Omega 6:3 ratio (estimate)		9.2	9.2	9.2
ANTIOXIDANTS				
Vitamin C	mg	17.82	79.32	171.03
Beta-carotene	ug	201.40	896.65	1933.35
Lycopene	ug	0.00	0.00	0.00
Lutein + Zeaxanthin	ug	323.21	1438.93	3102.61

## Adult Chicken 2

Use a blender or food processor to mix ingredients well and grind to a mulch consistency.

## INGREDIENTS

APPROX.	INGREDIENT	GRAMS
1 cup	Beans, green, raw	110
1 cup	Broccoli, raw, chopped	91
4	Brussels sprouts, raw	76
	Chicken, ground RAW	510
1 tsp	Cod liver oil	5
1 Tbsp	Honey	14
1 tsp	Safflower oil	5
1 cup	Squash, raw, cubed	113
¼ cup	Yogurt, plain, low fat	61
1½ scoops	HILARY'S BLEND supplement	15
<b>TOTAL</b>		<b>1000</b>

## FEEDING GUIDE

BODY WEIGHT		ENERGY INTAKE	AMOUNT TO FEED
lb	kg	kcal/day	grams/day
10	4.5	296	284
20	9.1	497	477
40	18.2	836	803
60	27.3	1134	1088
80	36.4	1407	1350
100	45.5	1663	1596

## METABOLIZABLE ENERGY

104 kcal/100 grams

Carbohydrate
Protein
Fat



**Hilary's** Blend  
Supplement for home-made meals

# RAW5

## Adult Fish 1

Use a blender or food processor to mix ingredients well and grind to a mulch consistency.

INGREDIENTS		
APPROX.	INGREDIENT	GRAMS
1 cup	Broccoli, raw, chopped	91
1 cup	Cabbage, raw, shredded	70
½ cup	Carrots, raw, grated	55
1 tsp	Cod liver oil	5
5 tsp	Safflower oil	23
	Salmon, Atlantic, RAW	500
1 medium	Tomatoes, red, raw	123
1 cup	Zucchini, raw, sliced	113
2 scoops	HILARY'S BLEND supplement	20
	<b>TOTAL</b>	<b>1000</b>

FEEDING GUIDE			
BODY WEIGHT		ENERGY INTAKE	AMOUNT TO FEED
lb	kg	kcal/day	grams/day
10	4.5	296	210
20	9.1	497	353
40	18.2	836	594
60	27.3	1134	805
80	36.4	1407	999
100	45.5	1663	1181



### METABOLIZABLE ENERGY

141 kcal/100 grams

Carbohydrate
Protein
Fat



NUTRITION				
		Per 100g As Fed	Per 100g Dry Matter	Per 1000 kcal
PROTEIN	g	10.85	42.11	77.10
Arginine	g	0.65	2.51	4.60
Histidine	g	0.29	1.12	2.05
Isoleucine	g	0.51	1.96	3.59
Leucine	g	0.84	3.25	5.95
Lysine	g	0.97	3.75	6.87
Methionine + Cystine	g	0.44	1.72	3.15
Phenylalanine + Tyrosine	g	0.85	3.28	6.01
Threonine	g	0.46	1.78	3.26
Tryptophan	g	0.11	0.43	0.79
Valine	g	0.58	2.25	4.12
FAT (LIPID)	g	9.61	37.28	68.26
Linoleic acid	g	2.19	8.51	15.58
MINERALS				
Calcium	g	280.32	1087.67	1991.41
Phosphorus	g	225.00	873.02	1598.41
Calcium to Phosphorus ratio		1.25	1.25	1.25
Potassium	g	448.51	1740.29	3186.29
Sodium	g	43.00	166.84	305.47
Magnesium	g	23.46	91.01	166.63
Iron	mg	4.96	19.26	35.26
Copper	mg	0.41	1.58	2.89
Manganese	mg	0.38	1.46	2.67
Zinc	mg	6.74	26.16	47.90
Iodine	mg	0.12	0.47	0.86
Selenium	ug	12.28	47.63	87.21
VITAMINS				
Vitamin A	IU	1638	6357	11638
Vitamin D	IU	57	221	405
Vitamin E	mg	7.97	30.94	56.65
Thiamin	mg	0.18	0.68	1.25
Riboflavin	mg	0.27	1.06	1.94
Niacin	mg	4.91	19.06	34.90
Pantothenic acid	mg	1.68	6.53	11.96
Pyridoxine	mg	0.45	1.73	3.17
Folic acid	ug	29.00	112.52	206.01
Choline	mg	124.08	481.46	881.50
Vitamin B12	ug	3.22	12.47	22.83
OTHER (non-essential nutrients)				
Total dietary fiber	g	1.34	5.19	9.50
FATTY ACIDS				
Polyunsaturated fatty acids	g	3.80	14.75	27.01
Eicosapentaenoic acid	mg	465	1810	3314
Docosahexaenoic acid	mg	607	2350	4303
Omega 6:3 ratio (estimate)		2.5	2.5	2.5
ANTIOXIDANTS				
Vitamin C	mg	16.44	63.78	116.77
Beta-carotene	ug	560.25	2173.85	3980.10
Lycopene	ug	316.53	1228.19	2248.69
Lutein + Zeaxanthin	ug	399.11	1548.59	2835.31

## NUTRITION

		Per 100g As Fed	Per 100g Dry Matter	Per 1000 kcal
PROTEIN	g	8.77	36.70	70.84
Arginine	g	0.52	2.16	4.17
Histidine	g	0.23	0.97	1.87
Isoleucine	g	0.41	1.71	3.30
Leucine	g	0.67	2.81	5.42
Lysine	g	0.77	3.20	6.18
Methionine + Cystine	g	0.35	1.47	2.84
Phenylalanine + Tyrosine	g	0.66	2.78	5.37
Threonine	g	0.38	1.58	3.05
Tryptophan	g	0.09	0.38	0.73
Valine	g	0.47	1.96	3.78
FAT (LIPID)	g	8.06	33.74	65.12
Linoleic acid	g	2.10	8.80	16.99
MINERALS				
Calcium	g	283.75	1187.82	2292.65
Phosphorus	g	203.42	851.53	1643.56
Calcium to Phosphorus ratio		1.39	1.39	1.39
Potassium	g	445.54	1865.08	3599.85
Sodium	g	40.58	169.85	327.83
Magnesium	g	24.17	101.16	195.25
Iron	mg	5.12	21.41	41.32
Copper	mg	0.41	1.73	3.34
Manganese	mg	0.45	1.86	3.59
Zinc	mg	6.76	28.28	54.58
Iodine	mg	0.12	0.50	0.97
Selenium	ug	9.46	39.61	76.45
VITAMINS				
Vitamin A	IU	2527	10580	20421
Vitamin D	IU	57	239	461
Vitamin E	mg	7.62	31.88	61.53
Thiamin	mg	0.17	0.70	1.35
Riboflavin	mg	0.27	1.12	2.16
Niacin	mg	4.02	16.85	32.52
Pantothenic acid	mg	1.56	6.52	12.58
Pyridoxine	mg	0.39	1.65	3.18
Folic acid	ug	25.93	108.56	209.53
Choline	mg	120.43	504.15	973.07
Vitamin B12	ug	2.83	11.86	22.89
OTHER (non-essential nutrients)				
Total dietary fiber	g	2.24	9.38	18.10
FATTY ACIDS				
Polyunsaturated fatty acids	g	3.39	14.17	27.35
Eicosapentaenoic acid	mg	364	1520	2934
Docosahexaenoic acid	mg	477	1990	3841
Omega 6:3 ratio (estimate)		3.0	3.0	3.0
ANTIOXIDANTS				
Vitamin C	mg	18.55	77.66	149.89
Beta-carotene	ug	1002.33	4195.90	8098.63
Lycopene	ug	0.11	0.46	0.89
Lutein + Zeaxanthin	ug	471.12	1972.18	3806.56

## Adult Fish 2

Use a blender or food processor to mix ingredients well and grind to a mulch consistency.

## INGREDIENTS

APPROX.	INGREDIENT	GRAMS
1 cup	Beans, green, raw	110
4	Brussels sprouts, raw	76
1 cup	Carrots, raw, grated	110
1 cup	Cauliflower, raw, chopped	100
1 tsp	Cod liver oil	5
½ cup	Raspberries, raw	61
5 tsp	Safflower oil	23
	Salmon, Atlantic, RAW	382
1 cup	Zucchini, raw	113
2 scoops	HILARY'S BLEND supplement	20
	<b>TOTAL</b>	<b>1000</b>

## FEEDING GUIDE

BODY WEIGHT		ENERGY INTAKE	AMOUNT TO FEED
lb	kg	kcal/day	grams/day
10	4.5	296	239
20	9.1	497	402
40	18.2	836	676
60	27.3	1134	916
80	36.4	1407	1137
100	45.5	1663	1344

## METABOLIZABLE ENERGY

124 kcal/100 grams

Carbohydrate
Protein
Fat



**Hilary's** Blend  
Supplement for home-made meals

# Adult Pork 1

Use a blender or food processor to mix ingredients well and grind to a mulch consistency.

INGREDIENTS		
APPROX.	INGREDIENT	GRAMS
1 cup	Broccoli, raw, chopped	91
1 tsp	Cod liver oil	5
	Liver, pork, RAW	150
¾ cup	Peas, green, raw	109
	Pork, ground, RAW	389
1 medium	Tomatoes, red, raw	123
1 cup	Zucchini, raw, sliced	113
2 scoops	HILARY'S BLEND supplement	20
	<b>TOTAL</b>	<b>1000</b>

FEEDING GUIDE			
BODY WEIGHT		ENERGY INTAKE	AMOUNT TO FEED
lb	kg	kcal/day	grams/day
10	4.5	296	206
20	9.1	497	346
40	18.2	836	582
60	27.3	1134	789
80	36.4	1407	979
100	45.5	1663	1158



**METABOLIZABLE ENERGY**  
**144 kcal/100 grams**

Carbohydrate
<b>Protein</b>
Fat



NUTRITION				
		Per 100g As Fed	Per 100g Dry Matter	Per 1000 kcal
PROTEIN	g	10.87	40.98	75.65
Arginine	g	0.68	2.56	4.73
Histidine	g	0.37	1.40	2.58
Isoleucine	g	0.51	1.91	3.53
Leucine	g	0.87	3.28	6.05
Lysine	g	0.90	3.38	6.24
Methionine + Cystine	g	0.42	1.59	2.93
Phenylalanine + Tyrosine	g	0.83	3.11	5.74
Threonine	g	0.47	1.78	3.29
Tryptophan	g	0.14	0.52	0.96
Valine	g	0.60	2.26	4.17
FAT (LIPID)	g	9.41	35.49	65.51
Linoleic acid	g	0.74	2.78	5.13
MINERALS				
Calcium	g	280.72	1058.58	1954.04
Phosphorus	g	224.30	845.81	1561.28
Calcium to Phosphorus ratio		1.25	1.25	1.25
Potassium	g	416.70	1571.35	2900.56
Sodium	g	43.82	165.25	305.04
Magnesium	g	22.14	83.50	154.13
Iron	mg	8.74	32.97	60.86
Copper	mg	0.52	1.96	3.62
Manganese	mg	0.45	1.71	3.16
Zinc	mg	8.39	31.65	58.42
Iodine	mg	0.12	0.45	0.83
Selenium	ug	17.92	67.58	124.75
VITAMINS				
Vitamin A	IU	4015	15142	27950
Vitamin D	IU	57	215	397
Vitamin E	mg	6.17	23.25	42.92
Thiamin	mg	0.42	1.59	2.93
Riboflavin	mg	0.75	2.81	5.19
Niacin	mg	4.72	17.79	32.84
Pantothenic acid	mg	2.15	8.10	14.95
Pyridoxine	mg	0.38	1.44	2.66
Folic acid	ug	49.75	187.58	346.25
Choline	mg	103.05	388.59	717.30
Vitamin B12	ug	5.77	21.77	40.19
OTHER (non-essential nutrients)				
Total dietary fiber	g	1.56	5.90	10.89
FATTY ACIDS				
Polyunsaturated fatty acids	g	1.03	3.88	7.16
Eicosapentaenoic acid	mg	34	130	240
Docosahexaenoic acid	mg	58	220	406
Omega 6:3 ratio (estimate)		10.1	10.1	10.1
ANTIOXIDANTS				
Vitamin C	mg	19.76	74.50	137.52
Beta-carotene	ug	150.58	567.82	1048.14
Lycopene	ug	316.48	1193.41	2202.92
Lutein + Zeaxanthin	ug	652.92	2462.10	4544.80

## NUTRITION

		Per 100g As Fed	Per 100g Dry Matter	Per 1000 kcal
<b>PROTEIN</b>	g	10.10	37.90	71.80
Arginine	g	0.62	2.34	4.43
Histidine	g	0.35	1.32	2.50
Isoleucine	g	0.49	1.83	3.47
Leucine	g	0.84	3.15	5.97
Lysine	g	0.85	3.18	6.02
Methionine + Cystine	g	0.41	1.54	2.92
Phenylalanine + Tyrosine	g	0.79	2.95	5.59
Threonine	g	0.46	1.71	3.24
Tryptophan	g	0.13	0.50	0.95
Valine	g	0.58	2.16	4.09
<b>FAT (LIPID)</b>	g	8.80	33.01	62.54
Linoleic acid	g	0.68	2.56	4.85
<b>MINERALS</b>				
Calcium	g	280.68	1053.04	1994.92
Phosphorus	g	210.37	789.27	1495.23
Calcium to Phosphorus ratio		1.33	1.33	1.33
Potassium	g	398.29	1494.29	2830.85
Sodium	g	43.67	163.86	310.42
Magnesium	g	19.01	71.32	135.11
Iron	mg	9.10	34.14	64.68
Copper	mg	0.52	1.94	3.68
Manganese	mg	0.42	1.57	2.97
Zinc	mg	8.29	31.09	58.90
Iodine	mg	0.12	0.45	0.85
Selenium	ug	17.91	67.19	127.29
<b>VITAMINS</b>				
Vitamin A	IU	5351	20076	38032
Vitamin D	IU	57	214	405
Vitamin E	mg	6.13	22.98	43.53
Thiamin	mg	0.38	1.42	2.69
Riboflavin	mg	0.78	2.93	5.55
Niacin	mg	4.69	17.59	33.32
Pantothenic acid	mg	2.23	8.36	15.84
Pyridoxine	mg	0.36	1.33	2.52
Folic acid	ug	53.84	201.98	382.64
Choline	mg	101.84	382.07	723.81
Vitamin B12	ug	6.27	23.53	44.58
<b>OTHER (non-essential nutrients)</b>				
Total dietary fiber	g	1.60	6.00	11.37
<b>FATTY ACIDS</b>				
Polyunsaturated fatty acids	g	0.97	3.65	6.91
Eicosapentaenoic acid	mg	34	130	246
Docosahexaenoic acid	mg	58	220	417
Omega 6:3 ratio (estimate)		9.4	9.4	9.4
<b>ANTIOXIDANTS</b>				
Vitamin C	mg	8.60	32.28	61.15
Beta-carotene	ug	596.94	2239.58	4242.75
Lycopene	ug	0.06	0.21	0.40
Lutein + Zeaxanthin	ug	93.67	351.44	665.78

## Adult Pork 2

Use a blender or food processor to mix ingredients well and grind to a mulch consistency.

## INGREDIENTS

APPROX.	INGREDIENT	GRAMS
1 ½ cup	Apple, raw, skin, no cores, sliced	165
1 cup	Beans, green, raw	110
½ cup	Carrots, raw, grated	55
1 tsp	Cod liver oil	5
	Liver, pork, RAW	170
	Pork, ground, RAW	359
1 cup	Squash, winter, raw, cubed	116
2 scoops	HILARY'S BLEND supplement	20
<b>TOTAL</b>		<b>1000</b>

## FEEDING GUIDE

BODY WEIGHT		ENERGY INTAKE	AMOUNT TO FEED
lb	kg	kcal/day	grams/day
10	4.5	296	210
20	9.1	497	354
40	18.2	836	595
60	27.3	1134	806
80	36.4	1407	1000
100	45.5	1663	1182

## METABOLIZABLE ENERGY

141 kcal/100 grams

Carbohydrate
Protein
Fat



**Hilary's**  
Supplement for home-made meals **Blend**™

# Adult Turkey 1

Use a blender or food processor to mix ingredients well and grind to a mulch consistency.

INGREDIENTS		
APPROX.	INGREDIENT	GRAMS
2 cups	Apple, raw, skin, no cores, sliced	220
1 cup	Carrots, raw	110
1 tsp	Cod liver oil	5
1 cup	Peas, green, raw	145
2 tsp	Safflower oil	9
	Turkey, RAW	491
2 scoops	HILARY'S BLEND supplement	20
	<b>TOTAL</b>	<b>1000</b>

FEEDING GUIDE			
BODY WEIGHT		ENERGY INTAKE	AMOUNT TO FEED
lb	kg	kcal/day	grams/day
10	4.5	296	296
20	9.1	497	498
40	18.2	836	837
60	27.3	1134	1135
80	36.4	1407	1408
100	45.5	1663	1665



**METABOLIZABLE ENERGY**  
**100 kcal/100 grams**

Carbohydrate
<b>Protein</b>
Fat



NUTRITION				
		Per 100g As Fed	Per 100g Dry Matter	Per 1000 kcal
PROTEIN	g	11.64	49.33	116.50
Arginine	g	0.82	3.47	8.19
Histidine	g	0.35	1.50	3.54
Isoleucine	g	0.59	2.52	5.95
Leucine	g	0.91	3.87	9.14
Lysine	g	1.07	4.52	10.67
Methionine + Cystine	g	0.45	1.90	4.49
Phenylalanine + Tyrosine	g	0.91	3.84	9.07
Threonine	g	0.53	2.23	5.27
Tryptophan	g	0.13	0.54	1.28
Valine	g	0.61	2.59	6.12
FAT (LIPID)	g	2.93	12.41	29.31
Linoleic acid	g	1.03	4.39	10.37
MINERALS				
Calcium	g	279.45	1184.73	2797.80
Phosphorus	g	205.68	871.96	2059.18
Calcium to Phosphorus ratio		1.36	1.36	1.36
Potassium	g	389.46	1651.10	3899.16
Sodium	g	46.60	197.57	466.57
Magnesium	g	22.75	96.45	227.77
Iron	mg	5.59	23.70	55.97
Copper	mg	0.45	1.92	4.53
Manganese	mg	0.39	1.67	3.94
Zinc	mg	7.83	33.17	78.33
Iodine	mg	0.12	0.51	1.20
Selenium	ug	13.28	56.32	133.00
VITAMINS				
Vitamin A	IU	2472	10480	24749
Vitamin D	IU	64	271	639
Vitamin E	mg	6.30	26.72	63.10
Thiamin	mg	0.13	0.56	1.32
Riboflavin	mg	0.27	1.16	2.74
Niacin	mg	2.98	12.64	29.85
Pantothenic acid	mg	1.30	5.53	13.06
Pyridoxine	mg	0.34	1.44	3.40
Folic acid	ug	20.42	86.57	204.44
Choline	mg	116.23	492.77	1163.70
Vitamin B12	ug	1.81	7.68	18.14
OTHER (non-essential nutrients)				
Total dietary fiber	g	2.08	8.80	20.78
FATTY ACIDS				
Polyunsaturated fatty acids	g	1.24	5.27	12.45
Eicosapentaenoic acid	mg	34	150	354
Docosahexaenoic acid	mg	65	270	638
Omega 6:3 ratio (estimate)		11.5	11.5	11.5
ANTIOXIDANTS				
Vitamin C	mg	7.46	31.63	74.70
Beta-carotene	ug	982.40	4164.87	9835.57
Lycopene	ug	0.11	0.47	1.11
Lutein + Zeaxanthin	ug	393.71	1669.12	3941.72

## NUTRITION

		Per 100g As Fed	Per 100g Dry Matter	Per 1000 kcal
<b>PROTEIN</b>	g	13.58	60.63	133.31
Arginine	g	0.93	4.17	9.17
Histidine	g	0.42	1.86	4.09
Isoleucine	g	0.70	3.11	6.84
Leucine	g	1.07	4.77	10.49
Lysine	g	1.26	5.61	12.34
Methionine + Cystine	g	0.53	2.35	5.17
Phenylalanine + Tyrosine	g	1.07	4.77	10.49
Threonine	g	0.60	2.68	5.89
Tryptophan	g	0.15	0.68	1.50
Valine	g	0.72	3.19	7.01
<b>FAT (LIPID)</b>	g	4.08	18.22	40.06
Linoleic acid	g	1.75	7.82	17.19
<b>MINERALS</b>				
Calcium	g	282.56	1261.41	2773.55
Phosphorus	g	215.93	963.98	2119.57
Calcium to Phosphorus ratio		1.31	1.31	1.31
Potassium	g	405.83	1811.71	3983.53
Sodium	g	52.51	234.42	515.44
Magnesium	g	23.86	106.53	234.23
Iron	mg	5.67	25.32	55.67
Copper	mg	0.45	1.99	4.38
Manganese	mg	0.37	1.64	3.61
Zinc	mg	7.94	35.46	77.97
Iodine	mg	0.12	0.54	1.19
Selenium	ug	16.11	71.93	158.16
<b>VITAMINS</b>				
Vitamin A	IU	708	3159	6946
Vitamin D	IU	65	292	643
Vitamin E	mg	6.35	28.33	62.29
Thiamin	mg	0.11	0.49	1.08
Riboflavin	mg	0.28	1.25	2.75
Niacin	mg	3.25	14.52	31.93
Pantothenic acid	mg	1.40	6.23	13.70
Pyridoxine	mg	0.37	1.67	3.67
Folic acid	ug	21.44	95.70	210.42
Choline	mg	126.02	562.60	1237.03
Vitamin B12	ug	1.86	8.30	18.25
<b>OTHER (non-essential nutrients)</b>				
Total dietary fiber	g	1.28	5.70	12.53
<b>FATTY ACIDS</b>				
Polyunsaturated fatty acids	g	1.98	8.83	19.42
Eicosapentaenoic acid	mg	34	150	330
Docosahexaenoic acid	mg	67	300	660
Omega 6:3 ratio (estimate)		18.6	18.6	18.6
<b>ANTIOXIDANTS</b>				
Vitamin C	mg	6.07	27.11	59.61
Beta-carotene	ug	113.36	506.06	1112.71
Lycopene	ug	316.48	1412.85	3106.53
Lutein + Zeaxanthin	ug	101.78	454.37	999.05

## Adult Turkey 2

Use a blender or food processor to mix ingredients well and grind to a mulch consistency.

## INGREDIENTS

APPROX.	INGREDIENT	GRAMS
1 cup	Beans, green, raw	110
1 cup	Cabbage, raw	70
½ cup	Celery, raw	50
1 tsp	Cod liver oil	5
4 tsp	Safflower oil	18
1 medium	Tomatoes, red, raw	123
	Turkey, ground, RAW	604
2 scoops	HILARY'S BLEND supplement	20
<b>TOTAL</b>		<b>1000</b>

## FEEDING GUIDE

BODY WEIGHT		ENERGY INTAKE	AMOUNT TO FEED
lb	kg	kcal/day	grams/day
10	4.5	296	290
20	9.1	497	488
40	18.2	836	821
60	27.3	1134	1113
80	36.4	1407	1381
100	45.5	1663	1632

## METABOLIZABLE ENERGY

102 kcal/100 grams

Carbohydrate
Protein
Fat



**Hilary's** Blend  
Supplement for home-made meals

# Puppy Beef

Use a blender or food processor to mix ingredients well and grind to a mulch consistency.

INGREDIENTS		
APPROX.	INGREDIENT	GRAMS
1 cup	Apple, raw, skin, no cores, sliced	110
	Beef, ground, RAW	296
1 cup	Broccoli, raw	91
1 tsp	Cod liver oil	5
	Liver, beef, RAW	210
1 cup	Peas, green, raw	145
1 tsp	Safflower oil	5
1 cup	Zucchini, raw	113
2½ scoops	HILARY'S BLEND supplement	25
<b>TOTAL</b>		<b>1000</b>

**FEEDING GUIDE**

To calculate feeding guides for puppies go to:  
[www.completeandbalanced.com/caloriecalculator.html](http://www.completeandbalanced.com/caloriecalculator.html)



**METABOLIZABLE ENERGY**

113 kcal/100 grams

Carbohydrate
<b>Protein</b>
Fat



NUTRITION				
		Per 100g As Fed	Per 100g Dry Matter	Per 1000 kcal
PROTEIN	g	11.40	45.88	101.14
Arginine	g	0.75	3.00	6.61
Histidine	g	0.34	1.38	3.04
Isoleucine	g	0.51	2.05	4.52
Leucine	g	0.93	3.75	8.27
Lysine	g	0.89	3.59	7.91
Methionine + Cystine	g	0.43	1.71	3.77
Phenylalanine + Tyrosine	g	0.88	3.54	7.80
Threonine	g	0.45	1.80	3.97
Tryptophan	g	0.09	0.36	0.79
Valine	g	0.61	2.45	5.40
FAT (LIPID)	g	4.85	19.53	43.05
Linoleic acid	g	0.55	2.21	4.87
MINERALS				
Calcium	g	344.86	1387.57	3058.81
Phosphorus	g	272.90	1098.05	2420.59
Calcium to Phosphorus ratio		1.26	1.26	1.26
Potassium	g	453.76	1825.73	4024.71
Sodium	g	43.61	175.48	386.84
Magnesium	g	22.95	92.36	203.60
Iron	mg	7.78	31.31	69.02
Copper	mg	2.56	10.31	22.73
Manganese	mg	0.55	2.19	4.83
Zinc	mg	10.57	42.53	93.75
Iodine	mg	0.15	0.60	1.32
Selenium	ug	13.76	55.37	122.06
VITAMINS				
Vitamin A	IU	4245	17079	37650
Vitamin D	IU	70	283	623
Vitamin E	mg	7.80	31.37	69.15
Thiamin	mg	0.16	0.66	1.45
Riboflavin	mg	0.87	3.51	7.74
Niacin	mg	5.09	20.50	45.19
Pantothenic acid	mg	2.77	11.16	24.60
Pyridoxine	mg	0.48	1.94	4.28
Folic acid	ug	82.68	332.65	733.31
Choline	mg	192.71	775.38	1709.28
Vitamin B12	ug	15.11	60.78	133.99
OTHER (non-essential nutrients)				
Total dietary fiber	g	1.99	8.00	17.64
FATTY ACIDS				
Polyunsaturated fatty acids	g	0.73	2.94	6.48
Eicosapentaenoic acid	mg	34	140	309
Docosahexaenoic acid	mg	55	220	485
Omega 6:3 ratio (estimate)		7.2	7.2	7.2
ANTIOXIDANTS				
Vitamin C	mg	16.34	65.76	144.96
Beta-carotene	ug	114.49	460.64	1015.45
Lycopene	ug	0.00	0.00	0.00
Lutein + Zeaxanthin	ug	730.15	2937.83	6476.27

## NUTRITION

		Per 100g As Fed	Per 100g Dry Matter	Per 1000 kcal
PROTEIN	g	9.28	47.31	107.01
Arginine	g	0.59	3.02	6.83
Histidine	g	0.27	1.40	3.17
Isoleucine	g	0.42	2.14	4.84
Leucine	g	0.74	3.77	8.53
Lysine	g	0.75	3.83	8.66
Methionine + Cystine	g	0.34	0.75	1.70
Phenylalanine + Tyrosine	g	0.72	3.66	8.28
Threonine	g	0.38	1.95	4.41
Tryptophan	g	0.09	0.44	1.00
Valine	g	0.47	2.41	5.45
FAT (LIPID)	g	4.04	20.58	46.55
Linoleic acid	g	0.52	2.65	5.99
MINERALS				
Calcium	g	276.84	1411.40	3192.35
Phosphorus	g	216.69	1104.77	2498.80
Calcium to Phosphorus ratio		1.28	1.28	1.28
Potassium	g	469.59	2394.07	5414.98
Sodium	g	41.59	212.06	479.64
Magnesium	g	20.00	101.96	230.62
Iron	mg	6.77	34.53	78.10
Copper	mg	0.50	2.55	5.77
Manganese	mg	0.42	2.16	4.89
Zinc	mg	7.52	38.34	86.72
Iodine	mg	0.12	0.61	1.38
Selenium	ug	13.85	70.60	159.69
VITAMINS				
Vitamin A	IU	2821	14383	32532
Vitamin D	IU	57	291	657
Vitamin E	mg	6.42	32.74	74.05
Thiamin	mg	0.16	0.83	1.88
Riboflavin	mg	0.61	3.10	7.01
Niacin	mg	4.12	21.01	47.52
Pantothenic acid	mg	2.42	12.35	27.93
Pyridoxine	mg	0.44	2.26	5.11
Folic acid	ug	128.03	652.73	1476.36
Choline	mg	139.86	713.06	1612.82
Vitamin B12	ug	4.92	25.10	56.77
OTHER (non-essential nutrients)				
Total dietary fiber	g	1.42	7.22	16.33
FATTY ACIDS				
Polyunsaturated fatty acids	g	0.86	4.39	9.93
Eicosapentaenoic acid	mg	37	190	430
Docosahexaenoic acid	mg	75	380	859
Omega 6:3 ratio (estimate)		6.7	6.7	6.7
ANTIOXIDANTS				
Vitamin C	mg	18.74	95.53	216.07
Beta-carotene	ug	121.71	620.50	1403.47
Lycopene	ug	316.48	1613.50	3649.46
Lutein + Zeaxanthin	ug	446.54	2276.57	5149.21

## Puppy Chicken

Use a blender or food processor to mix ingredients well and grind to a mulch consistency.

## INGREDIENTS

APPROX.	INGREDIENT	GRAMS
1 cup	Apple, raw, skin, no cores, sliced	110
1 cup	Broccoli, raw, chopped	91
2	Brussels sprouts, raw	38
	Chicken, ground RAW	310
1 tsp	Cod liver oil	5
	Liver, chicken, RAW	190
1 medium	Tomatoes, red, raw	123
1 cup	Zucchini, raw, sliced	113
2 scoops	HILARY'S BLEND supplement	20
<b>TOTAL</b>		<b>1000</b>

## FEEDING GUIDE

To calculate feeding guides for puppies go to:  
[www.completeandbalanced.com/caloriecalculator.html](http://www.completeandbalanced.com/caloriecalculator.html)

## METABOLIZABLE ENERGY

87 kcal/100 grams

Carbohydrate
Protein
Fat



**Hilary's** Blend  
 Supplement for home-made meals

# Puppy Turkey

Use a blender or food processor to mix ingredients well and grind to a mulch consistency.

INGREDIENTS		
APPROX.	INGREDIENT	GRAMS
1 cup	Beans, green, raw	110
½ cup	Carrots, raw, grated	55
½ cup	Cauliflower, raw, chopped	50
1 tsp	Cod liver oil	5
1½ cups	Peas, green, raw	217
1 tsp	Safflower oil	5
	Turkey, RAW	533
2½ scoops	HILARY'S BLEND supplement	25
	<b>TOTAL</b>	<b>1000</b>

**FEEDING GUIDE**

To calculate feeding guides for puppies go to:  
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**METABOLIZABLE ENERGY**

98 kcal/100 grams

Carbohydrate
<b>Protein</b>
Fat



NUTRITION				
		Per 100g As Fed	Per 100g Dry Matter	Per 1000 kcal
PROTEIN	g	13.13	54.84	133.45
Arginine	g	0.92	3.84	9.34
Histidine	g	0.39	1.64	3.99
Isoleucine	g	0.66	2.76	6.72
Leucine	g	1.02	4.25	10.34
Lysine	g	1.18	4.94	12.02
Methionine + Cystine	g	0.49	2.06	5.01
Phenylalanine + Tyrosine	g	1.01	4.22	10.27
Threonine	g	0.58	2.43	5.91
Tryptophan	g	0.14	0.60	1.46
Valine	g	0.69	2.86	6.96
FAT (LIPID)	g	2.64	11.04	26.87
Linoleic acid	g	0.76	3.18	7.74
MINERALS				
Calcium	g	349.87	1461.37	3556.25
Phosphorus	g	245.68	1026.15	2497.14
Calcium to Phosphorus ratio		1.42	1.42	1.42
Potassium	g	453.96	1896.11	4614.19
Sodium	g	48.97	204.54	497.75
Magnesium	g	28.73	120.02	292.07
Iron	mg	7.00	29.25	71.18
Copper	mg	0.56	2.35	5.72
Manganese	mg	0.51	2.15	5.23
Zinc	mg	9.64	40.28	98.02
Iodine	mg	0.15	0.63	1.53
Selenium	ug	14.62	61.05	148.57
VITAMINS				
Vitamin A	IU	1667	6963	16946
Vitamin D	IU	66	277	673
Vitamin E	mg	7.80	32.58	79.28
Thiamin	mg	0.17	0.72	1.75
Riboflavin	mg	0.34	1.40	3.41
Niacin	mg	3.44	14.36	34.95
Pantothenic acid	mg	1.56	6.53	15.89
Pyridoxine	mg	0.39	1.62	3.94
Folic acid	ug	24.80	103.57	252.04
Choline	mg	141.90	592.68	1442.29
Vitamin B12	ug	2.23	9.31	22.66
OTHER (non-essential nutrients)				
Total dietary fiber	g	2.39	9.96	24.24
FATTY ACIDS				
Polyunsaturated fatty acids	g	0.99	4.12	10.03
Eicosapentaenoic acid	mg	34	140	341
Docosahexaenoic acid	mg	66	270	657
Omega 6:3 ratio (estimate)		9.0	9.0	9.0
ANTIOXIDANTS				
Vitamin C	mg	13.12	54.79	133.33
Beta-carotene	ug	595.20	2486.06	6049.84
Lycopene	ug	0.06	0.23	0.56
Lutein + Zeaxanthin	ug	623.64	2604.85	6338.91

## NUTRITION

		Per 100g As Fed	Per 100g Dry Matter	Per 1000 kcal
PROTEIN	g	11.21	49.40	105.75
Arginine	g	0.69	3.02	6.46
Histidine	g	0.35	1.53	3.28
Isoleucine	g	0.52	2.29	4.90
Leucine	g	0.92	4.05	8.67
Lysine	g	0.95	4.17	8.93
Methionine + Cystine	g	0.44	1.94	4.15
Phenylalanine + Tyrosine	g	0.86	3.78	8.09
Threonine	g	0.49	2.15	4.60
Tryptophan	g	0.13	0.55	1.18
Valine	g	0.61	2.68	5.74
FAT (LIPID)	g	5.38	23.70	50.73
Linoleic acid	g	1.00	4.40	9.42
MINERALS				
Calcium	g	348.77	1537.40	3291.09
Phosphorus	g	258.52	1139.60	2439.53
Calcium to Phosphorus ratio		1.35	1.35	1.35
Potassium	g	459.07	2023.61	4331.91
Sodium	g	53.02	233.70	500.28
Magnesium	g	25.44	112.13	240.04
Iron	mg	8.23	36.28	77.66
Copper	mg	0.60	2.63	5.63
Manganese	mg	0.53	2.35	5.03
Zinc	mg	9.12	40.20	86.06
Iodine	mg	0.15	0.66	1.41
Selenium	ug	23.49	103.53	221.63
VITAMINS				
Vitamin A	IU	3082	13585	29081
Vitamin D	IU	82	363	778
Vitamin E	mg	7.93	34.94	74.80
Thiamin	mg	0.27	1.17	2.50
Riboflavin	mg	0.67	2.93	6.27
Niacin	mg	4.02	17.70	37.89
Pantothenic acid	mg	2.69	11.85	25.37
Pyridoxine	mg	0.41	1.82	3.90
Folic acid	ug	151.98	669.93	1434.11
Choline	mg	173.28	763.82	1635.10
Vitamin B12	ug	6.12	26.95	57.69
OTHER (non-essential nutrients)				
Total dietary fiber	g	1.70	7.51	16.08
FATTY ACIDS				
Polyunsaturated fatty acids	g	1.42	6.28	13.44
Eicosapentaenoic acid	mg	58	260	557
Docosahexaenoic acid	mg	82	360	771
Omega 6:3 ratio (estimate)		9.1	9.1	9.1
ANTIOXIDANTS				
Vitamin C	mg	21.71	95.71	204.89
Beta-carotene	ug	77.27	340.62	729.16
Lycopene	ug	0.00	0.00	0.00
Lutein + Zeaxanthin	ug	196.70	867.07	1856.12

## Puppy Mixed Meats

Use a blender or food processor to mix ingredients well and grind to a mulch consistency.

## INGREDIENTS

APPROX.	INGREDIENT	GRAMS
1 cup	Beans, green, raw	110
4	Brussels sprouts, raw	76
1 cup	Cauliflower, raw, chopped	100
1 tsp	Cod liver oil	5
	Flatfish/sole RAW	252
	Liver, chicken, RAW	220
	Pork, ground, RAW	120
2 tsp	Safflower oil	9
½ cup	Strawberries, raw, sliced	83
2½ scoops	HILARY'S BLEND supplement	25
<b>TOTAL</b>		<b>1000</b>

## FEEDING GUIDE

To calculate feeding guides for puppies go to:  
[www.completeandbalanced.com/caloriecalculator.html](http://www.completeandbalanced.com/caloriecalculator.html)

## METABOLIZABLE ENERGY

106 kcal/100 grams

Carbohydrate
Protein
Fat



**Hilary's** Blend  
 Supplement for home-made meals

**HILARY WATSON** has been employed as a pet nutritionist for more than 20 years. For 10 years, she was Technical Services Manager for WALTHAM® Veterinary Diets, providing nutritional training and technical support to the Canadian and American WALTHAM Veterinary Sales teams. She has lectured on pet nutrition at the Ontario Veterinary College and the Atlantic Veterinary College, and has been an invited speaker at 10 Canadian regional veterinary conferences, the C.V.M.A. national conference, as well as several veterinary meetings in Europe. Hilary has a B.Sc. in Animal Science and has completed graduate level courses in comparative animal nutrition, protein and lipid metabolism, nutrition and immune function, and veterinary pathology. A former nutrition columnist for Dogs in Canada magazine and a purebred dog enthusiast for more than 30 years, she currently resides in Guelph, Ontario with her Australian Shepherd Cody and her Belgian Shepherd Envy.



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