

Homemade Puppy Growth Diets

PUPPY GROWTH DIET #1

- 3 cups bulgur
- 4 cups (2#) lean hamburger
- 2-2/3 tablespoons bone meal (or 4,400mg calcium or 2 1/2 tsp eggshell powder)
- 2 Tbsp Healthy Powder (see recipe below)
- 2 Tbsp Nutritional Yeast
- 2 Tbsp vegetable oil
- 10,000 IU vitamin A
- 100-400 IU vitamin E
- 1/2 cup veggies

Bring 6 cups of water to a boil. Add the bulgur, cover and turn down to simmer 15-20 minutes, or until it is soft. Stir in the remaining ingredients and serve.

Meat substitutes: raw turkey, chicken or lean heart

Grain substitutes: 3 cups millet (+ 6 cups water); 3 cups whole-wheat couscous (+4-1/2 cups water); 6 cups raw oats (+12 cups water) or 2-2/3 cups brown rice (+5-1/2 cups water).

Yields about 12 cups

HEALTHY POWDER

- 2 cups nutritional (torula) yeast
- 1 cup lecithin granules
- ¼ cup kelp powder
- ¼ cup bone meal (or 9,000 mg calcium or 5 tsp eggshell powder)
- 1,000 mg Vitamin C ground or ¼ tsp sodium ascorbate

PUPPY GROWTH DIET #2

- 3 Cups Rolled Oats (or 6 cups cooked oatmeal)
- 2 large eggs
- 2 cups (1 lb) lean beef hearts
- 4 ½ tsp bone meal (or 2,400 mg calcium or 1 1/3 tsp eggshell powder)
- 2 Tbsp Healthy Powder (see recipe below)
- 1 Tbsp vegetable oil
- 5,000-10,000 IU vitamin A
- 100-400 IU vitamin E
- ½ cup veggies

Bring 6 cups of water to a boil. Add oats, cover and turn down to simmer until they are soft, about 10 minutes. Stir in the eggs and let them set a bit from the heat. Stir in the remaining ingredients and serve.

Meat substitutes: raw turkey, chicken, lean chuck or lean hamburger

Grain substitutes: 1 ½ cups millet (+4 cups water); 1 ½ cups bulgur (+3 cups water); 1 ½ cups whole wheat couscous (+2 ¼ cups water); 2 cups cornmeal (+8 cups water); or 1 ¼ cups brown rice (+2 ½ cups water)

HEALTHY POWDER

- 2 cups nutritional (torula) yeast
- 1 cup lecithin granules
- ¼ cup kelp powder
- ¼ cup bone meal (or 9,000 mg calcium or 5 tsp eggshell powder)
- 1,000 mg Vitamin C ground or ¼ tsp sodium ascorbate