

Cooked Lamb & Egg

for Adult Dogs

Recipe by Karen Shaw Becker, DVM

- 6 pounds (2724g) Ground lamb meat, poached (20% fat)
- 1 dozen Eggs, whisked (raw or cooked)
- 2 pounds (908g) Portabella mushrooms (raw or steamed), finely chopped
- 1 pound (454g) Beef liver (raw or poached), finely chopped
- 1 pound (454g) Turnip greens (raw or steamed), finely chopped
- 8 ounces (227g) Brussels sprouts (raw or steamed), finely chopped
- 2 green bananas Raw, finely chopped
- 50 grams Dried basil (from your spice drawer)
- 1.6 ounces (45g) Carlson's™ cod liver oil
- 20 grams Kelp powder (that contains iodine)
- 10 grams Ground cloves (from your spice drawer)

Mix all ingredients together in a large bowl, then add in supplements:

Supplements:

75mg Zinc gluconate Capsules or tablets from health food store
10,000mg Calcium citrate Capsules or tablet from health food store

Open capsules or crush tablets in a coffee grinder and mix powder thoroughly and completely throughout entire batch of food prior to freezing in portions.

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AAFCO 2017 - Adult – Active					Daily Amt
Minerals	Unit	minimums	maximums	Recipe	
Ca	g	1.25	6.25/4.5	1.28	0.44
P	g	1.00		1.01	0.34
Ca: P ratio	:1	1:1	2:1	1.28 : 1	
K	g	1.50		1.80	0.62
Na	g	0.20		0.44	0.15
Mg	g	0.15		0.15	0.05
Cl (no USDA data)	g	0.30		0.13	0.04
Fe	mg	10.00		15.13	5.18
Cu	mg	1.83		7.13	2.44
Mn	mg	1.25		1.66	0.57
Zn	mg	20.00		23.62	8.09
I (no USDA data)	mg	0.25	2.75	1.764	0.60
Se	mg	0.08	0.50	0.125	0.04

AAFCO 2017 - Adult – Active					Daily Amt
Vitamins	Unit	minimums	maximums	Recipe	
Vit A	IU	1,250.00	62,500	18584.97	6,364
Vit D	IU	125.00	750	460.96	158
Vit E	IU	12.50		13.96	5
Thiamine, B1	mg	0.56		0.69	0.2
Riboflavin, B2	mg	1.30		2.67	0.9
Niacin, B3	mg	3.40		29.99	10.3
Pantothenic Acid, B5	mg	3.00		6.97	2.4
B6 (Pyridoxine)	mg	0.38		1.30	0
Vit B12	mg	0.01		0.038	0.013
Folate	mg	0.05		0.297	0.102
Choline	mg	340.00		607.80	208

AAFCO 2017 - Adult – Active					Daily Amt
FATS	Unit	minimums	maximums	Recipe	
Total	g	13.80	82.5	64.80	22.19
Saturated	g			25.12	8.60
Monounsaturated	g			24.43	8.36
Polyunsaturated	g			5.56	1.90
LA	g	2.80	16.30	4.05	1.39
ALA	g			0.66	0.23
AA	g			0.39	0.14
EPA + DHA	g			0.88	0.30
EPA	g			0.38	0.13
DPA	g			0.20	0.07
DHA	g			0.51	0.17
omega-6/omega-3	:1		30:1	2.88	

AAFCO 2017 - Adult – Active					Daily Amt
Amino Acids	Unit	minimums	maximums	Recipe	
Total protein	g	45.00		89.59	30.68
Tryptophan	g	0.40		1.07	0.37
Threonine	g	1.20		3.80	1.30
Isoleucine	g	0.95		4.28	1.47
Leucine	g	1.70		7.13	2.44
Lysine	g	1.58		7.47	2.56
Methionine	g	0.83		2.28	0.78
Methionine - cystine	g	1.63		3.47	1.19
Phenylalanine	g	1.13		3.88	1.33
Phenylalanine - tyrosi	g	1.85		6.92	2.37
Valine	g	1.23		4.96	1.70
Arginine	g	1.28		5.28	1.81

Red-shaded areas (if any) do not meet dog growth > of EU, AAFCO.

MACRONUTRIENT ANALYSIS			
Atwater Standard			
Composition	as formulated	DM	% kcal
Protein	16%	49%	36%
Fat	12%	36%	58%
Ash	1%	4%	
Moisture	67%		
Fiber	1%	3%	
Net Carbs	3%	8%	6%
Sugars (limited data)	1%	3%	2%
Starch (limited data)	0%	1%	0%
Total			100%

Macronutrient Information	
total kcal in recipe	10,345
kcal / oz	51
kcal per pound	819
kcal / day	342
recipe makes, # of days	30.2
kcal / kg	1,805
kcal per kg DM	5,487
grams to feed per day	190
ounces to feed per day	6.7