

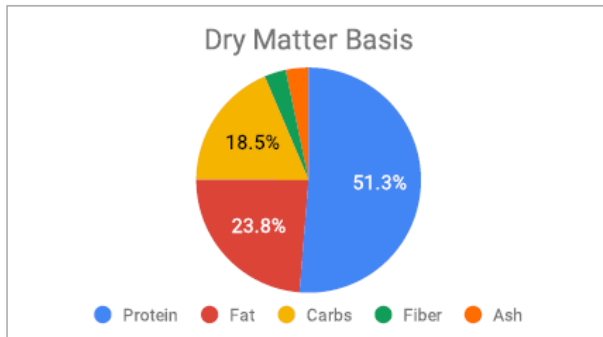
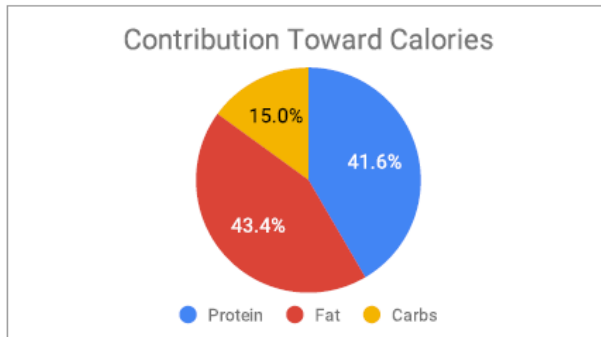
Turkey and Quinoa Recipe

For a moderately active 40-pound dog needing 970 calories daily
Formulated by Clovis & Company with the Raw Fed & Nerdy Formulation Spreadsheet
Using NRC Nutrient Requirements

Ingredients/Supplements

Recipe is for:	1 Day	Multi-day batch (# of days)
		4
Ground Turkey, 93% lean, 7% fat (raw weight)	453.00 g	1812 g
Cooked Quinoa (uncooked weight is approx. 1/3 of cooked weight)	160.00 g	640 g
Kale (steamed or pureed)	40.00 g	160 g
Beef Liver (raw weight)	10.00 g	40 g
Chicken Liver (raw weight)	35.00 g	140 g
Carlson Cod Liver Oil (unflavored)	0.75 tsp	3 tsp
NOW Calcium Carbonate powder	1.25 tsp	5 tsp
Solgar Chelated Zinc 22 mg tablets	0.25 tablet	1 tablet
Solaray Dry Vitamin E (d-alpha-tocopheryl) 400 IU	0.50 capsule	2 capsule
NOW Kelp 325mcg capsules	0.75 capsule	3 capsule
Total serving amount:		
	698 g	2792 g

Recipe is meant to be followed as-is with no substitutions. Any change or substitution of ingredients changes the nutrient profile of this recipe.



Notes/Directions:

The amounts shown above are for a 1-day batch or a 4-day batch. The nutrient profile shown below uses raw turkey and raw liver. If cooked is preferred, weigh the turkey and liver before cooking; do not brown or drain. This changes the nutrient profile slightly. (453 g of ground turkey is approx. 1 lb.) Rinse quinoa before cooking. (Weight of quinoa shown is after it's cooked.) Crush tablets, open capsules, and mix supplements in thoroughly.

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Nutrient Profile

	In Recipe	Requirements		In Recipe	Requirements
Moisture	73.54%		Protein g	101.01	28.83
Energy kcal	970.65	970.00	Fat g	46.88	15.82
Ash g	6.50		Carbohydrates g	36.49	
			Fiber g	6.12	
Amino Acids			Minerals		
Tryptophan g	1.15	0.40	Calcium, Ca mg	1727.06	1142.85
Threonine g	4.49	1.23	Iron, Fe mg	11.96	8.79
Isoleucine g	4.50	1.05	Magnesium, Mg mg	219.18	173.19
Leucine g	8.22	1.93	Phosphorus, P mg	1282.14	879.11
Lysine g	8.67	0.97	Potassium, K mg	1491.09	1230.76
Methionine g	2.87	0.97	Sodium, Na mg	376.72	230.33
Cystine g	1.15		Zinc, Zn mg	20.20	17.58
Phenylalanine g	4.06	1.32	Copper, Cu mg	1.96	1.76
Tyrosine g	3.49		Manganese, Mn mg	1.53	1.41
Valine g	4.77	1.41	Selenium, Se µg	113.99	103.74
Arginine g	7.27	0.97	Chloride, Cl		351.65
Histidine g	3.02	0.55	Iodine, I µg	243.75	260.22
Alanine g	6.10		Ca:P	1.35	
Aspartic acid g	9.61		Zn:Cu	10.30	
Glutamic acid g	15.63				
Glycine g	5.45				
Proline g	4.55		Vitamins		
Serine g	4.28		Vitamin C, total ascorbic acid mg	43.76	
Hydroxyproline g	0.93		Thiamin mg	0.65	0.65
Taurine			Riboflavin mg	2.05	1.50
			Niacin mg	30.39	5.01
Polyunsaturated Fatty Acids			Pantothenic acid		4.31
18:2 n-6 (Linoleic Acid) * g	11.77	3.16	Vitamin B-6 mg	2.25	0.43
18:2 CLAs g	0.06		Folate, total µg	358.51	78.24
18:3 n-3 (Alpha Linolenic Acid) * g	0.84	0.12	Choline, total mg	378.46	492.30
18:3 n-6 c,c,c g	0.03		Betaine mg	38.64	
20:2 n-6 c,c g	0.07		Vitamin B-12 µg	17.17	10.11
20:3 n-3			Retinol µg	1937.21	439.56
20:3 n-6 g	0.05		Carotene, beta µg	1196.80	
20:4 n-3			Carotene, alpha µg	4.95	
20:4 n-6 (Arachidonic Acid) * g	0.62		Cryptoxanthin, beta µg	15.95	
20:5 n-3 (EPA) g	0.32	0.13	Lycopene µg	14.00	
22:5 n-3 (DPA) g	0.05		Lutein + zeaxanthin µg	2589.20	
22:6 n-3 (DHA) g	0.44	0.13	Vitamin D3 (cholecalciferol) µg	7.62	3.96
EPA + DHA undifferentiated			Vitamin K (phyloquinone) µg	156.15	474.72
EPA + DHA Total g	0.76	0.26	Vitamin E (alpha-tocopherol) mg	141.08	8.79
Omega 6:Omega 3	7.64				