



## Starter Recipe 2: Beef & Sweet Potato (≈ 2,000 kcal total)

Cooked, complete when you add the listed supplements exactly as directed. Cool before adding heat-sensitive blends.

### Ingredients (Cooked Weights)

Ingredient	Amount	Notes
90% lean ground beef	900 g (≈ 2 lb)	Cook to 165°F/74°C and drain fat
Sweet potato (roasted, peeled, mashed)	350 g	Roast/steam until soft
Spinach + zucchini (lightly steamed/sautéed)	150 g	Chop fine
Oil (safflower or canola)	15 g (≈ 1 Tbsp)	Add after cooling for texture/energy

Target batch yield ≈ **1,415 g** cooked food.

### Supplements (Do Not Skip)

Supplement	Batch Dose	How to Add
Calcium (elemental)	≈ 1,800–2,000 mg for this batch	Use finely ground eggshell or Ca carbonate/citrate; follow your product's label
Canine vitamin/mineral blend	Per label for ≈ 2,000 kcal batch	Mix into cooled food for even distribution
Fish oil (EPA+DHA)	<i>Daily</i> dose with each serving	Provide ~50–100 mg EPA+DHA per kg body weight/day; add at feeding time

These complete the recipe to meet canine micronutrient needs (Ca:P balance, trace minerals, vitamins).

### Calories & Portions

Batch kcal	Batch weight	kcal per gram
≈ <b>2,000 kcal</b>	≈ <b>1,415 g</b>	≈ <b>1.42 kcal/g</b>

Dog Size (example)	Approx kcal/day*	Grams/day of this recipe	Days per batch (≈1,415 g)
Toy (~8–10 lb)	~220	~155 g	~9.1
Small (~15 lb)	~400	~282 g	~5.0
Medium (~30 lb)	~800	~563 g	~2.5

Dog Size (example)	Approx kcal/day*	Grams/day of this recipe	Days per batch (≈1,415 g)
Large (~60 lb)	~1,300	~915 g	~1.6
Giant (~90 lb)	~1,800	~1,268 g	~1.1

\*Daily calories vary by age/activity/BCS. Recalculate using RER/MER if needed. Label portions with grams and kcal.

**Method (Quick)**

1. Cook beef thoroughly; drain. Steam/roast veg and sweet potato; mash/chop.
2. Cool components quickly on sheet pans. Combine in a large bowl.
3. Stir in oil; add calcium + canine vitamin/mineral blend exactly per label (mix well).
4. Weigh daily portions (or half-day packs). Label: recipe / date / grams / kcal.
5. Fridge 3–4 days; freeze 2–3 months. Add fish oil at mealtime.

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