



Starter Recipe 1: Turkey & Rice (≈ 1,800 kcal total)

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

Ingredients (Cooked Weights)

Ingredient	Amount	Notes
93% lean ground turkey	900 g (≈ 2 lb)	Cook to 165°F/74°C and drain
White rice (cooked)	300 g	Fluffy, not wet
Carrots + green beans (steamed, chopped)	200 g	Fine chop for uniform mix
Oil (olive or canola)	15 g (≈ 1 Tbsp)	Stir in after cooling

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 calcium carbonate/citrate; follow product label
Canine vitamin/mineral blend	Per label for ≈ 1,800 kcal batch	Mix into cooled food for even distribution
Fish oil (EPA+DHA)	Daily dose with each serving	Provide ~50–100 mg EPA+DHA per kg body weight/day; add at mealtime

These close micronutrient gaps (Ca:P balance, trace minerals, vitamins).

Calories & Portions

Batch kcal	Batch weight	kcal per gram
≈ 1,800 kcal	≈ 1,415 g	≈ 1.27 kcal/g

Dog Size (example)	Approx kcal/day*	Grams/day of this recipe	Days per batch (≈1,415 g)
Toy (~8–10 lb)	~220	~173 g	~8.2
Small (~15 lb)	~400	~315 g	~4.5
Medium (~30 lb)	~750	~591 g	~2.4

Dog Size (example)	Approx kcal/day*	Grams/day of this recipe	Days per batch (≈1,415 g)
Large (~60 lb)	~1,300	~1,024 g	~1.4
Giant (~90 lb)	~1,800	~1,417 g	~1.0

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

Method (Quick)

1. Cook turkey thoroughly; drain. Steam rice and vegetables.
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 or half-day portions; label recipe/date/grams/kcal.
5. Fridge 3–4 days; freeze 2–3 months. Add fish oil at mealtime.

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