Basic Crock Pot Diet for Dogs

- 16 oz Turkey Breast (cooling, Qi tonic)
- 16 oz Pork (cooling, Yin Tonic)
- 16 oz Ground Beef (Neutral, Blood Tonic)
- 6 Tbs Coconut oil
- 3 Cups of Calabrese Vegetables (Kale, collards, cabbage, brussel sprouts, broccoli)
- 4 Cups of Vegetables (zucchini, green beans, squash, pumpkin, tomatoes, seasonal veggies)
- 1 can Kidney Beans (not drained) or ½ lb dry Kidney Beans (blood tonic, drains damp)
- 4 Large Carrots (blood tonic, cooling)
- ½ tsp. of Dried Turmeric (resolves stagnation)
- ½ tsp. of Dried Mustard (resolves stagnation)
- 1 clove of uncooked Garlic (resolves stagnation)
- 2000mg of Calcium per 3lbs of protein (bone meal, calcium supplement)
- 1 tsp. of Iodized Salt

Throw it all together in the crock pot and add 4 cups of Water (if not adding rice add 2 cups of water), and let cook for 8 hours on low or 275 degrees, then add 1 cup of uncooked Brown Rice, and mix into cooked food with a potato masher. Let it steam up for an additional hour, then turn off crock pot, and let cool. You can also freeze batches and reheat as needed.
To take the chill off the food, add some warm water, or just put the kettle up to boil when you start making the food. Mix in any herbs you may be giving with the warm water & food
To fill crock pot, use approx. 40% protein, 25% carbohydrates, and 35% vegetables by volume in crock pot. Always add 2000mg calcium per 3 pounds of meat unless your pet is chewing REAL bones 2-3 times weekly. (Soup bones, shanked bones, marrow bones, etc. are acceptable)

Feed:
- 1/8 to 1/4 cup twice a day for dogs under 10lbs of lean body weight
- 1/2 to 1 cup for up to 50lbs
- 1 to 1 ½ cups greater than 50lbs

If your pet is heavy, start low. If your pet is thin and active, go medium to high, and adjust based on how your pet responds. Always change food gradually, mixing in 50% of old food with 50% of the new food, and phasing out the old food over 1 to 2 weeks. A multivitamin (Catalyn by Standard Process or Flora4) is required with this diet