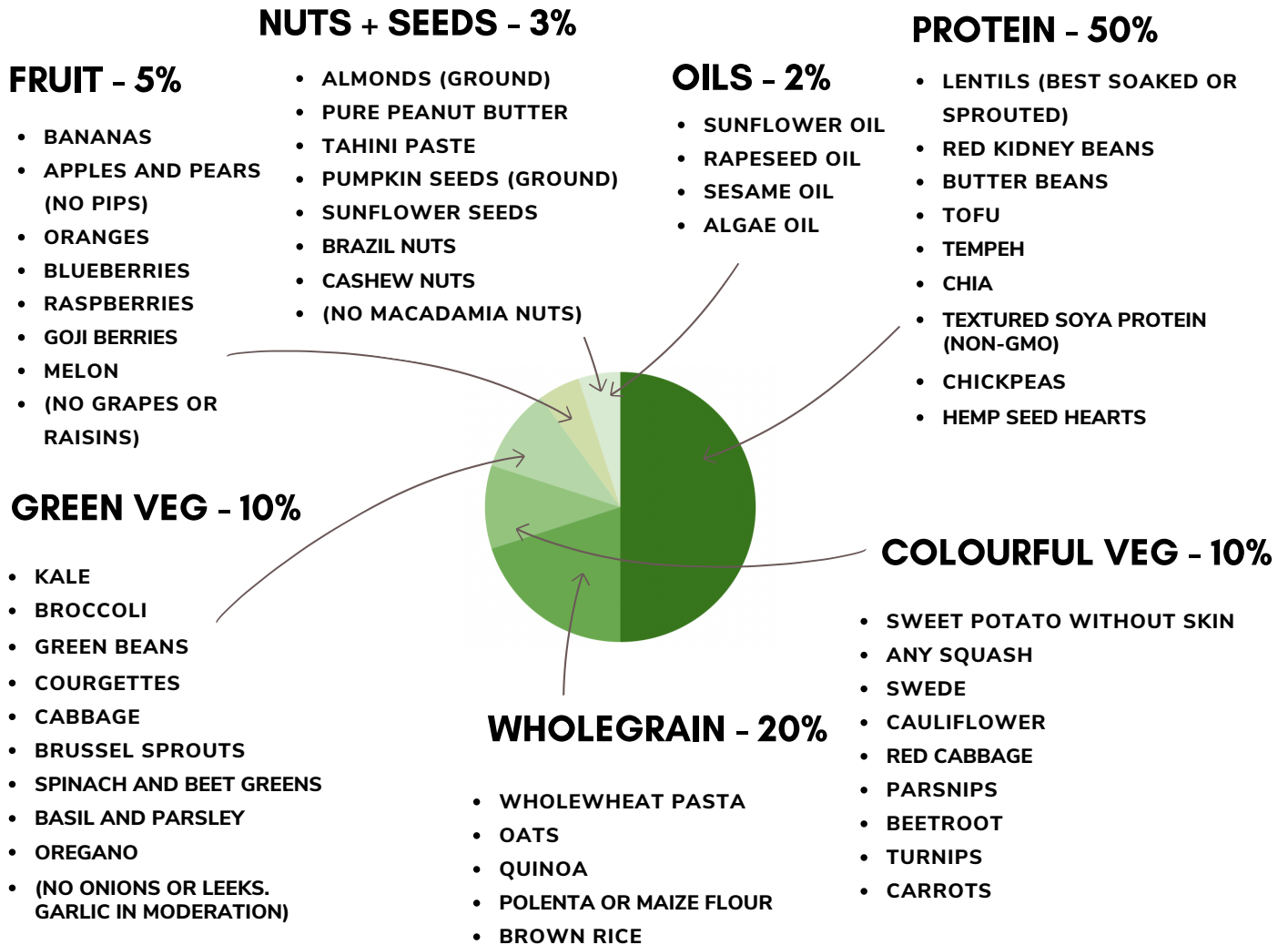


**The best sources of ingredients to supply all the nutrients and energy needed**



**TOP URINARY ACIDIFIERS**

FOR PREVENTION OF STRUVITE CRYSTALS ADD:

- SUPPLEMENT CONTAINING METHIONINE
- BROWN RICE
- CRANBERRIES

**TOP VIT D3 SOURCE**

- ALGAE OIL FROM VEGETOLOGY
- MUSHROOMS UV RADIATED IN SUNLIGHT

**TOP IODINE SOURCE**

- KELP POWDER
- SPIRULINA

**INGREDIENTS FOR FUSSY DOGS**

- TAHINI PASTE
- NUTRITIONAL YEAST
- PURE PEANUT BUTTER
- SESAME OIL
- MUSHROOM POWDER

Interested in learning more? We offer a Plant-Based Dog Nutrition Masterclass at:

[www.dogsgo-plantbased.co.uk](http://www.dogsgo-plantbased.co.uk)

THANK YOU FOR BEING KIND TO YOUR DOG AND OUR PLANET

[www.vegan-dogfood.co.uk](http://www.vegan-dogfood.co.uk)

   @justbekinddogfood

# just be kind HOMEMADE DOG FOOD

TRY PREPARING THIS EASY  
NUTRITIOUS RECIPE FOR YOUR DOG

## DAILY AMOUNT TO FEED

INGREDIENTS	5KG DOG	15KG DOG	25KG DOG
FRESH TOFU	70g	120g	220g
COOKED LENTILS	45g	100g	150g
COOKED VEGETABLES	30g	50g	80g
FRUIT	30g	40g	80g
SUNFLOWER OIL	3g	6g	12g
ALGAE OIL	2g	4g	8g
JUST BE KIND SUPPLEMENT	4g or 1tsp	10g or 2½tsp	18g or 4tsp



## IMPORTANT TOP TIPS WHEN HOME COOKING

- FEED AS MUCH COLOUR AND DIVERSITY AS POSSIBLE TO ENHANCE YOUR DOG'S GUT MICROBIOME
- ANY FOODS THAT YOU CAN EAT RAW, THEY CAN BE FED RAW TO YOUR DOG TOO SUCH AS CARROTS, CUCUMBER, COURGETTE, RED PEPPERS
- IF DRIED LENTILS ARE USED, SOAK THEM OVERNIGHT AND RINSE WELL PRIOR TO COOKING
- ENSURE THAT ONCE COOKED, THE FOOD IS WELL MASHED OR BLENDED FOR MAXIMUM ABSORPTION OF NUTRIENTS, ESPECIALLY COOKED BEANS
- ENSURE THAT YOU WASH ALL BOUGHT FRUIT AND VEGETABLES AS YOU WOULD FOR YOURSELF
- ALWAYS USE JUST BE KIND SUPPLEMENT AND OMEGA 3 ALGAE OIL WITH VIT D3 WHEN HOME COOKING. THESE CONTAIN VALUABLE VITAMINS, AMINO ACIDS, MINERALS AND PROBIOTICS
- THE COOKED FOOD CAN BE BAKED PRE-TOPPING FOR AN EXTRA CRUNCH
- THE SUPPLEMENT MUST BE ADDED TO COOLED COOKED FOOD AND MUST NEVER BE HEATED. CAN BE MADE INTO A PASTE WITH SOME PLANT-BASED MILK AND PURE PEANUT BUTTER
- CHOOSE ORGANIC OR HOMEGROWN INGREDIENTS WHERE POSSIBLE TO REDUCE PESTICIDE RISK

We have 4 wholesome wholefood recipes that are palatable enough for you to eat:

- HEARTY UMAMI STEW
- FEED THE RAINBOW
- TERRIFIC TOFU TRAYBAKE
- PLANT POWERED FEAST



If you'd like to try our delicious family recipes with the exact amounts to batch cook for your dog, scan the QR code below.



## DOSE OF VEGETOLOGY OMEGA 3 & PURE VIT D3 FOR YOUR DOG

VEGETOLOGY OMEGA 3 ALGAE OIL OFFERS PURE FATTY ACIDS EPA AND DHA AS WELL AS PLANT-BASED VIT D3 WITH A DELICIOUS UMAMI FLAVOUR THAT DOGS LOVE. KINDLY CUTTING OUT THE MIDDLE FISH AND GETTING PURE NUTRIENTS DIRECTLY FROM THE PLANT SOURCE.

THE DOSE OF VEGETOLOGY ALGAE OIL IS 2 CAPSULES OR 1 TSP A WEEK FOR A 5KG DOG, 4 CAPSULES OR 2 TSP A WEEK FOR A 15KG DOG, 1 CAPSULE DAILY OR ½ TSP DAILY FOR A 25KG DOG AND 1 - 2 CAPSULES DAILY OR 1 TSP DAILY FOR A 30KG+ DOG.

Interested in learning more? We offer a Plant-Based Dog Nutrition Masterclass at:

[www.dogsgo-plantbased.co.uk](http://www.dogsgo-plantbased.co.uk)

THANK YOU FOR BEING KIND TO YOUR DOG AND OUR PLANET

[www.vegan-dogfood.co.uk](http://www.vegan-dogfood.co.uk)




[@justbekinddogfood](https://www.instagram.com/justbekinddogfood)