



Premium Grain Free Completely Balanced

Ratio

70-75% **Meat**, 20-30% **Vegetables**. 10% **Fruits**

**** Organs Are Not Considered Meat.**

***Must Add Calcium**

Add Eggshell Powder to homemade diets to provide calcium.

To make calcium from egg shells, hard boil eggs. Let cool and peel the shell. Bake for 20 minutes or until the shells are dry.

Place shells in coffee grinder, or food processor and blend until shells turn to powder. ¾ teaspoon per cup of food.

**** Organic Eggs Recommend**

Remove Toxins, Pesticides and Bacteria

Organic Meat and Vegetables contain bacteria and other toxins because is handled by packers, transportation workers, wholesalers, clerks and customers before it arrives on your countertop.

Detox Meat and Vegetables

Soak Meat, vegetables and fruit for 20 minutes in mixture of raw un-filtered apple cider vinegar and water. Use ¼ cup of ACV per large bowl. Rinse with filtered water.

Ingredients

****Use any of the following protein sources**

Lean Meat.....Lamb, Chicken, Turkey, Venison, Duck, Fish, Kangaroo, Buffalo, Rabbit, Wild Game

****Use a variety of greens yellows and orange colored vegetables**

Vegetable.....Beef, Kale, Spinach, Broccoli, Zucchini Squash, Brussels sprouts, Sweet Potatoes, Leeks, Carrots

******Use a variety or any combination of fruits**

Fruits.....Apple, Cranberry, Apricot, Banana, Blueberries, Cantaloupe Mango, Pear, Pineapple, Raspberries, Strawberries, Watermelon

Using a food processor, grind the meat to the consistency of ground beef and place in a bowl.

After meat is ground/prepared, repeat the process using the vegetables. Use a scissor to cut the leafy vegetables in to smaller pieces to make chopping easier. Vegetables should be chopped finely.

- Place chopped vegetable in a separate bowl. Repeat the process for fruits.
- Add the appropriate ratios in the food processor and blend the meat vegetables and calcium until completely mixed.
- Place enough food for 2 days in an airtight container
- Freeze remaining

<u>Example of Ratios</u>	
Meat:	12 Cups
Vegetables	3 Cups
Fruit	1
Calcium	12 Tsps
Yield	16 Cups