

ted and replaced soy sauce when baking the 3 ½-day recipe)

Mix together the preceding and then add the following ingredients:

6 ½ cups (2 lb. [1550ml/915g]) whole wheat flour

1 ½ cups (7 oz. [330ml/200g]) wheat gluten flour (75% protein)

Mix all ingredients together.

3. Garbanzo

2 DAYS FOOD • Protein 23.1%, Fat 8.7%

4 ¾ cups (2 lb. 2 oz. [1135ml/960g]) uncooked garbanzo beans.

This makes 9 ⅞ cups (3 lb. 8 oz. [2325ml/1610g]) cooked. **OR**

start with 9 ⅞ cups (4 lb. 11 oz. [2085ml/2115g]) canned garbanzos.

If you use canned garbanzos, *don't* add additional salt.

3 ½ tbs. (50ml/34g) yeast powder

2 ¾ tsp. (13ml/12g) oil

Growth:

1 ½ tbs. (20ml/26g) VegeDog™

1 ⅓ tsp. (6ml/8g) salt **OR** ¼ cup (55ml/54g) soy sauce

Maintenance:

1 tbs. (13ml/17g) VegeDog™

¼ tsp. (1g) salt **OR** ½ tbs. (6ml/6g) soy sauce

Seasonings (parsley, basil, etc.)

Soak garbanzo beans in water until doubled in size. Change water as necessary to keep from fermenting. Cover with fresh water and cook until soft. A crock pot is most convenient.

Drain thoroughly and crush warm beans with a potato masher (disc with holes). Food processors can crush cold beans. Stir in other ingredients.

Refrigerate extra portions in small covered containers.

4. Lentil

2 DAYS FOOD • Protein 28.9%, Fat 8.2%

3 ⅝ cups (1 lb. 9 oz. [860ml/700g]) uncooked lentils. This makes (10 ¼ cups (4 lb. 8 oz. [2425ml/2025g]))

when cooked.

2 ½ tbs. (35ml/24g) yeast powder

¼ cup (55ml/50g) oil

Growth:

5 tsp. (25ml/30g) VegeDog™

1 tsp. (5ml/6g) salt **OR** 2 ½ tbs. (40ml/38g) soy sauce

Maintenance:

1 tbs. (13ml/17g) VegeDog™

⅛ tsp. (1g) salt **OR** ½ tbs. (6g) soy sauce

Seasonings

Soak lentils in cold water for two hours.

Drain, cover with water and cook until soft, or sprout for one day. Sprouted lentils need to be broken up in a food processor or blender for dogs. Drain before using.

5. Oat & Soy

3 DAYS FOOD • Protein 24.2%, Fat 13.8%

8 ⅝ cups (1 lb. 9 oz. [2040ml/700g]) uncooked oats. This makes 18 ½ cups (9 lb. 9 oz. [4385ml/4335g]) when cooked.

1 ⅞ cups (9 oz. [440ml/240g]) dry textured vegetable protein **OR** 3 cups (1 lb. 10 oz. [700ml/735g]) firm tofu

1 tbs. (13ml/9g) yeast powder

⅜ cup (100ml/90g) oil

Growth:

2 ½ tbs. (33ml/42g) VegeDog™

1 ½ tsp. (7ml/9g) salt **OR** ¼ cup (58ml/57g) soy sauce

Maintenance:

5 tsp. (24ml/30g) VegeDog™

¼ tsp. (1.5g) salt **OR** ½ tbs. (9ml/9g) soy sauce

Seasonings

7 days food

20 ⅞ cups (3 lb. 10 oz. [4650ml/1625g]) uncooked oats. This makes 43 ¼ cups (22 lb. 5 oz. [10225ml/10120g]) when cooked)

4 ⅓ cups (1 lb. 4 oz. [1025ml/560g]) dry textured vegetable protein **OR** 6 ⅞ cups (3 lb. 13 oz. [1615ml/1720g]) firm tofu

2 tbs. (30ml/20g) yeast powder

1 cup (230ml/210g) oil

Growth:

⅓ cup (75ml/100g) VegeDog™

1 tbs. (16ml/20g) salt **OR** ½ cup (135ml/135g) soy sauce

Maintenance:

¼ cup (55ml/70g) VegeDog™

½ tsp. (3g) salt **OR** 4 tsp. (21ml/21g) soy sauce

Seasonings

This is a quick meal, requiring little preparation time. Quick cooking oats are easy to prepare. Just pour boiling water and stir. If you use textured soy protein, pour boiling water on those at the same time. Don't add so much liquid that the food becomes mushy.

6. Rice & Soy

3 DAYS FOOD • Protein 26.3%, Fat 10.0%

3 ⅞ cups (1 lb. 5 oz. [750ml/590g]) uncooked parboiled, converted or brown rice. This makes 11 ⅞ cups (4 lb. 5 oz. [2625ml/1950g]) cooked parboiled or converted rice, **OR** 10 cups (4 lb. 5 oz. [2365ml/1950g]) brown rice when cooked.

3 cups (13 ½ oz. [700ml/380g]) dry textured soy protein

¼ cup (65ml/45g) yeast powder

⅜ cup (90ml/85g) oil

Growth:

2 ½ tbs. (35ml/45g) VegeDog™

1 ½ tsp. (7ml/9g) salt **OR** ¼ cup (60ml/60g) soy sauce

Maintenance:

4 tsp. (21ml/27g) VegeDog™

¼ tsp. (1.5g) salt or 2 tsp. (11ml/10g) soy sauce

Seasonings

Combine and serve.



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We believe this to be the healthiest vegan program for feeding dogs. Start with fresh ingredients, without preservatives or animal products, and prepare food as you do for other family members.

Transition gradually

Mix a small amount of the new food with the old and adjust the proportions over a period of days. It is important that your dog eat enough for good health. A short fast won't hurt, but don't make this a battle of wills with your dog the loser.

Enzymes, for live-fooders

Wolves and wild dogs eat uncooked food, intact with vital enzymes (life force).

Enzymes are heat sensitive, therefore we recommend the addition of plant-derived enzymes (lipase, amylase, protease, and cellulase) to any cooked food. Prozyme® Plus, available from Harbingers, maximizes the absorption of valuable nutrients by up to 71%, decreasing food requirement by 25%.

A little raw food doesn't supply enough enzymes to compensate for cooked food.

Vegetables

Adding vegetables (never onions) to your dog's food is a bonus. They add few calories, but do add variety, extra vitamins and minerals. Dogs are very appreciative of "people" food such as raw cauliflower florets. Raw vegetable blended smoothies are good.

Yeast

Yeast adds high quality protein, B vitamins and flavor while helping deter fleas. Stir the yeast into the food so chunks are uniformly coated. Nutritional yeast (a pale yellow color) tastes cheese-like, and comes in maxi-flakes, mini-flakes, and powder. Double the volume (not the weight) measurement if using maxi-flakes. It is best to weigh it out initially.

VegeYeast is a special kind of brewers yeast. Its high acid content is especially beneficial for dogs.

Oils

Olive oil is a good oil for all-around use, but don't cook with it. Most other vegetable oils are fine for cooking. Optimally, without cooking it, add flax seed or hemp seed oil once a week.

Seasonings

Imitation bacon bits, stevia (a sweet herb), imitation meat flavorings, spirulina, and favorite table scraps from your own meals increase palatability, although eventually you'll find it hardly necessary.

Utensils

A one or two cup measure is handy. For kibble, have on hand: two or three large cookie sheets, an oversize rolling pin, cutting board and a chef's knife.

Textured Soy Protein

Measure TVP™ (textured vegetable protein) before reconstituting it. Flakes and granules must be reconstituted. Add 7/8 cup boiling water to each cup and let it absorb the liquid. Textured soy protein chunks (which are larger) may require a brief simmering before ready for use.

About the recipes

Recipes are based upon a 44-pound adult dog. Puppies and pregnant or lactating bitches eat considerably more. Young pups need twice the calories of adults.

Analyses are by dry weight crude, and are averages of recipe variations.

Prepare food for mature dogs by using the maintenance measurements. For puppies (and pregnant and lactating bitches), use the growth measurements. Although not ideal, mature dogs may also eat the growth recipes.

How much Vegedog per day?

If you use your own recipes, instead of the following, typically a growing dog of 44-pounds (20Kg) would get about 2 1/4 tsp. (14g) per day of Vegedog. Adult dogs would receive about 1 1/2 tsp. (9g) per day. Mix that amount into the total amount of daily food. For dogs of different weights, change amount proportionally. See the chart on back label.



K-9 kibble press above is available from: <http://www.ppepets.com/litrbicu.html>

1. Soy Kibble

Protein 22.4%, Fat 8.3%

NOTE: Bake the 2 1/2 day batch following these measurements. This 16-Day Recipe is primarily for mixing and storing dry ingredients for later use (a great time saver).

16 days food

33 cups (8 lb. 13 oz [7885ml/4000g]) whole wheat flour
14 1/8 cups (2 lb. 10 oz. [3340ml/1200g]) whole soy flour
2 3/4 cups (11 oz. [650ml/320g]) corn

meal
1 cup (5 1/2 oz. [235ml/160g]) yeast powder
Growth:
3/4 cup (8 oz. [185ml/235g]) Vegedog™
2 1/2 tbs. (37ml/45g) salt OR 1 1/3 cup (310ml/300g) soy sauce added with 1 1/4 cup (13 oz. [400ml/370g]) oil and necessary water (if baking 16 days food all at once). *Don't* add liquid ingredients if you are storing the premixed dry ingredients.

Maintenance:

1/2 cup (5 oz. [110ml/140g]) Vegedog™
1 1/4 tsp. (6ml/7g) salt OR 3 tbs. (50ml/50g) soy sauce added with 1 1/4 cup (13 oz. [400ml/370g]) oil and necessary water (if baking 16 days food all at once). *Don't* add liquid ingredients if you are storing the premixed dry ingredients.

Salt can be left out of the Dry Premixed Ingredients and replaced by soy sauce when making the regular 2 1/2 day recipe.

For more flavor: Substitute a sugar free prepared pasta sauce for the water or add tomato paste along with necessary water.

A 4 gallon (18 liter) pail with a tight fitting lid (available at hardware stores) makes a good container for shaking (mixing) and storing the dry ingredients.

Regular 2 1/2 day Kibble

1. Preheat oven to 325°F (160°C).
2. Add 8 cups (1900ml) of the above dry ingredient mixture to 1/4 cup oil (65ml/60g) and 3 cups (700ml) water (as necessary). If you didn't premix the preceding 16 Days Food add Ingredients for 2 1/2 Days in the next column.

Pasta sauce (without sugar) may be substituted for some or all of the water.

3. Stir with a large strong spoon to form soft dough.

4. Flour hands and countertop to keep dough from sticking. Empty the bowl onto the countertop. Knead the dough by folding it on itself several times until smooth, proceeding as if making a pie crust.

5. Roll dough to no more than 1/2" (1.25cm) thick, and smooth in place on a cookie sheet, kneading into corners.

6. Before placing on cookie sheet for baking, prick the dough with a fork to prevent bubbles (unless using a *kibble press*). A pizza cutter wheel can quickly makes biscuits out of side strips.

Baking:

Don't bake so long that the edges get brown and brittle.

Bake for 20 minutes.

Cutting:

With a large chef's knife cut newly baked slab into 9 (or 12) parts (on a cutting board). Cut twice horizontally, and then cut vertically 2 or 3 times. Cut each of the resulting rectangles into kibble sized pieces by cutting first in one direction, and then the other. Piece sizes are determined by the size of your dog or the K-9 press.

Separate kibble pieces onto two or more cookie sheets and place in a warm oven (at it's lowest temperature) for two or three hours until crunchy dry. Direct sunshine makes an energy efficient drier. Kibble is dry enough when you can't compress pieces with finger pressure.

Refrigeration is unnecessary.

Fresh kibble and biscuits help keep teeth and gums healthy.

INGREDIENTS FOR 2 1/2 DAYS

5 1/3 cups (1 lb. 7 oz [1250ml/635g]) whole wheat flour
2 1/4 cups (7 oz. [530ml/190g]) whole soy flour
1/2 cup (2 oz. [105ml/50g]) corn meal
3 tbs. (1 oz. [40ml/25g]) yeast powder

Growth:

1/8 cup (30ml/38g) Vegedog™
1 1/4 tsp. (6ml/7g) salt OR 3 tbs. (50ml/50g) soy sauce added with 1/4 cup (2 oz. [65ml/60g]) oil and 3 cups (700ml) water.

Maintenance:

4 tsp. (18ml/23g) Vegedog™
1/4 tsp. (1ml/1g) salt OR 1/2 tbs. (8ml/8g)

soy sauce added with 1/4 cup (2 oz. [65ml/60g]) oil and 3 cups (700ml) water.

Mix all ingredients together and go to the preceding Step 3.

2. No Soy Kibble

(Maintenance Only) Protein 24.2%, Fat 8.1%

NOTE: Bake the Regular 3 1/2 day recipe. These first measurements are for mixing and storing bulk dry ingredients for later use, saving preparation time.

18 Day Dry Ingredient MIXTURE

1 2/3 cups (9 1/2 oz. [400ml/270g]) yeast powder
1/2 cup (6 oz. [125ml/160g]) Vegedog™
4 tsp. (20ml/18g) lecithin granules
1 tbs. (15ml/18g) salt (could be omitted and replaced by soy sauce when baking the 3 1/2-day recipe)

Thoroughly mix the above ingredients before proceeding further.

33 2/3 cups (10 lb. 6 oz. [7970ml/4715g]) whole wheat flour
7 1/4 cups (2 lb. 4 oz. [1710ml/1025g]) wheat gluten flour (75% protein)
Mix all ingredients together.

Regular 3 1/2 Day No Soy Kibble

Kibble step by step

1. Preheat oven to 325°F (160°C).
2. Add 8 1/2 cups (2000ml/1235g) of the above 18 Day Dry Ingredient Mixture OR use the Dry Ingredients for 3 1/2 Days (below).
1/3 cup oil (70ml/65g)
4 cups (700ml) water (as necessary)
1 1/2 tbs. (20ml/25g) soy sauce (if salt was omitted from the dry ingredients)

For more flavor: Substitute a sugar free prepared pasta sauce for the water or add tomato paste along with any necessary water.

3. Follow steps 3-10 in Recipe #1.

DRY INGREDIENTS FOR 3 1/2 days

1/3 cup (2 oz. [80ml/50g]) yeast powder
2 tbs. (25ml/32g) Vegedog™
3/4 tsp. (4ml/4g) lecithin granules
2/3 tsp. (3ml/4g) salt (this could be omit-