

## CARBOHYDRATE RESTRICTED DIET for DOGS

**50% to 70% of diet should be protein:** It is fine to leave meat in large chunks. This allows it to stay in stomach longer and get properly treated by enzymes and acids before moving into the short gut.

**MEATS:** Beef, chicken, turkey, fish, venison, rabbit, duck, lamb, pork, buffalo, goat, goose.  
Buy lean meats but when cooked keep with the grease. They need the fats for energy source. This will provide a low-fat mix. **This should be at least half of the protein total.**

**ORGAN MEATS:** Liver, kidney, heart. **These can be substituted for ¼ of the protein portion.**

**OTHER PROTEIN SOURCES:** Lentils, navy or kidney beans, Mung beans, eggs, cottage cheese, yogurt. **These can be used in a quantity up to ¼ th of the total protein base.**

**30 to 50% of diet should be veggies:** Steam lightly, run through blender, mix with meat, or can be blended all together so that it appears like canned dog food.

**VEGGIES/FRUITS:** Broccoli, zucchini, green beans, carrots, celery, cucumber, cauliflower, brussel sprouts, beets, tomatoes, apples, blueberries, banana, pears, swiss chard, kale, spinach, okra, mustard greens, eggplant.

**STARCHES:** Choose one of: sweet potato, white potato, pumpkin, squash, peas, couscous, quinoa, tapioca

**SPICES:** Garlic powder, rosemary, parsley, oregano, fennel, ginger, celery seed, dill, turmeric, thyme

**Oils:** walnut or corn oil ½ tsp. / 30 # per meal

### SPECIAL RECIPE FOR YOUR DOG

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ITEM	TYPE	QUANTITY
PROTEIN:		_____ Cup
		_____ Cup
		_____ Cup
VEGGIE:		_____ Cup
FRUIT:		_____ Cup

**FEED VOLUME:**

**TIMES PER DAY:**