

Home Cooking for Your Dog & Cat – *shopping list*

Animal Protein: 75% Dogs 90% - 100% Cats

- *chicken, turkey, beef
- *lamb, venison, duck, rabbit
- *pork cooked

Organ meat:

- * livers, gizzards, hearts

Vegetables & Fruits: 15% Dogs 10% Cats

- * carrots, sweet potatoes, broccoli, squash, celery
- * asparagus, kale, spinach, cauliflower, green peas
- * cucumber, cabbage, collard greens, Brussels sprouts
- * potatoes, zucchini, swiss chard, green beans, arugula
- *bananas, apples, mango, pears, melon
- *blueberries, raspberries, pumpkin, cranberries

Carbohydrates/Grains: 10% Dogs

- * barley
- * quinoa: red, white
- *pasta
- *oat meal
- *grits
- *couscous
- *millet
- *farro
- *brown rice
- *corn meal/polenta
- *farina

Essential Fatty Acids:

- *coconut oil
- *flax seed oil, hemp seed oil, cod liver oil
- *hard boiled eggs
- *sunflower seed oil
- *anchovies

Fish: ALWAYS COOK RAW FISH

- * tuna: canned or seared
- * jack mackerel, sardines
- * trout, herring, sole
- * salmon (Costco: Trident Pacific Salmon Burgers)
- *salmon canned
- *blue fish
- *anchovies

Extras:

- * Bragg's apple cider vinegar
- * multivitamin *CitriBoost*
<https://pws.shaklee.com/bowmeowraw>
- * Greek Yogurt plain
- * fresh parsley
- *garlic *6 months & older*
- *cottage cheese
- *fresh lemon juice
- *ground flax seed
- *fresh ginger
- *ground pumpkin seeds
- *bone broth
- *kefir

Flours:

- *brown rice flour
- *garbanzo bean flour
- *amaranth flour

Raw Meaty Bones: for dogs over 20bs.

- *raw turkey necks
- *raw chicken necks
- *raw chicken wings



For more information visit:

www.BowMeowRaw.com

