

# VEGEPUP

## Recipe Brochure

### NEW 2021 SERVING SIZES!

Home-prepared food allows your puppy to thrive and avoids ingredients that contain heavy metals, preservatives, herbicides, pesticides, GMOs, allergens, and meat products. Compassion Circle strongly recommends organic food for you and your companion animals!

**Transition Gradually** - Mix a small amount of the new food in with the old and adjust the proportions over a period of 1-2 weeks.

**About the Recipes** - Young puppies need roughly 2 times more calories per pound of body weight than adult dogs. They eat more, more often, and puppies have higher nutrient requirements than adults dogs. Pregnant or lactating mamas also eat considerably more than average adults. While not ideal, adult dogs who are not pregnant or lactating may eat recipes prepared with the Vegepup supplement. It is best to use the Vegedog™ supplement and recipes for dogs 10-14 months of age and older.

The Vegepup supplement need not be cooked or heated. It should be added after prepared ingredients are combined, but mixed into warm food. Ingredients can be prepared separately, then mixed together, or you may come up with your own method. Prepared meals can be stored in the refrigerator or freezer, with or without the supplement added.

Ask your veterinarian how many calories to feed your puppy, or use an online calorie calculator (like <http://vetcalculators.com/calories.html>). The calories per cup of food is estimated under each of our recipe headings. Due to variations in cooking, your recipe could yield a different amount of food. The most accurate way to find out how many calories per cup your home-prepared meal yields is to measure how many cups your recipe makes and divide the total number of calories in the recipe by the number of cups you've made.

**How much Vegepup per day?** - Vegepup recipes have the amount of Vegepup factored into the recipe. If you modify our recipes, please only substitute legumes for legumes or grains for grains, and be mindful of the protein content in your puppy's diet; it should be roughly 30%. See the serving size chart on the product label to determine the daily serving size for your puppy or dog. Mix the daily serving amount into the total amount of daily food, or divide it between daily meals. On average, recipes need 1 tablespoon (15g) of Vegepup for every 1000 calories or 3 tablespoons (45g) of Vegepup for every 3000 calories in the recipe.

**Digestive Enzymes** - We recommend adding plant-derived enzymes (lipase, amylase, protease, and cellulase) to any cooked food. Amylase is particularly important to digest carbohydrates. Lactose-free Prozyme® Plus contains the above enzymes and is available from Compassion Circle. It maximizes the absorption of valuable nutrients and greatly aids digestion.

**Vegetables (& Fruit) – YES!** - Adding vegetables to your puppy's food is ideal. Veggies add few calories, but valuable, easily-absorbed vitamins and minerals. While our recipes meet nutritional requirements without the addition of fruit or vegetables, we highly

recommend adding veggies to make up about 10% of the diet. Pureed, lightly steamed vegetables are wonderful, as are raw purees with a base of lettuce or greens. You can add cooked mushrooms, sweet potatoes, carrots, green beans, cauliflower, corn, greens, turnips, and squash. Uncooked, chopped zucchini, broccoli, and sweet peppers are also good additions. (This list is not exhaustive!) Puppies often enjoy chew toys of raw cauliflower florets, asparagus spears, or celery stalks. Raw apples, cucumbers, berries, and melon can be added to purees or given alone as treats. It is ideal to add purees or steamed veggies to dry kibble because this increases the water content of the food and improves urine concentration.

Do not feed onions, garlic, or grapes/raisins. These are toxic to dogs, as are bay leaves, macadamia nuts, avocado pits, xylitol, chocolate and more. Please research unknowns!

**Yeast Powder (VegeYeast)** - Food yeast adds high quality protein, B vitamins, and flavor to food while possibly also helping deter fleas. Our VegeYeast is a modified brewer's yeast. It is more acidic than other yeast powders, thus beneficial for the urinary health of puppies and dogs. Stir yeast powder into the food so chunks are uniformly coated.

Food Yeast is needed to meet the B vitamin requirements for your puppy or pregnant/lactating dog. If a yeast allergy is present, substitute a crushed, 50mg B complex vitamin in each recipe. One 50mg tablets should be given with every 3000 calories of food.

**Oils - EFAs are important!** - Essential Fatty Acids (EFAs) are particularly important during the growth stage. The omega-6 fatty acid, linoleic acid (LA), is especially important. Dogs and puppies can produce the other fatty acids they need with enough linoleic acid in the diet. This includes the production of arachidonic acid.

When a recipe calls for sunflower oil, it is to meet the linoleic acid (LA) requirement. This is important! The following oils are a comparable substitute for sunflower oil: safflower oil, evening primrose oil, grape seed oil, and hemp oil. If you use a different oil, understand that your dog needs 1/2 teaspoon (2.47mL) of one of the above oils for every 15 lbs (6.8kg) of body weight each day to meet the linoleic acid requirement.

Omega-3 fatty acids, specifically linolenic acid (ALA), come from the flax ingredients in the recipes. You may substitute 2/3 a teaspoon (3.3mL) of flaxseed oil for 1 tablespoon (7g) of ground flaxseed, or vice versa.

Store oils in the refrigerator. Smell and taste them before use to be sure they are not rancid.

**Textured Soy Protein (TSP)** - Textured soy protein (TSP), also known as textured vegetable protein (TVP®) or soya chunks, is a defatted soy flour. Measure TSP BEFORE reconstituting it with water or low sodium broth. Recipes refer to the dry measure of TSP. Add 7/8 cup of boiling water (207mL) to each cup of dry TSP (95-120g). Let the powder or flakes completely absorb the liquid. Textured soy protein chunks (which are larger) may require a brief simmering before ready for use. Recipe cup measures are based on 1 cup of dry TSP weighing 105 grams.

**Seasonings** - Mock meat (with little or no onion or garlic), spirulina, pureed vegetables, watered down nut or seed butter\*, and favorite table scraps from your own meals increase palatability, although increasing palatability is rarely necessary for dogs.

\*DO NOT use xylitol or nut or seed butter that contains xylitol.

## 1. Soy Kibble

1. Preheat oven to 300°F (150°C).
2. Mix dry ingredients from the Dry Kibble Ingredients below, then add wet ingredients.
3. Stir with a large strong spoon to form soft dough.
4. Flour hands and counter top to keep dough from sticking. Empty the bowl onto the counter top. 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. Prick dough with a fork to prevent bubbles.

### Baking:

Bake for 30 minutes. Don't bake so long that the edges get brown and brittle.

### Cutting:

With a large chef's knife or pizza cutter, 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 should be determined by the size of your puppy or dog.

Separate kibble pieces onto two or more cookie sheets and place in a warm oven (at its lowest temperature) for two or three hours until crunchy dry. Direct sunshine is an energy efficient way to dry kibble, too. 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, but we highly recommend feeding wet food for part of the diet.

## DRY KIBBLE INGREDIENTS

Protein 25% • Fat 13% • Calories: 3780

### Combine:

- 3-1/3 cups whole wheat flour (520g)
- 4 cups whole soy flour (364g)
- 1-1/2 tbsp. ground flaxseed (10.5g)
- 3 tbsp. VegeYeast or yeast powder (25g)
- 3-1/2 tbsp. Vegepup (53g)

Add to above, premixed:

- 1-1/3 tsp. salt (7.6g) OR 3 tbsp. soy sauce (53g)
- 2 tbsp. plus 1 tsp. sunflower oil (32g)
- 3-3/4 cups water (889mL), as needed to form dough

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

Optional: add pureed veggies or steamed, chopped veggies to kibble before serving. Variety is best!

## Garbanzo

Protein 23% • Fat 9% • Calories 2845  
Estimated 9-1/4 cups @ 305 calories per cup\*

9-1/4 cups cooked garbanzo beans (1.5kg). This is 3-1/3 cups uncooked beans (655g).

If using canned garbanzo beans, use 8-2/3 cups canned beans (2kg), and DO NOT add additional salt or soy sauce.

2 tbsp. VegeYeast or yeast powder (18g)

4 tbsp. hemp hearts (hemp meal) (40g)

1 tbsp. ground flaxseed (7g)

2-3/4 tbsp. Vegepup (40g)

1-1/4 tsp. salt (5.8g) OR 2-1/4 tbsp. soy sauce (40g)

Optional: Seasonings such as parsley, basil, spirulina, AND/OR up to 1 cup steamed or chopped veggies (150g).

Soak garbanzos overnight. The water level should be a few inches over the beans to allow for expansion. Cook in fresh water and until soft. Legumes can be cooked with a potato or piece of kombu to increase digestibility. Drain and crush warm beans with a potato masher, fork, or food processor.

Mix in other ingredients.

## 3. Lentil

Protein 26% • Fat 10% • Calories 2755  
Estimated 9-1/2 cups @ 290 calories per cup\*

9-1/2 cups cooked lentils (1.9kg). This is 3-1/3 cups uncooked/dry lentils (620g).

1 tbsp. VegeYeast or yeast powder (9g)

3-1/4 tbsp. sunflower or organic canola oil (45g) AND 1 tbsp. flaxseed oil (15g)

3 tbsp. Vegepup (44g)

1-1/8 tsp. salt (6.6g) OR 2-2/3 tbsp. soy sauce (47g)

Optional: Seasonings such as parsley, basil, spirulina, AND/OR up to 1 cup steamed or chopped veggies (150g).

Soak lentils in cold water for 2 hours. Drain, cover with water, and cook until soft. Drain before adding to meal.

DO NOT cook lentils with bay leaves. Bay leaves are toxic to dogs.

The most accurate measurements are the dry gram weights. If you begin with the dry measure, it is okay if the volume of legumes you end up with differs from our estimate. The recipe will contain the same number of calories and the same nutrient profile in a different volume. Calculate how much to feed using the total calories in the recipes.

\*Estimated volume less if legumes are mashed/blended.

## 4. Oat & Tofu

Protein 28.5% • Fat 14% • Calories 2625  
Estimated 12-1/2 cups @ 210 calories per cup

4-4/5 cups uncooked oats (400g). This makes about 8-1/2 cups (2kg) when cooked. Fewer dry oats are needed if “thick” rolled oats are used. See the gram measure on your oats to determine 400g of dry oats.

33oz (935g) extra firm tofu. About 3-3/4 cups; use ounce (or gram) measure from package to be most accurate.

1/2 cup tomato paste (132g)

1 tbsp. VegeYeast or yeast powder (9g)

1 tbsp. ground flaxseed (7g)

2-3/4 tbsp. Vegepup (40g)

1 tsp. salt (5g) OR 2 tbsp. soy sauce (35g)

Optional: Seasonings such as parsley, basil, spirulina, AND/OR up to 1 cup steamed or chopped veggies (150g).

**Please note:** This recipe is not a good staple for large or giant breed puppies because the calcium level is high. Large and giant breed puppies, with an adult weight of over 70 lbs., need ample calcium but the maximum level allowed is lower than that of other puppies. The Oat & Tofu recipe is within appropriate levels (1.6%) but on the high side (large breed MAX is 1.8%; 2.5% is the MAX for smaller breeds and the minimum requirement is 1.2% for all). It is fine to use this recipe as part of your rotation for larger breeds.

## 5. Oat & TSP

Protein 25.5% • Fat 9% • 1935 Calories  
Estimated 9 cups @ 215 calories per cup

4 cups uncooked oats (330g). This makes about 7 cups when cooked (1.7kg). Fewer dry oats are needed if “thick” rolled oats are used. See the gram measure on your oats to determine 330 grams of dry oats.

1-1/3 cups dry textured soy protein (TSP) (140g). Reconstitute dry TSP with 1 cup of water (237mL).

1/2 tbsp. VegeYeast or yeast powder (4.5g)

1-1/2 tbsp. ground flaxseed (12g)

1 tbsp. sunflower, olive, or organic canola oil (14g)

1-5/6 tbsp. Vegepup (28g)

3/4 tsp. salt (4g) OR 1-1/2 tbsp. soy sauce (27g)

Optional: Seasonings such as parsley, basil, spirulina, AND/OR up to 3/4 cup steamed or chopped veggies (115g).

**Oat Recipe Note:** Oats retain a lot of water when cooked, so the calorie density of oat recipe is less. You will need to feed more of these recipes. Please consider adding a meal to the day so you are feeding smaller meals.

## 6. Rice & Soy

Protein 24.5% • Fat 9% • 2130 Calories  
Estimated 8-1/2 cups @ 250 calories per cup

1-2/3 cups uncooked rice (293g). This makes roughly 5 to 5-1/2 cups when cooked.

2 cups dry textured soy protein (TSP) (200g). Reconstitute dry TSP with a little more less than 2 cup of water (415mL).

1-1/2 tbsp. VegeYeast or yeast powder (13.5g)

2 tbsp. sunflower or organic canola oil (28g)

1 tbsp. flaxseed oil (14g)

2-1/3 tbsp. Vegepup (35g)

3/4 tsp. salt (4g) OR 1-1/2 tbsp. soy sauce (28g)

Optional: Seasonings such as parsley, basil, spirulina, and/or up to 3/4 cup steamed or chopped veggies (113g).

Store leftovers in the refrigerator for up to 4-5 days or freeze in portioned, freezer-safe containers.

For additional Recipes and Information, see *Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats* (4th Edition) by Susan & Richard Pitcairn. Because the volume of the Vegepup supplement changed since the book's first printing, serving size modifications may be necessary. See the following webpage for adjusted amounts, or simply add the supplement daily based on the above daily serving size chart: [www.compassioncircle.com/dr-pitcairns-guide](http://www.compassioncircle.com/dr-pitcairns-guide).



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