

VEGEDOG™

Recipe Brochure

Transition Gradually

Mix a small amount of new food in with less old food and adjust proportions over 1-2 weeks. Digestive enzymes are especially beneficial during the transitional period.

Organic & Non-GMO Ingredients

Genetically modified ingredients and pesticides and herbicides, like glyphosate, commonly used on non-organic crops can cause gastrointestinal problems, food allergies, immune issues, and more. Soy, canola, and corn that is not organic is almost certainly genetically modified if grown in the USA. Compassion Circle strongly recommends organic food for you and your companion animals!

Digestive Enzymes

Almost every process in the body requires enzymes. Digestion is no different. The enzymes needed for digestion are found in plants and raw foods, but enzymes are heat sensitive. Cooking and processing food destroys them. We recommend adding plant-derived enzymes (lipase, amylase, protease, and cellulase) to any cooked or processed food. Amylase is a particularly important aid for the digestion of carbohydrates.

Vegetables

Vegetables add variety, vitamins, phytonutrients, antioxidants, and more. Pureed, lightly steamed vegetables are a wonderful addition to meals. You may also add cooked mushrooms, sweet potatoes, carrots, green beans, corn, greens, and squash. Uncooked, chopped zucchini, broccoli, and sweet peppers are also good additions. (This list is not exhaustive!) Dogs often enjoy chew toys of raw cauliflower florets, asparagus spears, or celery stalks. It is best to keep the amount of veggies in the diet to about 10% to ensure your dog is getting enough protein. If you prefer using more veggies in the diet, reduce grains in favor of legumes or organic soy protein sources. Never add onion or garlic to your dog's food. Both are toxic in large quantities.

Yeast Powder (VegeYeast)

Food yeast adds high quality protein, B vitamins, and flavor. It might also 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 dogs.

You can use nutritional yeast or regular brewer's yeast in recipes if you prefer. Nutritional yeast tastes cheese-like and can be used in conjunction with VegeYeast for added flavor. When using large nutritional yeast flakes, double the volume (not the gram/weight) measurement. The gram measurements in recipes are most accurate.

Mix food yeast into prepared food.

Yeast is needed to meet the B vitamin requirements for your dog. If a yeast allergy is present, you may substitute one crushed 50mg B complex vitamin for every 3000 calories fed.

Oils – EFAs are Important!

Essential Fatty Acids (EFAs) are particularly important. The omega-6 fatty acid, linoleic acid (LA), is crucial. Dogs 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. The following oils are a comparable substitute for sunflower oil: canola 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 (6.8 kg) of body weight each day to meet the linoleic acid requirement.

Omega-3 fatty acids are provided by the flax ingredients in the recipes. Flax ingredients provide the omega-3 fatty acid, alpha-linolenic acid (ALA). You may substitute 2/3 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.

Seasonings

Imitation bacon bits or 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. Xylitol is toxic to dogs.

Textured Soy Protein (TSP)

We highly recommend using organic, non-GMO soy products. Textured soy protein (TSP), also known as textured vegetable protein (TVP®) or soya chunks, is defatted soy flour. Measure the amount of TSP for our recipes before reconstituting with water. Flakes OR granules may be used. Add 7/8 cup boiling water or low sodium vegetable broth (207mL) to each cup of TSP (105g) and let it absorb the liquid. Textured soy protein chunks (which are larger) may require brief simmering before they are fully reconstituted. Recipe cup measures are based on 1 cup of dry TSP weighing 105 grams.

Recipes & Feeding Notes

VegeDog™ is for adult dogs over 10-12 months of age. It can be used for pregnant dogs if they are allowed to eat more of the recipe, but it is ideal to use the Vegepup supplement for pregnant dogs. Lactating dogs and puppies should be given the Vegepup supplement.

The VegeDog™ supplement needn't be cooked or heated. It is best added after meals are prepared, mixed into warm food. Ingredients can be prepared separately, then mixed together, or you may come up with your own method.

Prepared meals may be stored in the refrigerator or freezer, with or without the supplement added.

Ask your veterinarian how many calories per day your dog should eat, or use a calorie calculator like <http://vetcalculators.com/calories.html>. You'll find the amount of calories each of our recipes contain under the recipe title. Find out how many cups your prepared recipe yields to determine how many calories per cup your food contains, then feed accordingly.

How much VegeDog™ per day?

If you formulate your own recipes, it's ideal to add VegeDog™ to one day's worth of food, using the Daily Serving Amount chart on the label. The chart is based on weight. Mix the recommended amount into the total amount of daily food, or divide the amount between daily meals. Alternatively, if you know how many calories your recipe contains, you can add 2 teaspoons (9g) of VegeDog™ for every 1000 calories in the recipe or 2 tablespoons (27g) of VegeDog™ for every 3000 calories.

Kibble Notes

You can flavor kibble or biscuits using marinara sauce, tomato paste, or vegetable broth in place of some or all of the water used to make dough. Alternatively, you can add nut or seed butter that

does NOT contain xylitol for flavor. Be sure any ingredient you add for flavor is low in sodium and sugar.

1. SOY KIBBLE RECIPE

Soy Kibble is roughly 6-days of food for a 20 lb (9kg) dog, 4-days for a 40 lb (18kg) dog, or 2-days for a 90lb (41kg) dog.

Soy Kibble Instructions

1. Preheat oven to 300°F (150°C).
2. Follow the "Soy Kibble" recipe from below.
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 the dough, from end to end and side to side, with a fork to prevent bubbles.

You can make biscuits out of side strips.

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

With a large chef's knife or pizza cutter, cut the 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.

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 makes an energy efficient drier, too. Kibble is dry enough when you can't compress the pieces with finger pressure.

Refrigeration is unnecessary.

Soy Kibble Ingredients

Protein 20% • Fat 12.5% • Calories 3705

- 4 cups whole wheat flour (635g)
- 2 cups whole soy flour (180g)
- 1/3 cup corn meal (50g)
- 2 tbsp. ground flaxseed (14g)
- 3 tbsp. VegeYeast or yeast powder (25g)
- 1-3/4 tbsp. VegeDog™ (24g)
- 1/2 tsp. salt (1.9g) OR 2 tsp. soy sauce (12g)
- 3-1/2 tbsp. sunflower oil (49g)
- 3 cups water, as needed (700mL)

Mix all dry ingredients together, then add the liquid ingredients to the dry mixture. Go to the preceding Step 3.

2. NO SOY KIBBLE RECIPE

Hemp protein powder adds more of the amino acid lysine to the kibble. Lysine is needed for dogs to manufacture L-carnitine. Hemp protein can be omitted if you only feed kibble occasionally. If you feed the No Soy Kibble on a regular basis, please include hemp protein in your recipe.

No Soy Kibble is roughly 8-days of food for a 20 lb (9kg) dog, 4-1/2-days for a 40 lb (18kg) dog, or 2-1/2-days for a 90lb (41kg) dog.

No Soy Kibble Instructions

1. Preheat oven to 300°F (150°C).
2. Use the dry ingredients for No Soy Kibble recipe below.

3. Add the following to the dry mixture, omitting the soy sauce if salt was added to dry ingredients:

3 tbsp. ground flaxseed (21g)
1/4 cup sunflower oil (56g)
1-1/3 cups (340g or 2 small cans) tomato paste
4 cups water, as necessary (950mL)
1/2 tsp. soy sauce (if salt was omitted from the dry ingredients) (9g)

4. Follow Soy Kibble Recipe from step 3 on.

No Soy Kibble Ingredients

Protein 27.5% • Fat 8.5% • Calories 4635

1/3 cup VegeYeast or yeast powder (54g)
2-1/3 tbsp. VegeDog™ (32g)
2-1/2 tbsp. hemp protein powder (25g)
1/3 tsp. salt (1.3g) (Omit if using soy sauce for sodium; listed with wet ingredients.)

Mix together the preceding and then add the following ingredients:

5-1/4 cups whole wheat flour (815g)
1-2/3 cups wheat gluten flour (75% protein) (200g)

See the instructions above (begin at step #3) for the remaining (flaxseed and liquid) ingredients

3. PINTOS - QUINOA - TOFU RECIPE

Tofu: Protein 24.5% • Fat 9.4% • Calories 3040

Tempeh: Protein 27% • Fat 11% • Calories 3230

8 cups cooked pinto beans (1.36kg). Start with 3 cups dry beans (575g).

2 cups cooked quinoa (370g). Start with 2/3 cups dry quinoa (114g).
7oz tofu OR tempeh (200g); roughly 1-1/4 cups cubed.
3 tbsp. VegeYeast or yeast powder (27g)
1 tbsp. hemp, olive, OR organic canola oil (16g)
1 tsp. ground flaxseed (7g)
1-1/3 tbsp. VegeDog™ (18g)
1/3 tsp. salt (1.5g) OR 2 tsp. soy sauce (12g)

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

Soak pinto beans 8 hours or overnight. The water level should be at least a few inches over the beans to allow for expansion. Cover the soaking dish with a clean towel.

A method of quick soaking is to boil the legumes for 5 minutes, then allow them to sit in the hot water for 1 hour. Rinse beans and change the water before cooking.

Legumes can be cooked with a potato or piece of kombu to increase digestibility.

Begin with 3 cups of dry beans. If your yield is not 8 cups, that's okay. The nutrients and calories in the recipe are based on the dry measure. Soak overnight and prepare.

Rinse quinoa. Simmer 2 cups quinoa in at least 4 cups of water for 15 minutes or follow package directions.

Cube or otherwise chop tofu or tempeh. Mix all ingredients together well.

You can omit the tofu or tempeh for a recipe that is 2845 calories

with 8% fat and 21% protein. Okay to use 3 cups dry black or kidney beans in place of pinto beans.

3. GARBANZO RECIPE

Protein 22.5% • Fat 9% • Calories 2950

10 cups cooked garbanzo beans (1.6kg). Start with 3-1/2 cups uncooked garbanzo beans (710g).

If using canned garbanzo beans, use 8 cups canned garbanzos (2.1kg). DO NOT add additional salt or soy sauce when using canned beans.

3 tbsp. VegeYeast or yeast powder (27g)
1 tbsp. plus 1/2 tsp. hemp, olive, OR organic canola oil (16g)
1 tbsp. ground flaxseed (7g)
1-1/3 tbsp. VegeDog™ (18g)
1/4 tsp. salt (1.15g) OR 1/2 tsp. soy sauce (8g)

Optional: Seasonings such as parsley, basil, spirulina, Green Mush,™ 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. Cover the soaking dish with a clean towel.

A method of quick soaking is to boil the legumes for 5 minutes, then allow them to sit in the hot water for 1 hour. Rinse beans and change the water before cooking.

Legumes can be cooked with a potato or piece of kombu to increase digestibility.

Begin with 3-1/2 cups of dry beans. If your yield is not 10 cups, that's okay. The nutrients and calories in the recipe remain unchanged.

4. LENTIL RECIPE

Protein 28% • Fat 9% • Calories 2940

10-1/4 cups of cooked lentils (2kg). Start with 3-1/2 cups uncooked lentils (670g).

2-2/3 tbsp. VegeYeast or yeast powder (24g)
3-1/2 tbsp. sunflower OR olive oil (49g)
2-1/2 tbsp. ground flaxseed (17.5g)
1-1/2 tbsp. VegeDog™ (20g)
1/3 tsp. salt (1.4g) OR 1/2 tsp. soy sauce (10g)

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

Soak lentils in cold water for 2 hours before cooking. You may sprout lentils, but sprouted lentils need to be broken up in a food processor or blender. Sprouting lessens the protein content but increases other nutrients. Begin with the dry lentil measure; it's okay if the cooked volume is different than the above cooked measurement. The calories and nutrients will be the same.

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

5. OAT & TOFU RECIPE

Protein 23% • Fat 13.8% • Calories 3355

7-1/4 cups uncooked oats (595g). This makes roughly 13-1/2 cups when cooked (3.17kg). Grams to cup measurements for oats vary. See the nutritional facts on your oats and begin with 595g of uncooked oats.

26oz. extra firm tofu (735g). About 3 cups; use ounce measure from package to be most accurate.

3/4 cup tomato paste (198g)

1 tbsp. VegeYeast or yeast powder (9g)
1-1/2 tbsp. hemp oil OR organic canola oil (21g)
2-1/4 tbsp. VegeDog™ (30g)
1/3 tsp. salt (1.4g) OR 2 tsp. soy sauce (10g)

Optional: Seasonings such as parsley, basil, spirulina, Green Mush,™ AND/OR up to 1-1/2 cups steamed or chopped veggies (225g).

Cook oats with 2 cups of water for every 1 cup oats. Mix in additional ingredients. You may add tofu into the cooking oats to warm.

The tomato paste is to add potassium. If you omit the tomato paste, cooked sweet potato or carrots are also good sources of potassium.

6. OAT & TSP RECIPE

Protein 25% • Fat 9% • Calories 3424

8 cups uncooked oats (650g). Makes about 15 cups when cooked (3.5kg). Grams to cup measurements for oats vary. See the nutritional facts on your oats and begin with 650g of uncooked oats.

2-1/4 cups dry textured soy protein (TSP) (240g)
1-1/2 tbsp. VegeYeast or yeast powder (14g)
1-1/2 tbsp. ground flaxseed (10g)
1-1/2 tbsp. hemp oil OR organic canola oil (21g)
2-1/2 tbsp. VegeDog™ (34g)
1/2 tsp. salt (1.9g) OR 2 tsp. soy sauce (12g)

Optional: Seasonings such as parsley, basil, spirulina, Green Mush,™ AND/OR up to 1-1/2 cups steamed or chopped veggies (225g).

Various types of oats may be used. Cook oats with 2 cups of water for every 1 cup oats.

TSP should be reconstituted with hot water or low-sodium vegetable broth. The most accurate TSP measure is in dry grams. To reconstitute, use one scant cup of liquid for every cup of TSP. Add liquid to TSP, stir, and allow water to become fully absorbed. If using large chunks, you might need to simmer for complete absorption.

Combine all recipe ingredients and mix well.

7. RICE & TSP RECIPE

Protein 25.5% • Fat 9% • Calories 3610

3 cups uncooked rice (540g). This makes roughly 9 to 9-1/2 cups when cooked (1.5kg).

3-1/2 cups dry textured soy protein (TSP) (360g)
1/4 cup VegeYeast or yeast powder (45g)
1 tbsp. hemp oil (14g)
3 tbsp. sunflower, canola, OR olive oil (42g)
2-1/4 tbsp. VegeDog™ (30g)
1/3 tsp. salt (1.5g) or 2 tsp. soy sauce (10g)

Optional: Seasonings such as parsley, basil, spirulina, Green Mush,™ AND/OR up to 1-1/2 cups steamed or chopped veggies (225g).

Rinse and/or soak rice; change water. Cook rice with at least 2 cups of water for every 1 cup rice. Use one scant cup of liquid for every cup of TSP when reconstituting. The most accurate TSP measure is dry grams. Combine ingredients and mix well.