



Recipe Serving Size Changes

Add Vegepup to the Pitcairn's Recipes as follows.

The Vegepup formula and volume changed since *Dr. Pitcairn's Complete Guide to Natural Health For Dogs & Cats*, 4th edition, was printed. In addition, the 2025 fine grind of the supplement resulted in volume variations. You may use the guide below to properly supplement your meals, but the **most accurate** alternative is to add the supplement to your puppy's daily meals based on the gram measurements provided below. That does require a kitchen scale and you'll now find one available on our website.

For more information, visit: <https://compassioncircle.com/faq>

Below, we've provided spoon measurements in a range to meet different supplement volumes. If your supplement is recently mixed or stirred, please use the larger measurement in the range.

There is flexibility and you will not be adding too much.

Recipe	Yield (Calories)	Vegepup Requirement (Grams)	Vegepup Requirement (Teaspoons/Tablespoons)
Tofu Meat Loaf	1,335	21 grams	4 to 5 teaspoons
V-Burgers	1,314	21 grams	4 to 5 teaspoons
Savory Stew	2,538	40 grams	2-1/2 to 3 tablespoons
Tofu Noddles	2,268	36 grams	2-1/4 to 2-3/4 tablespoons
Country Scramble	1,238	20 grams	4 to 5 teaspoons

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