



# The Healthy Pet Shoppe

Naturally Healthy - Naturally Happy



## Raw Feeding Beginners Quick Start Guide

What I'm going to share with you is the result of successfully breeding, raising puppies and feeding a raw diet to 100's of dogs over a 12-year period. This is the result of a lot of research, testing & refining.

### Your First Step in the 1 Step Quick Start Raw Feeding Guide



3-4 Leg Quarters | Heaven Sent 80/10/10 Patties | Raw Meaty Bones  
or Blue Ride Beef 2/lb Meat Rolls

**I Feed 3-4 chicken quarters with 1/2 lb. to 1 lb. of  
Heaven Sent Custom Portioned 80/10/10 Patties or BRB Meat Chub.**

(These quantities are based on my dog breed. Read over General Portion Feeding Guidelines to determine the amounts of food to feed your pet daily)

You can do this as your basic routine daily and as you learn about new additions and varieties such as spirulina, turmeric, garlic, kale, carrots, sweet potatoes, ect. You can add these extras as you want, switching combinations for variety.

I want to set your mind at ease about balance and nutrition while you learn.

Dogs are omnivore, herbivore, and scavengers. Dogs find nutrition in many forms of food, so don't worry about 'hurting' your dog while you are learning. Stick to the above basic recipe as you learn, and you will find things you and your dog likes don't likes.

Soon you'll find a groove that fits and you'll both love what you're doing.

# Top 10 Points to Remember for a Successful Raw Diet

## # 1: It's all about the bones.

*You must feed raw bones with the meat, an all meat diet will cause an imbalance and serious issues. NEVER feed COOKED bones.*

Dogs must have calcium and phosphorus and RAW meaty bones are your dog's source of minerals. Puppies are growing and need a true balance of Calcium and Phosphorus, but kibble will grow puppies too fast. Their muscles and bones are not ready for the fast growth and weight, possibly resulting in a dog with skeletal problems, hip problems, joint problems, (not to mention allergies, yeast, ect....but that's another article.)

Calcium and Phosphorus work closely together and raw meat and bones contain both in the right amounts.

So how much bone is enough? **About 1/3 of your dog's diet should be raw meaty bones.** You'll know your feeding enough by watching the changes in your dogs' poo. It will be very well formed and turns white in a day or two. Some good choices for meaty bones include:

- Chicken wings, necks, legs or thighs
- Turkey necks (other bones are large)
- Beef tail bones (great for larger dogs)
- Lamb or goat necks or ribs
- Whole animals such as fish, rabbit, and poultry.
- Raw eggs WITH the shell

## #2: Muscle Meat Is Your Foundation

Muscle meat is the protein-rich component of your dog's diet which build strong tissues and supports the hormones and enzymes he needs to survive and thrive.

Good choices for muscle meat include:

- Beef (ground beef, cheek meat, stewing beef)
- Beef heart (but not more than 5% of the diet as it's very rich)
- Bison (ground bison, stewing bison meat)
- Turkey (ground turkey, boneless thighs, breast meat, tenderloin)
- Lamb (stewing lamb, ground lamb, shoulder or breast meat)
- Pork (pork shoulder or butt, cushion meat, boneless rib meat, loin)
- Chicken (boneless thighs, breast meat)

### **#3: Organs Are The Multi-Vitamins**

Organs are the nutrient-rich parts of the animal full of vitamins your dog needs to stay healthy. Feed anywhere from 10% to 30% organ meats. Blue Ridge Beef carries the Natural mix which is the organ meat.

Don't overdo the Liver (keep it at 10%). Liver is really high in vitamin A and can give your dog some messy diarrhea if you feed too much.

Organs include: Liver, Kidney, Spleen, Pancreas, Thymus, Brain, Lung, Testicles.

\* Pancreas and thymus are called sweetbreads. Go easy on organ meat at first because it can cause loose stools until your dog is used to it.

### **#4: Fruit & Vegetables**

You are in charge when it comes to fruit and veggies. You don't have to add them for the meal to be 'balanced'. Many people find that their dogs really enjoy a variety of fruits and vegetables. Experiment and find out which one's your dog likes or dislikes. Dogs are very good at knowing what they need and when, you'll see many dogs eat grass quite a bit. Grass is super high in chlorophyll which has superior healing properties. Wheatgrass juice is considered a superfood for humans, so when you see your dog eating grass, let them, there's a reason for it.

So what benefits do fruits and vegetables offer that can't be found in meat?

Vegetables have Plant fiber that cleans the colon, Chlorophyll, which detoxifies the liver and protects against cancer. Carotenoids in yellow and orange fruit, contain important antioxidants. Lutein, found in dark green and yellow plants, important for the eyes, skin and heart. Flavonoids, regulates cell signalin.

My dogs enjoy fruits and veggies and to get the most out of their fruits and vegetables you can either run them through a juicer or mulcher or lightly steam them first.

### **#5 Forget Starches**

Starchy foods like grains, peas and potatoes are not dog food and can cause harm to your dog and make him sick. Starchy foods cause your dog to continually produce insulin, leading to insulin resistance and diabetes.

Your dog has no need for starches and grains. Starches and grains disrupt the dogs digestive tract causing allergies, yeast, and inflammatory health issues. There is no benefit to feeding starch and the negatives outweigh and positive.

Cutting starch and grain from your dog's diet is the main reason people see so many healthy changes when they switch their dog to a raw diet.

## **#6: Variety is the Spice of Life**

Dogs enjoy and need a variety of foods to provide them with a wide range of nutrients. Can you imagine eating the same kibble year after year? Feed a wide variety of different foods, including different sources of meat. Don't be afraid to branch out and try some of the more exotic things like chicken, duck or turkey feet, beef trachea, tails, lung, testicles and pizzles.

## **#7: 'Complete and Balanced' is a marketing term.**

One common concern with raw feeding is that it's not "complete and balanced." Just like with humans, balance happens over time with variety... every meal doesn't need to be completely balanced. As long as your dog's nutritional needs are met over the course of a few days or weeks, you're good.

## **#8: Feed Fish Once A Week**

Don't go out and buy fish oil for your dog. Fish oil goes rancid very quickly (if not already from the manufacturing), it's heated and processed and not a raw product. And it's not cheap. So, just feed fish once a week and your dog will get what he needs. You can feed whole fish like sardines, smelts, herring, mackerel once or twice a week.

## **#9 & #10: Relax, Relax, Relax**

If you follow #1 through 9, you'll be feeding a well balanced, healthy diet to you dog and they will show it through their shiny coat and energy.

It really is that easy to feed raw. The only step left is to start doing it! But before you do, here are just a couple of things to keep in mind.



## FAQ's

### How many times a day should I feed?

I feed my dogs once a day and fast them on Sundays. Fasting gives the body time to stop the work of digesting and work on some immunity building, repairing and rest. If the dog's digestive system is continually digesting meals, there's no time cleansing. The dog's immune system will suffer. The fast day is a good day to give the larger raw bone with marrow for chewing and teeth cleaning.

### How Much should I Feed?

The standard for starting out is 2-3% of the dogs body weight. So, if dog weighs 50 pounds, feed one pound +/- of food and watch the body shape.

In a grown adult, you want to see the last 2 ribs just barely showing.

The amounts of food will vary depending on your dogs age, activity level, and size.

Growing puppies need more calories and nutrition to support their rapid growth. Feed them the 2-3% of their ADULT weight.

Always watch your puppy's body weight, they need lots of food, but don't worry, the endless black hole that never seems to get filled will slow down on food intake as they reach 2-3 years old.

**Overall, raw feeding is quite easy, and you only need to follow these simple points to be successful. With a little time and experience you will become more comfortable with your dog's new diet.**

**You will start to see that your dog is vibrant with a shiny coat (no bathing or products needed), clean teeth (no dental vet visits to 'brush' their teeth), fresher breath (no tarter build up) and fewer health issues.**

**I hope this will help you feel confident in feeding your dog a healthy diet and to ditch the kibble....You'll be joining thousands of others who have made the jump into raw feeding and have never looked back!**

# Food Ideas FOR YOUR DOG



## Fruits

Apples



Apricots

Bananas



Blackberries

Blueberries

Cantaloupe

Honeydew

Kiwi

Mangoes

Peaches



Pears

Pineapple

Raspberries



Strawberries

Watermelon & Rind



## Veggies

Asparagus

Beets



Bell Peppers

Broccoli

Brussels Sprouts

Cabbage

Carrots



Cauliflower

Celery



Cucumber

Green Beans

Kale



Greens

Squash

Sweet Potatoes

Pumpkin w/seeds

Zucchini



## Oils

Olive Oil

Flax Seed Oil

Coconut oil

Hemp Oil

## Supplement

Spirulina

Diatomaceous Earth

Coconut Chips

Olive Leaf



Tumeric

Apple Cider Vinegar

Yogurt

Keifer

Para-Cleanse

Digest-Eze

Pro-Biotics



## Other



Raw Egg with shell

Turkey necks



Chicken Quarters

Fish



Chicken wings & necks

Chicken feet

Pigs feet



Supplements found online at:  
[www.CapeFearCaneCorso.com/online-store](http://www.CapeFearCaneCorso.com/online-store)

Heaven Sent

# Transition Package



**Make your pups transition from kibble to raw as easy as possible with our Transition Package.**

## **Includes:**

- **10/lbs Transition Blend Raw Meat-no organ**
- **10/lbs Single Protein Blend(Chicken, Turkey, Pork or Beef)**
- **10/lbs House Blend**
- **3lbs Raw Bones**
- **60 ct. Transition Blend Herbal Supplement**
- **60 ct. Life Guard Blend Herbal Supplement**
- **60 ct. Aller-Gone Herbal Supplement: if your dealing with allergies**
- **12 oz Jar Diatomaceous Earth**
- **Raw Treats**
- **Instructions on what to feed, when to feed the supplements and additional foods**
- **Tech support along the way**

**Purchase Online at:**

**[www.HeavenSentHealthyPet.com](http://www.HeavenSentHealthyPet.com)**

## **How Much Should I Feed My Adult Dog?**

One rule of thumb is to feed 2-4% of the pet's body weight. Smaller dogs will require a higher percentage of their body weight, while larger dogs will require a smaller percentage of their body weight. The daily portion should be split between morning and night.

A 10 lb. dog will eat about 2 to 2-1/2 lbs. per week or about 10 lbs per month

A 25 lb. dog will eat about 5 lbs per week or about 20 lbs per month

A 50 lb. dog will eat about 8 lbs per week or about 32 lbs per month

A 75 lb. dog will eat about 10-1/2 lbs per week or about 42 lbs per month

A 100 lb. dog will eat about 13-1/2 lbs per week or about 54 lbs per month

Remember that these are guidelines and that food needs vary. Observe your pet closely and increase or reduce food quantity as needed for proper weight. Always consult your integrative veterinarian, especially for puppies and pregnant or nursing dogs.

Important note: If you are transitioning from dry food, it is common to see significant weight loss in the first week, which is primarily water weight. After this, it is important that they lose no more than 1 – 2% of their body weight per week.

## **How Much Do I Feed My Puppy?**

Feed puppies anywhere from 2-3x the amount an adult dog of the same weight would eat. For example, a puppy that weighs 10 pounds would eat 2-3x the amount a 10 lb adult dog would eat.

Just like adult dogs, there are several factors that play into the amount of food to feed your puppy: age, weight, anticipated adult weight, breed and more. Observe him or her closely and adjust food quantity as needed.

Your dog's dietary needs vary by activity level, metabolic rate, age, breed, outdoor temperature, and other variables. It is important that you observe your pet closely and increase or reduce food quantity as needed for proper weight.