

Happy Dog Food (Very Happy Dog)

Note: we use organic products whenever possible – Brianna’s itching has really responded well to the diet. Non organic has also worked well.

The dog food mix is basically rice, vegetables, pasta, ground beef and expeller pressed coconut oil. We buy the coconut oil from www.tropicaltraditions.com. They have free shipping and frequent specials.

The recipe amounts vary, based on what we have in the house, but here is the general idea and quantities:

- 3 cups organic brown rice, cooked with chicken broth (a rice steamer makes this easy)
- optional -2 cups organic barley cooked and drained (don’t use the barley if you suspect your dog had wheat allergies)
- 4 bags of vegetables, sautéed in ½ cup coconut oil (we use peas, carrots, and corn)
- 3 pounds ground beef, browned and drained
- I usually mix a little more coconut oil in while the mixture is still warm.

If we have any small amounts of pasta, fresh veggies or potatoes, I chop those up and throw them in the steamer to cook along with the rice.

You can use the same recipe with other meats to isolate for allergies. Ground beef is the easiest for us.

I always make a double batch and freeze in Tupperware tubs. It goes pretty quickly if you use an electric rice steamer. Just get it all cooking at once, and then mix it up. We never throw leftovers away anymore – they just get chopped up and thrown in the batch that is in the refrigerator. It is funny how hard we tried not to feed them “table food”, and yet they have never looked better. All have lost weight, their coats are shiny and glossy, and Brianna’s itching is just about reduced by 80%. And no more fussing over food. They love it! We think the coconut oil is very, very important. We have also mixed in a product called “Missing Link”. Can’t tell if that makes a difference but it can’t hurt.

Please call if you have questions.

Chris Adams