



## Filler Free Beef Recipe - Cooked

NO SYNTHETICS

NO FILLERS

### Ingredients

Beef Meat (boneless, lean) – 1.2kg  
Chicken Hearts & Kidney - 250g  
Beef Liver - 250g  
Whole Ground Sardines – 130g  
Oysters (fresh or freeze-dried) - 4  
Spinach – 120g  
Kale - 120g  
Button Mushrooms - 30g  
Eggs – 5 large  
Hemp Seeds - 2 TBSP  
Brazil Nuts (ground)– 1 TBSP  
Kelp Powder - ½ TSP  
Himalayan Pink Salt - 1 TSP  
Coconut oil - 2 TBSP  
Egg Shell Powder - 1 TBSP

### Directions

1. Lightly cook the beef meat & organs for 15-18 minutes, on medium to low flame, to retain nutrients.
2. Cook the green leafy vegetables & mushroom for 5 minutes on medium to low flame and puree for better nutrient absorption.
3. Add ground fish into the meat & organs with the eggs & oysters, bring to a quick boil.
4. Mix in the bone meal or finely crushed eggshell powder.
5. Let the preparation cool and then add in kelp, ground hemp seeds, ground brazil nuts, oil and salt. Mix well.
6. Divide into daily servings and refrigerate or freeze for later use.

**Feeding Quantity per day - Approximately 2.5% of body weight for healthy dogs. Monitor BCS and increase or decrease the total meal quantity by 20% to maintain ideal BCS & weight.**

**\*Suitable only for healthy dogs\***

#### STORAGE

REFRIGERATOR: STORE IN AIRTIGHT CONTAINERS FOR UP TO 3 DAYS.

FREEZER: STORE IN PORTIONED CONTAINERS FOR UP TO 2 MONTHS.