

WORKSHEETS & APPENDICES



Appendix A

Vitamin	ADULT MAINTENANCE MINIMUM*	DEFICIENCY	HYPERVITAMINOSIS
Vitamin A	50 RE		<ul style="list-style-type: none"> • SKELETAL ABNORMALITIES • OVERSENSITIVITY TO NOISE • CLEFT PALPATE I PUPPIES • REFUSAL TO WALK
Vitamin D	18IU	<ul style="list-style-type: none"> • LAMENESS & RICKETS 	<ul style="list-style-type: none"> • HYPERCALCEMIA • GI UPSET
Vitamin E	1 MG	<ul style="list-style-type: none"> • MUSCLE WEAKNESS • REPRODUCTIVE FAILURE • RETINAL DEGENERATION • ANOREXIA • DEPRESSION & COMA 	<ul style="list-style-type: none"> • MAY INTERFERE WITH THE ABSORPTION OR METABOLISM OF VITAMINS D AND K
Vitamin K	0.054MG	<ul style="list-style-type: none"> • MAY INCREASED CLOTTING TIMES 	
THIAMINE	0.074MG	<ul style="list-style-type: none"> • SEVERE NEUROLOGICAL SIGNS (ACUTE CASES) • HEART ISSUES (USUALLY IN CHRONIC CASES) 	
RIBOFLAVIN	0.171MG	<ul style="list-style-type: none"> • ANOREXIA & WEIGHT LOSS • DECREASED ACTIVITY • HYPOTHERMIA & EYE OPACITY • SLOW BREATHING • MUSCLE WEAKNESS • FLAKING DERMATITIS 	
PYRIDOXINE	0.049MG	<ul style="list-style-type: none"> • WEIGHT LOSS & ANEMIA • DEATH (IN PUPPIES) • CONVULSIONS • MUSCLE TWITCHING 	<ul style="list-style-type: none"> • MUSCLE WEAKNESS • LOSS OF BALANCE • ATAXIA
NIACIN	0.57MG	<ul style="list-style-type: none"> • ANOREXIA & WEIGHT LOSS • ULCERS OF THE LIPS • EXCESSIVE SALIVATION • BLOODY DIARRHEA • REDUCED ABSORPTION OF WATER AND MINERALS 	<ul style="list-style-type: none"> • BLOODY FECES • CONVULSIONS • DEATH
PANTOTHENIC ACID	0.49MG	<ul style="list-style-type: none"> • COMA & CONVULSIONS • FAST BREATHING & HEART RATE • CONVULSIONS • GI SIGNS LIKE DIARRHEA 	
COBALAMIN	1.15MG	<ul style="list-style-type: none"> • INAPPETENCE & NEUTROPENIA • FAILURE TO THRIVE & ANEMIA • BONE MARROW CHANGES 	
FOLIC ACID	8.9MG	<ul style="list-style-type: none"> • WEIGHT LOSS • ANEMIA 	
BIOTIN			
CHOLINE	56MG	<ul style="list-style-type: none"> • WEIGHT LOSS • VOMITING • FATTY LIVER • DEATH 	<ul style="list-style-type: none"> • WEIGHT LOSS • ANEMIA
ASCORBIC ACID	50 IU	<ul style="list-style-type: none"> • MUSCLE WEAKNESS • JOINT PAIN & BAD BREATH • DELAYED WOUND HEALING • BONE WEAKNESS 	<ul style="list-style-type: none"> • GASTROINTESTINAL UPSET (DIARRHEA & VOMITING)

Note: Symptoms of deficiencies & toxicities may include more than what is shown here. Vitamins may be found in many other foods listed here we chose those that are commonly fed to dogs and highest in that particular vitamin

* Taken from the AAFCO standards and the National Research Council

FOOD STORAGE LENGTHS

Appendix B

INGREDIENT	SHELF (70)	FRIDGE	FREEZER	OTHER
Oatmeal	6 MONTHS			
Flours	6-8 MONTHS			
Honey	12 MONTHS			
Rice (White & Brown)	12 MONTHS			
Dehydrated Foods	4-6 MONTHS	6-8 MONTHS	6-12 MONTHS	
Poultry		1-2 DAYS	6-9 MONTHS	
Venison		3-5 DAYS	6- 12 MONTHS	
Rabbit/Squirrel		1-2 DAYS	12 MONTHS	
Wild Duck, Pheasant		1-2 DAYS	6-8 MONTHS	
Clams Oysters		1-2 DAYS	3-4 MONTHS	
Fish		1-2 DAYS	4-6 MONTHS	
Cooked Fish		3-4 DAYS	1-3 MONTHS	
Potatos*	1-2 MONTHS			
Cucumbers**	1 WEEK	2 WEEKS		
Carrots		3 WEEKS		
Sweet Potato	3-4 WEEKS	2-3MONTHS		

Note: This is a general table of estimated times. Each meal is different. This table is not accurate for dehydrated foods and shelf-life varies greatly with moisture content

FUNCTIONAL FOODS LIST

Appendix C

FOOD	INGREDIENT	EFFECT ON THE BODY
Whole Oat Products	SOLUBLE FIBER	REDUCE CHOLESTEROL
Cranberries	PROANTHOCYANIDINS	ANTIBACTERIAL
Fermented products	PROBIOTICS & PREBIOTICS	ASSIST WITH GUT HEALTH
Blueberries (Berries)	ANTHOCYANIN PIGMENTS	ANTIOXIDANTS
Turmeric	CURCUMIN	ANTI-INFLAMMATORIES
Ginger	GINGEROL	ANTI-INFLAMMATORY
Fatty Fish	OMEGA 3 FATTY ACIDS	CELL FORMATION
Honey	VITAMINS & MINERALS	ANTIOXIDANTS
Broccoli	SULFORAPHANE	BOOST IMMUNE SYSTEM
Mushrooms	POLYPHENOLS, AND CAROTENOIDS	ANTI CANCER
Chia Seeds	OMEGA 3 FATTY ACIDS	ANTIOXIDANTS
Flax Seeds	OMEGA 3 & FIBER	HYPOGLYCEMIC
Chlorella	PHYTONUTRIENTS	REDUCES CELL DAMAGE
Hemp Seeds	LINOLEIC ACID	HEART HEALTH
Spirulina	PHYCOCYANIN	BRAIN HEALTH
Bone Broth	COLLAGEN	GUT & FUR
Banana	FIBER	GUT HEALTH
Legumes Vegetables	VITAMIN RICH	CELL BUILDING
Sweet Potato	FIBER	ANTIOXIDANTS
Carrots	BETA-CAROTENE	VISION & EYE HEALTH

Note: This is a general list and is limited. Many functional foods serve more than one function in the body

ETHYLENE & FOODS LIST

Appendix D

<i>Ethylene Producing Foods</i>	<i>Ethylene Sensitive Foods</i>	<i>Non-Ethylene Sensitive</i>
APPLES	APPLES	BLUEBERRIES
AVOCADOS	AVOCADOS	CHERRIES
BANANAS	BANANAS	BEANS (SNAP)
CANTALOUPE	CANTALOUPE	GARLIC
KIWI	COLLARD GREENS	GRAPEFRUIT
PEACHES	CUCUMBER	ORANGES
PEARS	EGGPLANT	PINEAPPLE
PEPPERS	GRAPES	POTATOES
TOMATOES	HONEYDEW	RASPBERRIES
	KIWI	STRAWBERRIES
	LEMONS	TOMATOES
	LETTUCE	YUCCA
	LIMES	
	MANGOS	
	ONIONS	
	PEACHES	
	PEARS	
	PEPPERS	
	SQUASH	
	SWEET POTATOES	
	WATERMELON	

VITAMINS & FOODS

Appendix E

VITAMIN A

- 🐾 Carrots
- 🐾 Spinach
- 🐾 Liver
- 🐾 Pumpkin
- 🐾 Sweet Potatoe
- 🐾 Fish Oil
- 🐾 Eggs
- 🐾 Turnip Greens

VITAMIN D

- 🐾 Marine Fish Oil
- 🐾 Cottage Cheese
- 🐾 Liver
- 🐾 Beef
- 🐾 Egg Yolks
- 🐾 Fatty Fish
- 🐾 Mushrooms
- 🐾 Sardines

VITAMIN E

- 🐾 Plant Oils
- 🐾 Leafy Greens
- 🐾 Vegetables
- 🐾 Seeds
- 🐾 Bran
- 🐾 Liver
- 🐾 Whole Grains
- 🐾 Wheat Germ

VITAMIN C

- 🐾 Fruits
- 🐾 Vegetables
- 🐾 Organ Meats
- 🐾 Bell Peppers
- 🐾 Broccoli
- 🐾 Brussels Sprouts
- 🐾 Cabbage
- 🐾 Cauliflower

VITAMIN B

- 🐾 Marine Fish Oil
- 🐾 Cottage Cheese
- 🐾 Liver
- 🐾 Beef
- 🐾 Egg Yolks
- 🐾 Fatty Fish
- 🐾 Mushrooms
- 🐾 Sardines

VITAMIN K

- 🐾 Fish
- 🐾 Leafy Greens
- 🐾 Liver
- 🐾 Vegetables
- 🐾 Cabbage
- 🐾 Fish Oil
- 🐾 Eggs
- 🐾 Turnip Greens

FOOD PREP LIST

FOOD PREPARATION

- Food Scale
- Measuring Cup
- Measuring Spoons
- Large Mixing Bowl
- Large Mixer
- Colander
- Food Tubs (for large dogs)
- Kitchen Scissors
- Chopping Board
- Kitchen Knives
- Food Processor
- Food Blender

STORAGE

- Vacuum Sealer
- Storage Containers
- Storage Bags
- Mason Jars
- Refrigerator/Freezer
Thermometer

BAKING

- Baking Rack
- Baking Tray
- Parchment Paper

COOKING

- Spatula
- Mixing Spoon
- Large Stewing Pot | Stock Pot
- Meat Thermometer
- Crockpot
- Sous Vide Bags
- Immersion Circulator
- Ladle
- Pressure Cooker
- Strainer
- Fat Skimmer

OTHER

- Dehydrator
- Wisk
- Tongs
- Pellet Machine
- Meat Grinder
- Food Mill
- Freezing Trays
-
-
-
-
-
-
-
-

FOODS FOR HOMEMADE MEALS

Proteins

- | | |
|---|---|
| <input type="checkbox"/> Beef | <input type="checkbox"/> Deboned Fish |
| <input type="checkbox"/> Bison | <input type="checkbox"/> Duck Breast |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Moose/Elk |
| <input type="checkbox"/> Venison | <input type="checkbox"/> Lentils |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Goat | <input type="checkbox"/> Yogurt |
| <input type="checkbox"/> Kangaroo | <input type="checkbox"/> Cottage Cheese |
| <input type="checkbox"/> Pork | <input type="checkbox"/> Rabbit |
| <input type="checkbox"/> Insects (Crickets) | <input type="checkbox"/> Aligator |

Carbohydrates

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> Barley | <input type="checkbox"/> Lentils |
| <input type="checkbox"/> Cous Cous | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Potato | <input type="checkbox"/> Rice (White & Brown) |
| <input type="checkbox"/> Garbanzo | <input type="checkbox"/> Pinto Beans |
| <input type="checkbox"/> Millet | <input type="checkbox"/> Sweet Potato |

Fats

- | | |
|--|---|
| <input type="checkbox"/> Almond Butter | <input type="checkbox"/> Grass Fed Butter |
| <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Flaxseed Oil |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Fish Oil |
| <input type="checkbox"/> Welactin | <input type="checkbox"/> Peanut Butter |

FOODS FOR HOMEMADE MEALS

Vegetables

- | | |
|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Green Peas |
| <input type="checkbox"/> Squash | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Green Beans | <input type="checkbox"/> Corn |
| <input type="checkbox"/> Mushroom | <input type="checkbox"/> Bell Pepper |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Carrot |

Fruits

- | | |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Cranberry |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Blueberry |
| <input type="checkbox"/> Applesauce | <input type="checkbox"/> Strawberry |
| <input type="checkbox"/> Pear | <input type="checkbox"/> Blackberry |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Peach |

MONTHLY BUDGET

MONTH OF:

INCOME			
DATE	SOURCE	CATEGORY	AMOUNT

BILLS & FIXED EXPENSES		
DATE	SOURCE	AMOUNT

VARIABLE EXPENSES		
DATE	SOURCE	AMOUNT

SUMMARY	
SOURCE	AMOUNT
INCOME	
BILLS & FIXED EXPENSES	
VARIABLE EXPENSES	
BALANCE	

WEEKLY SHOPPING LIST

<i>Protein</i>	PRICE	COUPON	SALE	PRICE

<i>Vegetable</i>	PRICE	COUPON	SALE	PRICE

<i>Oil/ Fat/Fiber/Starch</i>	PRICE	COUPON	SALE	PRICE

NOTES:

INGREDIENT LIST

MEAL PREP

WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

MONTHLY MEAL PLANNING

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1				
2				
3				
4				
5				
6				
7				

MAIN REFERENCES

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