### Yeast Food

Yeast food adds high quality protein, B vitamins, and flavor while helping deter fleas. Our VegeYeast is a modified brewer's yeast. It is non-sensitizing, thus an ideal yeast for the urinary health of puppies and dogs. Stir yeast powder into the food so chunks are uniformly coated.

You can use nutritional yeast or regular brewer's yeast in recipes if you prefer. Nutritional yeast tastes cheese-like, and comes in microwave-safe, mini-flakes, and powder. When using microwave-safe, double the volume (not the weight) measurement.

It is best to weigh out the type of yeast you choose to use, in grams, on a kitchen scale. The yeast measurements in the recipes are more accurate than the volume measurements. Yeast is required to make the Vegepup supplement function properly for any age or pregant/fertillating dog. If a yeast allergy is present, you may substitute a crushed, 30g B complex vitamins in each recipe below. The Vegepup supplement does contain a small amount of sodium yeast. If your animal has a severe yeast allergy, our supplements are not recommended.

### Enzymes

**Essential Fatty Acids (EFAs) are important!**

Our Vegepup recipes have the amount of Omega-3 fatty acids in your animal's diet; it should be roughly 30%.

Omega-3 fatty acids are provided by the flax ingredients in the recipes. Flax ingredients provide the Omega-3 fatty acid, linoleic acid (LA), is especially important. Dogs and puppies can produce the other fatty acids they need with enough linoleic acid in the diet. This includes the production of arachidonic acid.

The following oils are in the Vegepup supplement. Flaxseed oil, onion oil, grape seed oil, and hemp oil. If you use a different oil, you understand that your dog needs the linoleic acid requirement.

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### About the Recipes

Recipes are based on a 15-lb. puppy. Young puppies need 2 times more calories per pound of body weight than an adult dog. They eat more per pound of body weight (and more often) and need the added nutrients in Vegepup. Pregnant or lactating mammas eat approximately 25% more than average adults. While not ideal, adult dogs who are not pregnant or lactating may eat recipes prepared with the Vegepup supplement. Ideally, the Vegepup supplement and recipes should be used for dogs 12 months of age and older.

The Vegepup supplement needn't be cooked or heated. It can be added after meals are prepared, but it is best to mix it into the supplement into warm food. Ingredients can be prepared separately, then mixed together, or you may come up with your own method. Prepared meals can be stored in the refrigerator or freezer, with or without the supplement.

### How much Vegepup per day?

Our Vegepup recipes have the amount of Vegepup factored into the recipe. If you modify our recipes, please only substitute legumes for legumes or grains for legumes, and be mindful of the protein content in your animal's diet; it should be roughly 30%.

A growing 15-lb. (6.8kg) puppy would require the protein equivalent of 24g of Vegepup. See the adjacent serving size chart to determine the daily serving size for your dog. Mix the daily serving amount into the total amount of daily food, or divide it between meals.

### Seasonings

- **Initiation**
  - Bacon bits, stevia (a sweet herb),- imitation meat flavorings (taste like meat or chicken, but raw, puréed vegetables, and favorite table scraps from your own meals increase palatability.
  - DO NOT use xylitol in dog food. It is toxic.

### Utensils

- A one or two cup measure and measuring spoons are needed if you are not using a kitchen scale and the gram measurements in the recipes. A kitchen scale is ideal to have, as the grain measurements in the recipes are most accurate. For dogs, have on hand: two or three large cookie sheets, an oversized rolling pin, a cutting board, and a chef's knife.

### Directions

1. **Mix a small amount of the new food in with the old and adjust the proportions over a period of days to a week.**
2. **Gradually**
3. **Start with fresh ingredients -- with no preservatives or animal products -- and prepare food for your puppy or lactating dog so you do for other family members. Home-cooked meals are best!**

### Organic & Non-GMO Ingredients

- GMO (Genetically Modified Organism) ingredients and herbicides can cause programmed cell death, food allergies, and more. Soy, canola, and corn that is not organic is almost certainly genetically modified in the USA. Compassion Circle strongly recommends organic food for you and your animals!

### Digestive Enzymes

Digestive enzymes are produced in the body and found in plants and raw foods. These enzymes are heat sensitive, so cooking and processing food destroys natural enzymes. We recommend adding plant-derived enzymes (lipase, amylase, protease, and cellulase) to any cooked food. Amylase is a particularly sensitive, so cooking and processing food destroys natural enzymes. The digestive enzymes (protease, and cellulase) to any cooked food. Amylase is a particularly sensitive, so cooking and processing food destroys natural enzymes. These enzymes are heat sensitive and destroyed by cooking. We recommend adding enzymes to any cooked food, and recommend using digestive enzymes to the diet can decrease the food requirement. The digestive enzyme product Prozyme® Plus contains the above enzymes and is an important aid for the digestion of carbohydrates. The digestive enzymes (protease, and cellulase) to any cooked food. Amylase is a particularly sensitive, so cooking and processing food destroys natural enzymes. These enzymes are heat sensitive and destroyed by cooking. We recommend adding enzymes to any cooked food, and recommend using digestive enzymes to the diet can decrease the food requirement. The digestive enzyme product Prozyme® Plus contains the above enzymes and is an important aid for the digestion of carbohydrates.

### How to Reconstitute the Meal

1. **BEFORE**
2. **Soak**
3. **Add**
4. **Mix**
5. **Prepare**

#### 1. Soy Kibble

##### Kibble Premix OR

<table>
<thead>
<tr>
<th>7 Week Kibble Recipe for a 15-lb. Puppy / 18 Days for 45-lb. Dog</th>
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</thead>
<tbody>
<tr>
<td><strong>Dry Premix:</strong></td>
</tr>
<tr>
<td>20-1/2 cups whole wheat flour (3.12kg)</td>
</tr>
<tr>
<td>19-1/2 cups whole soy flour (2.18kg)</td>
</tr>
<tr>
<td>1 cup VegeYeast or yeast powder (150g)</td>
</tr>
<tr>
<td>1-1/2 cups Vegepup (350g)</td>
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<tr>
<td>Add to above (if baking the entire recipe):</td>
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<tr>
<td>9 tsp. ground flaxseed (63g)</td>
</tr>
<tr>
<td>2-1/2 tbsp. salt (45g) OR 1 cup soy sauce (300g/37ml)</td>
</tr>
<tr>
<td>3-1/2 tsp. ground turmeric (22.5g)</td>
</tr>
<tr>
<td>18 cups of water (4.27L) OR as needed to make dough</td>
</tr>
</tbody>
</table>

#### 2. Don't add liquid ingredients or ground flaxseed if you are storing the premixed dry ingredients.

Salt can be left out of the dry premix and replaced by soy sauce when making the regular 9-day recipe.

#### 3. About the Recipes

- Recipes are based on a 15-lb. puppy. Young puppies need 2 times more calories per pound of body weight than an adult dog. They eat more per pound of body weight (and more often) and need the added nutrients in Vegepup.
- Pregnant or lactating mammas eat approximately 25% more than average adults. While not ideal, adult dogs who are not pregnant or lactating may eat recipes prepared with the Vegepup supplement.
- The Vegepup supplement and recipes should be used for dogs 12 months of age and older.

#### 4. Utensils

- A one or two cup measure and measuring spoons are needed if you are not using a kitchen scale and the gram measurements in the recipes. A kitchen scale is ideal to have, as the grain measurements in the recipes are most accurate. For dogs, have on hand: two or three large cookie sheets, an oversized rolling pin, a cutting board, and a chef's knife.

#### 5. Mixing the Dry Premix

1. Heat oven to 325°F (160°C).
2. In a large bowl, combine the preceding dry premix, mix dry ingredients from the 9-day recipe in the next column, then add wet ingredients. If using dry premix, use 8 cups (970g) of dry ingredient mixture, add 1-1/4 tsp. ground flaxseed (10.5g), and then add the wet ingredients from the 9-day recipe. Parsley sauce (without sugar) may be substituted for some or all of the water for additional flavor.
3. Stir with a large spoon to form soft dough.
4. Flour hands and counter to keep dough from sticking.
5. Empty the bowl onto the counter top. Knead the dough by folding it on itself several times until smooth, proceeding as if making a pie crust.
6. Roll dough to no more than 3/4" (1.25cm) thick, and smooth in place on a cookie sheet, kneading into corners.
7. prick dough with a fork to prevent bubbles.

#### 6. Baking:

- Bake for 20 minutes. Don't bake so long that the edges get brown and brittle.
3-2/3 cups uncooked oats (330g). This makes about 7-1/2 cups when cooked (1.44kg/1.78L). Fewer dry oats are needed if "thick" rolled oats are used. See the gram measure on your oats to determine 400 grams of dry oats.

6 cups extra firm tofu* (935g)
1/2 cup tomato paste (132g)
1 tbsp. VegeYeast or yeast powder (9g)
1 tbsp. ground flaxseed (7g)
3-3/4 tbsp. Vegepup (52g)
1 tsp. salt (5g) OR 2 tbsp. soy sauce (35g/29.6mL)

Optional: Seasonings such as parsley, basil, spirulina, AND/OR up to 1/2 cup chopped or steamed veggies (113g).

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Reconstitute dry TSP with a little more than 1 cup of water (237mL).
1-1/2 tbsp. VegeYeast or yeast powder (13.5g)
1-1/4 tbsp. sunflower oil (21g/22mL)
2 tbsp. (beef) stock (110g/9.9mL)
2-1/4 tbsp. Vegepup (35g)
1/4 tsp. salt (4g) OR 1/2 tsp. soy sauce (28g/22mL)

Optional: Seasonings such as parsley, basil, spirulina, AND/OR up to 1/4 cup steamed or chopped veggies (113g).

3/4 cup cooked garbanzo beans (1.5kg/2.2L). This is 4-1/2 cups uncooked beans (900g).
3 tbsp. VegeYeast or yeast powder (25g)
2 tbsp. Vegepup (25g)
1-1/4 tsp. salt (5.8g) OR 2-1/2 tbsp. soy sauce (40g/33mL)

Protein 24.6% • Fat 10.4% • Calories 2837

Protein 27.7% • Fat 13.6% • Calories 2643

1 tsp. salt (4g)
1/6 tbsp. VegeYeast or yeast powder (2g)
3-3/4 tbsp. sunflower oil (45g/48mL) AND 1 tbsp. flaxseed oil (15g/15mL)
3-1/4 tbsp. Vegepup (50g)
1 tsp. salt (6.6g) OR 2-1/2 tbsp. soy sauce (47g/39mL)

Optional: Seasonings such as parsley, basil, spirulina, AND/OR up to 1/4 cup steamed or chopped veggies (113g).

Soak lentils in cold water for two hours. Drain, cover with water and cook until soft, or sprout for one day. Sprouted lentils need to be broken up in a food processor or blender for dogs. Drain before using.