

VEGEPUP

SUPPLEMENT

INSTRUCTIONS

Start with fresh ingredients – with no preservatives or animal products – and prepare food for your puppy or lactating dog as you do for other family members. Home-cooked meals are best!

Transition Gradually

Mix a small amount of the new food in with the old and adjust the proportions over a period of days to a week.

Organic & Non-GMO Ingredients

GMO (Genetically Modified Organism) ingredients and herbicides can cause gastrointestinal issues, 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

Almost every process in the body requires enzymes. Digestion is no different. 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 important aid for the digestion of carbohydrates. The digestive enzyme product Prozyme® Plus contains the above enzymes and is available from Compassion Circle. It maximizes the absorption of valuable nutrients by up to 71% and greatly aids digestion. Adding digestive enzymes to the diet can decrease the food requirement by 25%! A little raw food doesn't supply enough enzymes to compensate for the enzyme loss in cooked food.

Vegetables (& Fruit) – YES!

Adding vegetables (but never onions) to your puppy's food is ideal. A variety of veggies in the diet adds few calories, but valuable, easily-absorbed vitamins and minerals. While our recipes meet nutritional requirements without the addition of vegetables, we highly recommend adding veggies to make up about 10% of the diet. Add lightly steamed or raw veggies; pureed or chopped – carrots, broccoli, green beans, cauliflower, squash or pumpkin, tomatoes, turnips, and more. Creamed or pureed corn is a good addition to meals, as are purees with a base of kale, lettuce, and



other greens. Raw apples, cucumbers, berries, and melon can be added to purees or given alone as treats.

It is ideal to add purees or steamed veggies to dry kibble because this increases the water content of the food and improves urine concentration.

Yeast Powder (VegeYeast)

Food yeast adds high quality protein, B vitamins, and flavor while helping deter fleas. Our VegeYeast is a modified brewer's yeast. It is more acidic than other yeast powders, thus beneficial 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 maxi-flakes, mini-flakes, and powder. When using maxi-flakes, double the volume (not the weight) measurement.

Initially, it is best to weigh out the type of yeast you choose to use, in grams, on a kitchen scale. The gram measurements in the recipes are more accurate than the volume measures. Yeast is required to meet the B vitamin requirements for your puppy or pregnant/lactating dog. If a yeast allergy is present, you may substitute a crushed, 50mg B complex vitamin in each recipe below. The Vegepup supplement does contain a small amount of selenium yeast. If your animal has a severe yeast allergy, our supplements are not recommended.

Oils - EFAs are important!

Essential Fatty Acids (EFAs) are particularly important during the growth stage. The omega-6 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.

When a recipe calls for sunflower oil, it is to meet the linoleic acid (LA) requirement. This is important! The following oils are a comparable substitute for sunflower oil: safflower oil, evening primrose oil, grape seed oil, and hemp oil. If you use a different oil, understand that your dog needs ½ teaspoon (2.47mL) of one of the above oils for every 15 lbs (6.8kg) of body weight each day to meet the linoleic acid requirement.

Omega-3 fatty acids are provided by the flax ingredients in the recipes. Flax ingredients provide the omega-3 fatty acid, linolenic acid (ALA). You may substitute ⅔ a teaspoon (3.3mL) of flaxseed oil for 1 tablespoon (7g) of ground flaxseed, or vice versa.

Store oils in the refrigerator. Smell and taste them before use to be sure they are not rancid.

Textured Soy Protein (TSP)

Textured soy protein (TSP), also known as textured vegetable protein (TVP®) or soya chunds, is a defatted soy flour. Measure TSP BEFORE reconstituting it with water. The recipes refer to the dry measure of TSP. Flakes and granules must be reconstituted. Add ⅔ cup of boiling water (207mL) to each cup of dry TSP (237mL). Let the powder or flakes completely absorb the liquid. Textured soy protein chunks (which are larger) may require a brief simmering before ready for use. Recipe cup measures are based on 1 cup of dry TSP weighing 96 grams. Again, we recommend using organic, non-GMO soy products.

Seasonings

Imitation bacon bits, stevia (a sweet herb)*, imitation meat flavorings (mock meats that are free of onion and garlic), Spirulina, pureed 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 gram measures in the recipes are most accurate. For kibble, have on hand: two or three large cookie sheets, an oversize rolling pin, a cutting board, and a chef's knife.

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 mamas also eat considerably 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 Vegedog™ 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 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 grains, 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 get 1-½ teaspoon (8.1g) of Vegepup per day. 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 daily meals.

Daily Serving Size	
Weight	Serving Size
5 lbs. (2.3kg)	1/2 tsp. (3g)
10 lbs. (4.5 kg)	1 tsp. (5.4g)
15 lbs. (6.8 kg)	1-1/2 tsp. (8.1g)
20 lbs. (9.1 kg)	2 tsp. (10.7g)
25 lbs. (11.3kg)	2-1/2 tsp. (13.5g)
30 lbs. (13.6kg)	1 tbsp. (16.1g)
50 lbs. (22.7kg)	1-3/4 tbsp. (28.1g)
80 lbs. (36.3kg)	2-3/4 tbsp. (43g)
120 lbs. (54kg)	4 tbsp. (64.4g)
5.2g per teaspoon (5cc)	

For additional Recipes and Health Information, see *Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats* (4th Edition) by Susan & Richard Pitcairn. Because the volume of the Vegepup supplement changed since the book's first printing, serving size modifications may be necessary in the book's growth (Vegepup) recipes. See the following webpage for adjusted amounts, or simply add the supplement daily based on the above daily serving size chart: www.compassioncircle.com/dr-pitcairns-guide.

For More information on Green Mush™ – a plant-based, pesticide-free, green superfood for animals and wonderful addition to any of our recipes – please visit the Compassion Circle website.

1. Soy Kibble

**Kibble Premix OR
7 Week Kibble Recipe
for a 15-lb. Puppy / 18 Days for 45-lb. Dog**

Dry Premix:

20-½ cups whole wheat flour (3.12kg)
19-½ cups whole soy flour (2.18kg)
1 cup VegeYeast or yeast powder (150g)
1-⅓ cups Vegepup (350g)

Add to above (if baking the entire recipe):

9 tbsp. ground flaxseed (63g)
2-½ tbsp. salt (45g) OR 1 cup soy sauce (300g/37mL)
⅓ cup sunflower oil (192g/189mL)
18 cups of water (4.27L), or as needed to make dough



DON'T add liquid ingredients or ground flaxseeds 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.

9 Days of Kibble for a 15-lb. Puppy or 3 Days for a 45-lb. Dog

1. Preheat oven to 325°F (160°C).
2. If you didn't premix the preceding dry premix, mix dry ingredients from the 9-day day recipe in the next column, then add wet ingredients. If using dry premix, use 8 cups (970g) of dry ingredient mixture, add 1-½ tbsp. ground flaxseed (10.5g), and then add the wet ingredients from the 9-day recipe. Pasta sauce (without sugar) may be substituted for some or all of the water for additional flavor.
3. Stir with a large strong spoon to form soft dough.
4. Flour hands and counter top to keep dough from sticking. 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.
5. Roll dough to no more than ½" (1.25cm) thick, and smooth in place on a cookie sheet, kneading into corners.
6. Prick dough with a fork to prevent bubbles.

Baking:

Bake for 20 minutes. Don't bake so long that the edges get brown and brittle.

Cutting:

With a large chef’s knife or pizza cutter, cut newly baked slab into 9 or 12 parts on a cutting board. Cut twice horizontally, and then cut vertically 2 or 3 times. Cut each of the resulting rectangles into kibble sized pieces by cutting first in one direction, and then the other. Piece sizes are determined by the size of your puppy or dog.

Separate kibble pieces onto two or more cookie sheets and place in a warm oven (at its lowest temperature) for two or three hours until crunchy dry. Direct sunshine is an energy efficient way to dry kibble, too. Kibble is dry enough when you can’t compress pieces with finger pressure.

Refrigeration is unnecessary.
Fresh kibble and biscuits help keep teeth and gums healthy, but we highly recommend feeding wet food for part of the diet.

INGREDIENTS FOR 9 DAYS

Protein 25% • Fat 14.4% • Calories: 3810

Combine:

3-½ cups whole wheat flour (520g)
3-¼ cups whole soy flour (364g)
1-½ tbsp. ground flaxseed (10.5g)
3 tbsp. VegeYeast or yeast powder (25g)
3-¾ tbsp. Vegepup (58g)

Add to above, premixed:

1-½ tsp. salt (7.6g) **OR** 3 tbsp. soy sauce (53g/44mL)
2 tbsp. plus 1 tsp. sunflower oil (32g/34.5mL)
3-¾ cups water (889mL), or as needed to form dough

Mix all ingredients together and go to Step 3 in the preceding directions.

Optional: add pureed veggies or steamed, chopped veggies to kibble before serving. Variety is best!



2. Garbanzo

6 DAYS OF FOOD FOR 15-LB. PUPPY
2 DAYS OF FOOD FOR 45-LB. DOG

Protein 24.6% • Fat 10.4% • Calories 2837

9-¼ cups cooked garbanzo beans (1.5kg/2.2L). This is 4-½ cups uncooked beans (900g).

If using canned garbanzo beans, use 8 cups canned beans (1.9kg/2L), and **DO NOT** add additional salt or soy sauce.

2 tbsp. VegeYeast or yeast powder (18g)
4 tbsp. hemp hearts (hemp meal) (40g)
1 tbsp. ground flaxseeds (7g)
3 tbsp. Vegepup (46g)
1-¼ tsp. salt (5.8g) **OR** 2-¼ tbsp. soy sauce (40g/33mL)

Optional: Seasonings such as parsley, basil, spirulina, **AND/OR** up to ¾ cup steamed or chopped veggies (113g).

Soak garbanzo beans in water until doubled in size. Change water as necessary to keep from fermenting. Cover with fresh water and cook until soft. A crock pot is most convenient.

Drain thoroughly and crush warm beans with a potato masher, fork, or food processor. Mix in other ingredients.

Refrigerate extra portions in covered containers or freeze in freezer-safe, portioned containers.

3. Lentil

6 DAYS OF FOOD FOR 15-LB. PUPPY
2 DAYS OF FOOD FOR 45-LB. DOG

Protein 28.6% • Fat 10% • Calories 2763

9-½ cups cooked lentils (1.98kg/2.25L). This is 3-½ cups uncooked/dry lentils (650g).

1 tbsp. VegeYeast or yeast powder (9g)
3-¼ tbsp. sunflower oil (45g/48mL) **AND** 1 tbsp. flaxseed oil (15g/15mL)
3-¼ tbsp. Vegepup (50g)
1-½ tsp. salt (6.6g) **OR** 2-¾ tbsp. soy sauce (47g/39mL)

Optional: Seasonings such as parsley, basil, spirulina, **AND/OR** up to ¾ 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.

4. Oat & Tofu

6 DAYS OF FOOD FOR 15-LB. PUPPY
2 DAYS OF FOOD FOR 45-LB. DOG

Protein 27.7% • Fat 13.6% • Calories 2643

4-½ cups uncooked oats (400g). This makes about 9 cups (1.75kg/2.1mL) when cooked. 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)
½ cup tomato paste (132g)
1 tbsp. VegeYeast or yeast powder (9g)
1 tbsp. ground flaxseed (7g)
3-¼ 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 cup steamed or chopped veggies (150g).

*If using firm tofu rather than extra firm, add 4 tbsp. 100% pure protein powder (40g) – pea protein, hemp protein, or brown rice protein. If using pea protein, reduce salt to ¾ tsp. (4g) or soy sauce to 2 tbsp (27g/30mL).

Please note: This recipe is not a good staple for a large or giant breed puppy because the calcium levels are high. Large and giant breed puppies (with an adult weight of 70 lbs. or more) need ample calcium but the maximum level allowed is lower than of other dogs. The Oat & Tofu recipe is within appropriate levels but on the high side. It is fine to use this recipe as part of your rotation.

5. Oat & TSP

4-1/2 DAYS OF FOOD FOR 15-LB. PUPPY
1-1/2 DAYS OF FOOD FOR 45-LB. DOG

Protein 26% • Fat 10% • 1923 Calories

3-⅔ cups uncooked oats (330g). This makes about 7-½ 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 330 grams of dry oats.

1-⅓ cups dry textured soy protein (TSP) (140g). Reconstitute dry TSP with 1 cup of water (237mL).
½ tbsp. VegeYeast or yeast powder (4.5g)
1-½ tbsp. ground flaxseed (12g)
1 tbsp. sunflower oil (14g/14.8mL)
2 tbsp. Vegepup (32g)
¾ tsp. salt (4g) **OR** 1-½ tbsp. soy sauce (27g/30mL)

Optional: Seasonings such as parsley, basil, spirulina, **AND/OR** up to ¾ cup steamed or chopped veggies (113g).

6. Rice & Soy

4-1/2 DAYS OF FOOD FOR 15-LB. PUPPY
1-1/2 DAYS OF FOOD FOR 45-LB. DOG

Protein 23.4% • Fat 8.6% • 1984 Calories

5 cups cooked brown rice (1kg/1.2L) or 5-½ cups cooked white or parboiled rice (925g/1.3L). Begin with 1-¾ cups uncooked parboiled, converted, or brown rice (330g).

1-½ cups dry textured soy protein (TSP) (170g). Reconstitute dry TSP with a little more than 1 cup of water (237mL).

1-½ tbsp. VegeYeast or yeast powder (13.5g)
1-½ tbsp. sunflower oil (21g/22mL)
2 tsp. flaxseed oil (10g/9.9mL)
2-¼ tbsp. Vegepup (35g)
¾ tsp. salt (4g) **OR** 1-½ tbsp. soy sauce (28g/22mL)

Optional: Seasonings such as parsley, basil, spirulina, **AND/OR** up to ¾ cup steamed or chopped veggies (113g).



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