



**WEST COAST
CANINE LIFE**

**WEST COAST CANINE LIFE
SPECIAL DIET INSTRUCTIONS AND RECIPES**

PUPPY PREMIX Recipe

INGREDIENTS

- 5 cups WEST COAST CANINE LIFE Premix
- 1 cup minced raw green beans (or thawed and drained frozen beans)
- ½ cup minced raw carrot
- 1 minced red apple (Red Delicious is our first choice)
- 1 raw egg
- ½ cup PURE unsweetened cranberry juice (e.g. R.W. Knudsen family or Bremner's)
- ½ cup organic sunflower or safflower oil, or Extra Virgin Olive Oil (the oil from the first pressing)
- 2 lb raw boneless ground chicken or raw boneless ground turkey
- ½ to 1 cup filtered water (more or less water may be required depending on the water content in the ingredients you use)
- Add water only if needed, after all the other ingredients have been mixed together. The mixture should resemble cookie dough.

BAKING INSTRUCTIONS

- Preheat oven to 350F (180C)
- Lightly grease 24 medium size muffin tins
- Combine all the ingredients except the water and the Pre-Mix in a large bowl. When thoroughly blended, add 5 cups of Pre-Mix and mix well. Add water if needed to make the mixture resemble the consistency of cookie dough that can be rolled in your hands without sticking.
- Roll 24 even size balls between your hands and pop them into greased muffin tins. Press the muffins/patties down slightly.
- Baking at 350F (180C) 15 to 20 minutes.
- Remove from oven and cool thoroughly on racks before storing in air-tight containers or zip-lock freezer bags.

MUFFINS AND PATTIES SHOULD FEEL MOIST WHEN COOL AND SHOULD NOT STICK WHEN REMOVING FROM PANS. Keep enough food in the refrigerator for 3 or 4 days and freeze the rest for up to two months.

Calcium Free Premix Recipe

For use with dogs with Kidney diet, Liver diet, Oxalate and Struvite Crystals or Stones Diets.

Important information:

These vegetables have been carefully selected to support your dog's special needs, and help to create a correct pH balance. Dog with Kidney/Liver issues often need to increase their water intake. Add a correct amount of water to the crumbled muffins just before serving. Add a small amount of water to the crumbled muffins just before serving.

Eggshell Powder

- Most dogs with kidney/ liver dysfunction or stones/crystals, require less calcium, and a different calcium to phosphorus ratio. Our suggested calcium source for these diets is ground egg shell. Egg shell has the correct calcium/phosphorus ratio for most dogs with kidney/liver dysfunction or stones/crystals. Ground egg shell must be added unless otherwise specified by your Veterinarian. Use one half teaspoon (1/2 tsp) per day of ground egg shell powder for each 30 lbs of dog weight. The egg shell powder can be mixed in with the muffins just before serving.

- Ground egg shell powder is easily made by washing egg shells and baking them for 10 minutes in a pre-heated 300F oven. Grind the egg shells in a coffee grinder or crush them thoroughly with a rolling pin. The powder can be kept in a cool dry place in an airtight container for up to one month.

- KIDNEY DIET:

**1½ cups of a blend of any 2 or 3 of the following vegetables:
green beans, zucchini, parsley, celery, squash, turnip**

- LIVER DIET:

**Use 1 egg and 2 cups of a blend of any 2 or 3 of the following vegetables:
green beans, zucchini, parsley, celery, squash, turnip**

- OXALATE CRYSTALS OR STONES DIET (Low pH/acidic urine):

**1 ½ cups of a blend of any 2 or 3 of the following vegetables:
zucchini, broccoli, bok choy, parsley, celery, yellow beans, squash, turnip**

- STRUVITE CRYSTALS OR STONES DIET (high pH/alkaline urine):

**1 ½ cups of a blend of any 2 or 3 of the following vegetables:
spinach, beet and green tops, okra, endive, kale, sweet potato**

CALCIUM FREE PREMIX Recipe

INGREDIENTS

- 5 cups WEST COAST CANINE LIFE Calcium Free Premix
- 1/2 to 2 cups minced raw green vegetables and raw orange vegetables (SEE TABLE)
- ½ cup minced raw carrot
- 1 minced red apple
- 1 or 2 eggs (See TABLE)
- ½ cup PURE unsweetened cranberry juice (e.g. R.W. Knudsen family or Bremner's)
- ½ cup organic sunflower or safflower oil, or Extra Virgin Olive Oil (the oil from the first pressing)
- 1 lb raw boneless white fish or boneless ground chicken
- Eggshell powder according to weight of your dog (See Important information)
½ to 1 cup filtered water only if needed, after all the other ingredients have been mixed together
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BAKING INSTRUCTIONS

- Preheat oven to 350F (180C)
- Lightly grease 24 medium size muffin tins
- Combine all the ingredients except the water and the Pre-Mix in a large bowl. When thoroughly blended, add 5 cups of Pre-Mix and mix well. Add water if needed to make the mixture resemble the consistency of cookie dough that can be rolled in your hands without sticking.
- Roll 24 even size balls between your hands and pop them into greased muffin tins. Press the muffins/patties down slightly.
- Baking at 350F (180C) 15 to 20 minutes.
- Remove from oven and cool thoroughly on racks before storing in air-tight containers or zip-lock freezer bags.

Food Processor Method: Combine raw boneless meat or fish, raw vegetables, apple, oil, egg and cranberry juice in a food processor. Pour the well-blended ingredients into a large mixing bowl. Add the Pre-Mix and blend well. Add filtered water if needed, so the mixture resembles the consistency of cookie dough that can be rolled in your hands without sticking.

SPECIAL HEALTH ISSUES Recipe

Skin Sensitivities, including Scratching/Licking/Chewing/Smelly Skin, Yeast overgrowth and Chronic ear problems

Although there are many reasons why dogs suffer from these issues, some foods may trigger these problems, or make them worse. Follow the regular recipe above with the following substitutions:

- Use raw, boneless WHITE fish or 3 cans of rinsed tuna as your protein source (or try another protein that you know your dog can tolerate, such as chicken or turkey, or a novel protein that your dog has not been introduced to previously). Beef is not typically suggested as this is considered a “hot” meat.
- Use green vegetables, such as green beans, broccoli, zucchini, or Bok Choy, as these are lower in sugar than most root vegetables.)
- Try making a few batches first, without the egg, and then, without the apple, and note if there are any improvements.

Premix Regular	Protein	Green Veg	Oil	Cranberry Juice	Apple	Egg
5 Cups	1 ½ pounds 2 pounds for active dogs	1 1/2 cup	½ cup	¼ cup	1	1
	raw ground boneless whitefish, 3 cans rinsed tuna or meats such as ground chicken, turkey,	green beans, zucchini, broccoli, bok choy,	Safflower, canola, Extra Virgin Olive	R.W. Knudsen Family or Bremner's Brands	Red or other	

SPECIAL HEALTH ISSUES Recipe

DOGS LIVING WITH CANCER

This recipe is suggested for dogs living with cancer and provides a higher protein percentage. Dogs with cancer often prefer a variety of different foods. Even food temperatures can make a difference. Try making two or three batches of muffins using different proteins. Follow the recipe with the following substitutions:

- Decrease the amount of Pre-Mix per batch to 3 cups, from 5 cups. This will provide for a higher protein percentage, often suggested for dogs living with cancer.
- Increase the amount of ground meat used to 2 pounds per batch, using just 3 cups of Pre-Mix.
- If your dog tolerates liver, try using 1 ¾ pounds of ground meat and ¼ pound liver, e.g., beef liver, chicken liver, turkey liver.
- If your dog tolerates broccoli, consider this as your first vegetable choice, followed by other cruciferous or green vegetables, e.g., cauliflower, cabbage, Bok Choy, Brussel sprouts and kale, and collard greens.
- Add ½ cup of fresh or thawed, frozen organic blueberries to each batch

Premix Regular	Protein	Green Veg	Blueberries	Oil	Cranberry Juice	Apple	Egg
3 Cups	2 pounds	1 1/2 cup	½ Cup	½ cup	¼ cup	1	1
	raw ground boneless whitefish, 3 cans rinsed tuna or meats such as ground chicken, turkey, or liver as above	broccoli, Brussel sprouts, kale, bok choy, cauliflower, collard greens		Safflower, canola, Extra Virgin Olive	R.W. Knudsen Family or Bremner's Brands	Red or other	

SPECIAL HEALTH ISSUES Recipe

ADULT AND SENIOR DOGS LIVING WITH GASTROINTESTINAL ISSUES

Dogs with gastrointestinal issues often do much better when fed smaller more frequent meals, including a small meal before bed.

Gastro Diet – Follow the recipe above, with the following substitutions:

- Use WHITE fish, chicken or turkey as your protein choices. White fish can include cod, pollock, tilapia, or three cans of rinsed tuna per batch of muffins.
- Use unsweetened applesauce, rather than a whole apple. This may be easier to digest and contain less fiber.
- Use bland vegetables such as green beans, or peeled vegetables such as carrot, sweet potato, zucchini or squash.
- Add 1 additional teaspoon of cinnamon to the 5 cups of Pre-Mix.
- Use first pressed olive oil instead of sunflower or safflower oil. If your Veterinarian suggests a lower fat diet, reduce the amount of oil suggested in the recipe.

Premix Regular	Protein	Green Veg	Oil	Cranberry Juice	Unsweetened applesauce	Egg
5 Cups	2 pounds	1 1/2 cup	½ cup	¼ cup	½ cup	1
	raw ground boneless whitefish, 3 cans rinsed tuna or meats such as ground chicken, turkey	Green beans, peeled carrot, peeled sweet potato, peeled zucchini,	Extra Virgin olive oil	R.W. Knudsen Family or Bremner's Brands		