



FISH & SWEET POTATO

Recipe, Cooking Instructions & Feeding Guidelines

LARGE BATCH

Makes approximately 11 lbs

- ☐ **4 lbs 8 oz Pacific Cod**
- ☐ **3 lbs 3 oz Sweet Potatoes**
With skin
- ☐ **3 lbs 3 oz Russet Potatoes**
With skin
- ☐ **6 oz Green Beans**
Finely chopped
- ☐ **6 oz Broccoli**
Finely chopped
- ☐ **5.75 oz Safflower Oil**
- ☐ **4 tbsp JustFoodForDogs
Fish & Sweet Potato
DIY Nutrient Blend**

SMALL BATCH

Makes approximately 5.5 lbs

- ☐ **2 lbs 4 oz Pacific Cod**
- ☐ **25.5 oz Sweet Potatoes**
With skin
- ☐ **25.5 oz Russet Potatoes**
With skin
- ☐ **3 oz Green Beans**
Finely chopped
- ☐ **3 oz Broccoli**
Finely chopped
- ☐ **5.75 tbsp Safflower Oil**
- ☐ **6 tsp JustFoodForDogs
Fish & Sweet Potato
DIY Nutrient Blend**

All weights indicated are raw or dry weight.

PREPARATION

- 1. Wash all vegetables thoroughly. Use fresh vegetables whenever possible, but if one or two items are purchased frozen (may add as is), make sure there are no added ingredients such as salt or sugar.
- 2. Be sure to use edible potatoes, without any signs of aging or shades of green.
- 3. Prepare a one-quart ice bath. Once the potatoes are cooked, the ice will be used to cool them and to stop the cooking process so they retain their texture.

COOKING

- 1. Place cod on a parchment-lined baking sheet and place the sheet in a preheated oven at 350°F. Cook for 15-20 minutes or until fully cooked. Let cool to the touch.
- 2. Steam or boil green beans and broccoli until soft. Let cool.
- 3. Choose a pot that will hold all the potatoes, add water and bring to a rapid boil. In the meantime, dice the russet and sweet potatoes (do not peel) to an appropriate bite size for your dog. Add potatoes to the water and lower heat to a simmer. Cook for 10-15 minutes or until fully cooked (soft to the touch). Add ice to stop the cooking process. Drain. Let the potatoes cool to the touch.
- 4. In a large mixing bowl, combine all ingredients, including safflower oil. Slowly sprinkle in DIY Nutrient Blend until fully incorporated.
- 5. Portion into individual serving sizes and store in freezer or refrigerator. Stored in the refrigerator, this recipe will stay fresh for up to 3 to 4 days. In the freezer, it can be stored for up to 3 months.

FEEDING GUIDES

Adult Dogs

Dog Wt.	Oz	Cups	Dog Wt.	Oz	Cups
10	8	1	80	39	4 3/4
20	14	1 3/4	90	42	5 1/4
30	19	2 1/4	100	46	5 3/4
40	23	3	115	51	6 1/2
50	27	3 1/2	125	54	6 3/4
60	31	4	150	62	7 3/4
70	35	4 1/2			

Puppies < 4 months

Puppy Wt	Oz	Cups
10	23	3
20	38	4 3/4
30	52	6 1/2
40	64	8
50	76	9 1/2
60	87	11

Puppies > 4 months

Puppy Wt	Oz	Cups
10	14	1 3/4
20	23	3
30	31	4
40	39	5
50	46	5 3/4
60	52	6 1/2
70	59	7 1/2
80	65	8 1/4
90	71	9
100	77	9 3/4
115	85	10 3/4
125	91	11 1/2

FISH & SWEET POTATO

Cooking Instructions for Instant Pot



PREPARATION

1. Wash all vegetables thoroughly.
2. Finely chop or dice all vegetables.
3. Use fresh vegetables whenever possible, but if 1 or 2 items must be frozen, make sure there are no added ingredients such as salt or sugar.
4. Be sure to use ripe potatoes without any shades of green.
5. Cut cod into smaller portions.

COOKING

1. Add cod, russet potatoes, sweet potatoes, green beans, and broccoli to the Instant Pot along with 1 cup of water. To avoid a "Burn Error," be sure to mix well and scrape the bottom of the pot after adding water.
2. Set Instant Pot setting to "Pressure Cook" for 10 minutes.
3. After the 10-minute timer goes off, release pressure and check to see if ingredients are thoroughly cooked (soft to the touch). Simmer for an additional 10 minutes, if needed.
4. After it has completely cooled to the touch, place the food in a large mixing bowl and slowly sprinkle in the Fish & Sweet Potato DIY Nutrient Blend along with the oils required in the recipe. Mix these in thoroughly.
5. Portion into individual serving sizes and store in refrigerator or freezer. Stored in the refrigerator this recipe will stay fresh 3-4 days and up to one year in the freezer.

FISH & SWEET POTATO

Cooking Instructions for Slow Cooker



PREPARATION

1. Wash all vegetables thoroughly.
2. Finely chop or dice all vegetables.
3. Use fresh vegetables whenever possible, but if 1 or 2 items must be frozen, make sure there are no added ingredients such as salt or sugar.
4. Be sure to use ripe potatoes without any shades of green.
5. Cut cod into smaller portions.

COOKING

1. Add cod, russet potatoes, sweet potatoes, green beans, and broccoli to the slow cooker, along with 1 ½ cups of water.
2. Set cooker to medium heat for 3 ½ hours, occasionally stirring to break up cod.
3. Check to see if ingredients are cooking thoroughly (becoming soft to the touch).
4. Once all ingredients are cooked, allow food to cool.
5. After it has completely cooled to the touch, place the food in a large mixing bowl and slowly sprinkle in the Fish & Sweet Potato DIY Nutrient Blend along with the oils required in the recipe. Mix these in thoroughly.
6. Portion into individual serving sizes and store in the refrigerator or freezer. This recipe will remain fresh in your refrigerator for up to 3 days and up to one year in the freezer.