

## Beef and Chicken Forager's Delight

Animals are foragers by nature. A study of canine feces found in a late-Neolithic dwelling site in Slovenia (estimated fifth to second century BC) revealed companion dogs ate a wide variety of plant matter, likely from shrubs and growth on the ground. With mushrooms, dandelion greens, root vegetables, and essential fatty acid-rich hempseeds (which can lower liver and kidney markers—good news for pets at risk of developing chronic kidney, liver, and cardiovascular diseases), this meal is a forager's dream come true.

Adult Canine, Whole Foods

**Yields 5½ pounds**

**46 calories/ounce**

36 ounces (2.25 pounds) ground beef, 90 percent lean

16 ounces (1 pound) ground chicken, 14 percent fat

7 large eggs, shelled

8 ounces dandelion greens

6 ounces UV-exposed mushrooms, any type (see page 47 on how to increase vitamin D levels in mushrooms by UV exposure)

6 ounces beef liver

5 ounces Jerusalem artichokes

1.5 ounces hempseeds, hulled

1 ounce oysters, canned or raw (or 10 milligrams zinc supplement)

45 grams wheat germ oil (or 100 IU vitamin E supplement)

8 grams dried parsley

8 grams dried basil

5 grams nutritional yeast

15 grams eggshell powder

1.5 grams kelp powder

(containing 700 micrograms of iodine per gram, for a total of 1,050 micrograms iodine if you choose to use an iodine supplement rather than kelp powder)

1. In a large bowl, mix food ingredients (except eggshell and kelp powders) together.
2. In a small bowl, mix powders together, stirring well.
3. Dust ½ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.