

Brazilian Chicken

This chicken dish is a delightful stew with some of the best flavors of South America: coconut, ginger, and papaya, whose enzyme papain helps break down proteins (hence the reason papaya juice is often used to tenderize meat!), aids digestion, and reduces pain and swelling.

Adult Canine, with Supplements

Yields 5½ pounds

34 calories/ounce

3 pounds dark meat chicken without skin
 8 ounces kale
 4 large eggs, shelled
 6 ounces raw or canned sardines (packed in water)
 6 ounces chicken liver
 5 ounces sweet red peppers
 5 ounces papaya, raw, finely chopped
 2 ounces unsweetened shredded coconut meat
 7 grams raw ginger (or 5 grams dried ground ginger)
 7 grams ground cloves
 12 grams eggshell powder

2 grams kelp powder (containing 700 micrograms of iodine per gram of kelp powder. This is a total of 1,400 micrograms iodine if you are using an iodine supplement rather than kelp powder.)

Supplements

- 75 milligrams zinc
- 4 milligrams copper
- 1,000 milligrams choline
- 50 milligrams thiamine
- 100 IU vitamin

1. In a large bowl, mix food ingredients (except eggshell and kelp powders) together.
2. In a small bowl, mix powders and supplements together, stirring well.
3. Dust ⅓ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.

Most Pets Are Chickened Out: Conventionally raised chickens are mass-produced by the billions, creating cheap leftover pieces and parts the pet food industry recycles into pet food. Chicken meat is naturally high in omega-6 fatty acids and doesn't contain the anti-inflammatory omega-3s (DHA and EPA), so over time chicken can become a pro-inflammatory food. Chicken meals, in rotation with a variety of other proteins, create excellent diversity, but we don't recommend a lifetime of high-omega-6 foods for overall health.