

## Chinese Beef and Chicken Stir-Fry

Pak choi goes by many names, including bok choy or Chinese celery cabbage, and it's the *small cruciferous* vegetable with big nutritional benefits. A staple of Chinese-inspired cooking, pak choi *contains* chemical compounds called glucosinolates, which can protect against certain cancers. Its *slightly bitter* taste blends perfectly with ginger and oyster sauce for a savory "stir-fry" your pet will lap up.

Canine Growth, Mostly Whole Foods

Yields 6 pounds

43 calories/ounce

32 ounces (2 pounds) ground beef, 90 percent lean

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

9 large eggs, shelled

8 ounces pak choi

6 ounces cauliflower

5 ounces beef liver

4 ounces raw or canned oysters (or 35 milligrams zinc supplement plus 2 grams fish oil plus additional gram of salt)

4 ounces beef spleen (or 54 milligrams iron supplement)

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

9 grams ground ginger

9 grams ground cloves

4 grams salt

4 grams nutritional yeast

45 grams bonemeal

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 use an iodine supplement instead of kelp powder.)

### Supplement

- 250 IU vitamin D

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

**Beef Spleen for Iron:** Beef spleen may be hard to source in some locations, so be sure to check out local meat shops and butchers, farmers' markets, and co-ops. If not, you can find frozen spleen through online retailers. Just know that your sourcing efforts are worth it because, pound for pound, beef spleen contains *five times* as much iron—and thirty times as much heme iron—compared to beef liver. Iron is essential for providing oxygen to muscles and organs, and without enough, your pet can become weak and lethargic. Tuftsin and splenopentin, two peptides found in spleen, enhance immune function, stimulate white blood cells to fight against infections and cancer, and promote the growth of killer cells, which destroy sick, virus-filled cells. **If you can't find beef spleen, you can substitute it with an iron supplement: 1.5 ounces beef spleen = 18 milligrams iron supplement.**