

## Beef and Chicken Gyros

For humans, there are few diets better for longevity than the Mediterranean diet, and gyros—which hail from Greece—are a Mediterranean classic. We've left out the pita (though we re-created one in the photo using the gelatin Frisbee featured on page 131) but have kept gyros' signature sauce, tzatziki, a tart blend of microbiome-building yogurt, spices, and cucumbers. Chicken also contains an abundance of omega-6 fatty acids. If you want to optimize the ratio of omega-3 fats in this recipe, add ten grams of an EPA/DHA supplement (your favorite marine or fish oil) or 6 ounces of sardines (fresh or canned, packed in water).

Canine Growth, Mostly Whole Foods  
Yields 6½ pounds  
39 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 cucumber with peel  
4 ounces plain Greek yogurt  
6 ounces lettuce (any type)  
5 ounces beef liver  
4 ounces oysters (or 40 milligrams zinc plus one gram fish oil plus one additional gram of salt)  
4 ounces fresh tomatoes  
3 ounces beef spleen (or 36 milligrams iron supplement)

40 grams wheat germ oil (or 100 IU vitamin E supplement)  
13 grams dried rosemary  
13 grams dried oregano  
14 grams dried thyme  
11 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 choose to use an iodine supplement rather than 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 ½ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.

**Cloves Fight Inflammation:** Cloves have powerful anti-inflammatory effects, and one of their bioactive components, eugenol, has beneficial antibacterial, antifungal, antioxidant, antiseptic, and anesthetic properties. Cloves must be ground and never offered whole, as they can be a choking hazard. In this recipe, cloves are added to meet manganese requirements. If you can't include ground cloves, substitute seventeen grams of ground turmeric or two milligrams manganese supplement from the health food store.