

## Meat Loaf for Everyone!

Meat loaf is classic American comfort food—for pets and their people. Here, we elevate meat loaf beyond ketchup- and egg-soaked ground beef to a nutritionally balanced meal with ground pork and salmon as its base. Throw in some spinach and you have a cancer-fighting dish your pet will devour. How does spinach fight cancer? It contains more sulfoquinovosyl diacylglycerol (SQDG) and monogalactosyldiacylglycerol (MGDG) than any other green vegetable, and both slow cancer cell growth. This recipe can be served to both dogs and cats, young and old!

Canine and Cat, All Life Stages, with Supplements

Yields 4½ pounds

42 calories/ounce

- 28 ounces ground pork,  
12 percent fat
- 13 large eggs, shelled
- 14 ounces salmon
- 7 ounces raw spinach
- 4 grams salt
- 33 grams bonemeal
- 2 grams kelp powder  
(containing 700 micrograms 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.)

### Supplements

- 3,000 milligrams choline
- 3,000 milligrams taurine
- 90 milligrams iron
- 10 milligrams copper
- 75 milligrams zinc
- 200 milligrams magnesium
- 8 milligrams manganese
- 1 tablet vitamin B Complex  
(B50, 50 milligrams), crushed
- 100 IU vitamin E





1. In a large bowl, mix food ingredients (except bonemeal and kelp powders) together.
2. In a small bowl, mix powders and supplements 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.

