

Pork Pumpkin Patch

Your pet can enjoy an honest-to-goodness Thanksgiving feast with this meal. Gut-soothing pumpkin, polyphenol-rich cranberries, and brain-boosting turmeric blend to make a dish that's perfect for any time of the year. Brussels sprouts are also rich in a biological component called glucosinolate, which can protect against the DNA damage that can lead to cancer. It's a crisp fall day every day with this meal!

Canine, All Life Stages, with Supplements

Yields 5½ pounds

43 calories/ounce

28 ounces ground pork,
12 percent fat

11 large eggs, shelled

19 ounces salmon

8 ounces canned or
steamed pumpkin puree
(not pumpkin pie filling)

8 ounces Brussels sprouts

4 ounces raw unsalted
pumpkin seeds

3 ounces raw or frozen
cranberries (no sugar added)

8 grams ground turmeric

8 grams dried thyme

5 grams salt

32 grams bonemeal

8 grams eggshell powder

2 grams kelp powder
(containing 700 micrograms
iodine per gram of kelp,
to provide a total of 1,400
micrograms of iodine if you
choose to use an iodine
supplement rather than kelp
powder)

Supplements

- 75 milligrams zinc
- 10 milligrams copper
- 54 milligrams iron
- 1,500 milligrams choline
- 200 milligrams magnesium
- 1 tablet vitamin B complex
(B50, 50 milligrams), crushed
- 100 IU vitamin E

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