

Ruby Red Beef and Chicken

Red cabbage, meat, beets, and pomegranates—it's a feast of ruby red! This meal is as heart-healthy as they come, with antioxidant-rich pomegranates that reduce oxidative stress in canine endothelial cells (the cells that line the blood vessels). If you have a small dog, just be sure to grind or mash up the seeds so they don't pose a choking risk.

Adult Canine Less Active, Mostly Whole Foods

Yields 4½ pounds

49 calories/ounce

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

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

8 ounces beetroot

4 ounces beef liver

4 ounces red cabbage

4 ounces fresh pomegranate seeds

3 ounces raw or canned oysters (or 30 milligrams zinc supplement plus one gram salt)

2.25 ounces hempseed, hulled

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

8 grams ground turmeric

5 grams nutritional yeast

3 Brazil nuts

12 grams eggshell powder

8 grams bonemeal

1.5 grams kelp powder (containing 700 micrograms of iodine per gram. This is a total of 1,050 micrograms iodine if you choose to use an iodine supplement rather than kelp powder.)

Supplements

- 3,000 milligrams choline
- 1,000 IU vitamin D

1. In a large bowl, mix food ingredients (except eggshell, bonemeal, 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.

Powerful Pomegranate: Feeding pomegranate improves cardiovascular, nerve, and skeletal health. That's because pomegranates are rich in punicalagins, the most potent antioxidant activity of almost all known fruits.