

The Breakout of the Egg, Sweet Potato and Whey Diet – KETO Low Carb:

6 USDA Large Whole Eggs Scrambled or Boiled (12 ounces)

NO Sweet Potato

1 rounded cup of Whey Protein (6oz) (Plain or Vanilla)

1 cups of Mixed veggies* (Mediterranean, Asian Stir Fry, Normandy or Italian Frozen Mixed Vegetables)

5 tablespoons of Krill Oil (There are other oils you could use)

1 Tablespoons of FOS (Chicory Root) (drjohnson.com/fos)

The eggs should be reduced to particles the size of pencil erasers. Like egg-salad size little bits. The sweet potato is left out when making a Keto/Atkin's Ultra-Low-Carb version of this. The veggies should be chopped small, too. This is so the dog can't just pick out the egg and leave the rest. I would ADD however, that if the dog is lean, it will pick nothing out, and eat every bite. Only "plump" or 'Reubenesque' dogs are picky.

Divide this recipe into TWELVE "2-ounce" lumps.

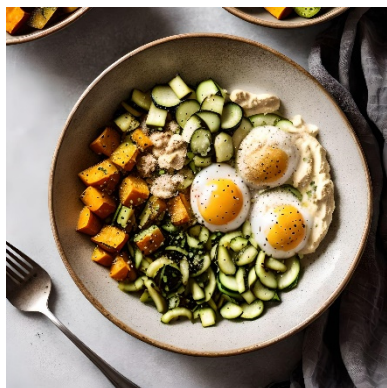
Feed 1 oz (1/2 a lump) per ten pounds twice a day.

This is enough food for a ten pound dog for 12 days.

This is enough food for a thirty pound dog for 4 days

This is (whole 26 ounce portion) about enough food for a 100 pound dog for 1.5 days

*Veggies include Carrots, Cauliflower, Squash, Zucchini, Broccoli, and Canned Pumpkin = (Mediterranean, Asian Stir Fry, Normandy or Italian Frozen Mixed Vegetables)



This whole shenanigan has to be chopped up or diced-small so the dog can't just pick out the eggs. I would ADD however, that if the dog is lean, it will pick nothing out, and eat every bite.