

What	How Many Oz	Cal/Oz	Protein	Fat	Carbs	TOTAL CALORIES	
Egg	18	41	64.8	48.6	3.6	738	9 Eggs
Large (8 ounce) Sweet Potato	8	24	4	4	48	192	1 S. Potato
Whey Protein	9	90	180	4.5	18	810	27 Tblsp Whey
Carrots	4	12	1.2	0.2	12	48	
Cauliflower	8	7	4	0.8	11.2	56	
Squash	4	4	1.2	0.4	3.6	16	2 1/2 Cup Veggies
Broccoli	4	10	3.2	0.4	8	40	
Krill Oil	0.2	800	0	1.6	0	160	1.6 1000mg caps
Canned Pumpkin		7	0	0	0	0	
Multivitamin Mix							
FOS	2	60	0	0	20		4 Tbsp FOS
Ascorbic Acid	250mg						
Glucosamine	200mg						
Turmeric	200mg						
Resveratrol	2 mg						
Astaxanthin	.5mg						
TOTALS	57.2	1055	258.4	60.5	124.4		
1 Egg = 2 ounces							
10 pound dog needs 250 calories PER DAY (125 per feed)						2060	Total Calories per patty
1 oz = 28 grams							
30 x (body weight in kilograms) + 70 = Resting Energy Requirement				58.29	Protein		
				13.65	Fat		
				28.06	Carbs		
				3.5	% SOLUBLE FIBER		
<b>Canine</b>							
Neutered adult dog	=1.6 x RER						
Intact adult dog	=1.8 x RER						
Inactive adult dog	=1.2-1.4 x RER						
At-risk for obesity adult dog	=1.2-1.4 x RER						
Weight loss for dog	=1.0 x RER for ideal weight						
Working dog	=2.0-8.0 x RER						
Growing puppy (0-4 months)	=3.0 x RER						
Growing puppy (4 month to adult)	=2.0 x RER						
<b>Approximate Daily Caloric Needs for Average Indoor Pets</b>							
<b>Cats</b>							
10 lbs.	180 to 200 calories						
<b>Dogs</b>							
10 lbs.	200 to 275 calories						
20 lbs.	325 to 400 calories						
50 lbs.	700 to 900 calories						
70 lbs.	900 to 1050 calories						
90 lbs.	1100 to 1350 calories						
Glucosamine: Vets often recommend a daily dose of about 20 milligrams of glucosamine for dogs per each pound of body weight.							
Astaxanthin: You can give your dog 1 mg to 1.6 mg daily per 20 lbs of bodyweight.							
Resveratrol: Small doses of resveratrol (suggested dosages: 5-7 mg per 30 lb of body weight) have reported very positive results							
Turmeric: "The recommended dose for dogs is 15mg-20mg per pound of body weight per day, or more simply put, 1/8 to 1/4 tsp per day for every 10lbs in weight."							