



VegeDog™  
Instructions

**C**ongratulations on purchasing what many consider the healthiest program for feeding dogs available today. Start with fresh ingredients, and prepare food as you do for other family members. No preservatives or animal derived products are necessary.

VegeDog™ contains taurine, a secondary amino acid that may help prevent cardiomyopathy from developing in some breeds.

These recipes meet all nutritional requirements according to the Association of American Feed Control Officials (AAFCO) Dog Food Nutrient Profile for all stages of life.

### Transition gradually

Mix a small amount of the new food with the old and adjust the proportions over a period of days. It is important that your dog eat enough for good health. A short fast won't hurt, but don't let this become a battle of wills with your dog the loser.

### Enzyme power

Wolves and wild dogs eat uncooked food, intact with vital enzymes.

Since enzymes (the life force) are heat sensitive, we recommend the addition of plant-derived enzymes (lipases, amylases, proteases, and cellulases) to any cooked food. Prozyme Vegan™, available from Harbingers, maximizes the absorption of valuable nutrients by up to 71%. This is especially important on the vegetarian diet.

A little raw food doesn't supply enough

enzymes to compensate for cooked food.

### Vegetables

Convenient kibble is made even more palatable by coating with vegetables such as squash or pumpkin. There are other possibilities as well, such as sweet potatoes, or smoothly blended corn (without sugar).

Dogs usually appreciate some of the same foods that you enjoy yourself, used in small amounts as flavorings. Salad fixings are always positive additions, especially raw carrots (usually grated). Don't feed onions.

If you need to keep a big eater from putting on too much weight, use vegetables such as cauliflower (chopped in a food processor for easy digestion, since dogs chew them poorly). This satisfying, filling vegetable supplies great nutrients, but few calories.



### Yeast

Yeast adds flavor, high quality protein, B vitamins, and flavor and gradually gives protection against fleas. Stir the yeast into the food so chunks of food are uniformly coated. Nutritional yeast (a soft yellow color) tastes cheese-like, and comes in maxi-flakes, mini-flakes, and powder. Double the volume (not the weight) measurement if using maxi-flakes. It is best to weigh it out, at least initially.

VegeYeast (available from us) is a special kind

of yeast powder. Its high acid content (for the urinary system) makes it superior for use in the recipes.

### Textured Soy Protein

Measure textured soy (vegetable) protein before reconstituting it. Flakes and granules must be reconstituted. Add 7/8 cup boiling water to each cup and let it absorb the liquid. Textured soy protein chunks (which are larger) require a brief simmering before ready for use.

### Seasonings

Possibilities include garlic, imitation bacon bits (available without MSG), stevia (a sweet herb), imitation meat flavorings, soy sauce, tumeric, catnip, basil, oregano and rosemary. Changing the seasoning introduces variety and keeps meal-time an enjoyable occasion.

### Recipe amounts

Recipes are based upon a 44-pound (20-Kg) adult dog. Puppies and pregnant or lactating bitches will eat considerably more. Young pups need twice the calories of adults.

Analyses are by dry weight crude, and are averages of recipe variations.

Prepare food for mature dogs by using the *maintenance* measurements. For puppies (and pregnant and lactating bitches), use the growth measurements. Although not ideal, mature dogs may also eat the growth recipes.

### Vegedog Measurement Table (per day)

The following table takes the average amount of Vegedog in these recipes, per day, and computes the correct proportions for dogs of various weights. This is especially valuable for use in your own recipes. Measurements are rounded for convenience. For multiple dogs, combine their weights.

Vegedog weighs 6.3g per teaspoon (5cc).

Weight Lbs. (Kg)	Maintenance Measure (g)	Growth Measure (g)
5 (2.3)	1/5 tsp. (1.1)	1/4 tsp. (2)
7.5 (3.4)	1/4 tsp. (1.7)	3/8 tsp. (2.6)
10 (4.5)	1/3 tsp. (2.3)	1/2 tsp. (3.5)
15 (6.8)	1/2 tsp. (3.4)	7/8 tsp. (5.3)
20 (9.1)	3/4 tsp. (4.5)	1 tsp. (7)
25 (11.3)	7/8 tsp. (5.7)	1 3/8 tsp. (8.8)
30 (13.6)	1 1/8 tsp. (6.8)	1 3/4 tsp. (10.5)
35 (15.9)	1 1/3 tsp. (7.9)	2 tsp. (12.3)
40 (18.1)	1 1/2 tsp. (9.1g)	2 1/4 tsp. (14.1)
45 (20.4)	1 2/3 tsp. (10.2)	2 1/2 tsp. (15.8)
50 (22.7)	1 3/4 tsp. (11.3)	2 3/4 tsp. (17.6)
60 (27)	2 1/4 tsp. (13.6)	3 1/2 tsp. (21)
70 (32)	2 1/2 tsp. (16)	4 tsp. (24.6)
80 (36)	1 Tbs. (18)	1 1/2 Tbs. (28)
90 (41)	1.1 Tbs. (20)	5 tsp. (31.6)
100 (45)	1 1/4 Tbs. (23)	2 Tbs. (35)
120 (54)	1 1/2 Tbs. (27)	2 1/4 Tbs. (42)
140 (63.5)	1 3/4 Tbs. (32)	2 2/3 Tbs. (49)

160 (73)	2 Tbs. (36)	3 Tbs. (56)
180 (82)	2 1/4 Tbs. (41)	3 1/2 Tbs. (63)
200 (91)	2 1/2 Tbs. (45)	3 3/4 Tbs. (70)
250 (113)	3 Tbs. (57)	4 3/4 Tbs. (88)
300 (136)	3 1/2 Tbs. (68)	5 2/3 Tbs. (105)

## Utensils

A 1-cup and an 8-cup measuring cup are handy. For making kibble, have on hand: three large cookie sheets, an oversize rolling pin, cutting board and at least an 8" chef knife. For cutting kibble, a *Cushion Strip* (available from Harbingers) will add comfort to your palm.

## Kibble

Feeding some kibble is important, since it helps keeps teeth and gums healthy. When you feed moist foods follow with a few chunks of kibble. It acts almost like using a toothbrush after a meal. Dogs think of kibble, used in this way, as welcome treats.

# 1. Soy Kibble

**Protein 22.4%, Fat 8.3%**

NOTE: Bake the 2 1/2-day batch following these measurements. This 16 Day Recipe is primarily for mixing and storing the dry ingredients for later use, which saves much time.

## 16 DAYS FOOD

33 cups (8 lbs. 13 oz [7885ml/4000g]) whole

wheat flour

14 1/8 cups (2 lbs. 10 oz. [3340ml/1200g])

whole soy flour)

2 3/4 cups (11 oz. [650ml/320g]) corn meal

1 cup (5 1/2 oz. [235ml/160g]) yeast powder

## GROWTH:

3/4 cup (8 oz. [185ml/235g]) Vegedog™

2 1/2 Tbs. (37ml/45g) salt **OR** 1 1/3 cup (310ml/300g) soy sauce added with 1 1/4 cup (13 oz. [400ml/370g]) oil and necessary water (if baking 16 days food all at once).

*Don't add liquid ingredients if you are storing the premixed dry ingredients.*

## MAINTENANCE:

1/2 cup (5 oz. [110ml/140g]) Vegedog™

1 1/4 tsp. (6ml/7g) salt OR 3 Tbs. (50ml/50g) soy sauce added with 1 1/4 cup (13 oz. [400ml/370g]) oil and necessary water (if baking 16 days food all at once).

*Don't add liquid ingredients if you are storing the premixed dry ingredients.*

Salt can be left out of the Dry Premixed Ingredients and replaced by soy sauce when making the regular 2 1/2-day recipe.

For more flavor: Substitute a sugar free prepared pasta sauce for the water or add tomato paste along with necessary water.

A 4 gallon (18 liter) pail with a tight fitting lid (available at hardware stores) is good for shaking (mixing) and storing the dry ingredients.

## REGULAR 2 1/2 DAY VEGEKIBBLE™

### Kibble step by step

1. Preheat oven to 325°F (160°C).
2. Add 8 cups (1900ml) of the above dry ingredient mixture to 1/4 cup oil (65ml/60g) and 3 cups (700ml) water (as necessary). If you didn't premix the previous "16 Days Food Recipe", use the measurements for 2 1/2 Days that follow.

Pasta sauce (without sugar) may be substituted for some or all of the water.

3. Stir with a large strong spoon to form soft dough.

4. Flour your hands and counter. Knead the dough well until smooth and elastic. Divide the dough into two halves. Roll out each to fit a large cookie sheet (12"x17" [300 x 400mm]). Work the dough into the corners and prick with a fork to prevent bubbles. Bake for



20 minutes.

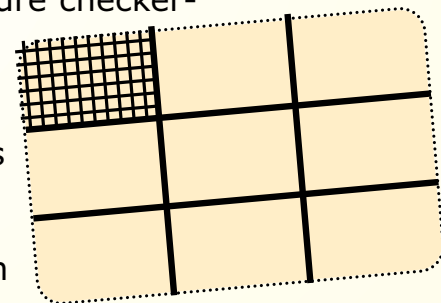
5. Remove from oven and flip each half-baked piece over by putting an empty cookie sheet on top (the third cookie sheet), holding both together with pot holders, and turning.



6. Bake for 20 more minutes (don't brown the edges). Remove from oven.

7. With a large chef's knife cut each slab into 9-12 parts on a cutting board by cutting horizontally into three strips, and then each vertically 2 or three times.

Cut each resulting rectangle into kibble sized pieces (like a miniature checkerboard) by cutting first in one direction, and then the other direction. Toy breeds like small sized pieces, and larger breeds will like much larger pieces.



An inexpensive *Cushion Strip* (available from *Harbingers*) will protect your palm.

8. Place kibble pieces on cookie sheets, breaking apart pieces that stick together.

9. Dry the kibble in a warm oven set at its lowest temperature. Hot sunshine works as well. The pieces should be brittle and not yield to finger pressure.

10. Refrigeration is unnecessary for properly dried kibble. Store in covered containers for convenience.

Some dogs may prefer kibble slightly coated with mashed vegetables, sauces, and yeast.

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### INGREDIENTS FOR 2 1/2 DAYS

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- 5 1/3 cups (1 lbs. 7 oz [1250ml/635g]) whole wheat flour
- 2 1/4 cups (7 oz. [530ml/190g]) whole soy flour)
- 1/2 cup (2 oz. [105ml/50g]) corn meal
- 3 Tbs. (1 oz. [40ml/25g]) yeast powder

#### GROWTH:

- 1/8 cup (30ml/38g) Vegedog™
- 1 1/4 tsp. (6ml/7g) salt **OR** 3 Tbs. (50ml/50g) soy sauce added with 1/4 cup (2 oz. [65ml/60g]) oil and 3 cups (700ml) water.

#### MAINTENANCE:

- 4 tsp. (18ml/23g) Vegedog™
- 1/4 tsp. (1ml/1g) salt **OR** 1/2 Tbs. (8ml/8g) soy sauce added with 1/4 cup (2 oz. [65ml/60g]) oil and 3 cups (700ml) water.

Mix all ingredients together and go to the preceding step 3.

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## 2. No Soy Kibble

(Maintenance Only) Protein 24.2%, Fat 8.1%

NOTE: Bake the *Regular 3 1/2-day Kibble* that follows these measurements. This *18 Day Recipe* is primarily for mixing and storing dry ingredients for later use, which saves preparation time. A 4 gallon (18 liter) pail with a tight fitting lid (available at hardware stores) makes a good container for shaking (mixing) and storing the dry ingredients. Look at the pictures for the preceding recipe.

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### 18 DAYS FOOD

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- 1 2/3 cups (9 1/2 oz. [400ml/270g]) yeast powder
  - 1/2 cup (6 oz. [125ml/160g]) Vegedog™
  - 3/8 cup (3 oz. [95ml/90g]) baking powder
  - 4 tsp. (20ml/18g) lecithin granules
  - 1 Tbs. (15ml/18g) salt (could be omitted and replaced by soy sauce when baking the 3 1/2-day recipe)
- Thoroughly mix the above ingredients before proceeding further.*
- 33 2/3 cups (10 lbs. 6 oz. [7970ml/4715g]) whole wheat flour
  - 7 1/4 cups (2 lbs. 4 oz. [1710ml/1025g]) wheat gluten flour (75% protein)
- Mix all ingredients together.*

## REGULAR 3 1/2 DAY KIBBLE

### Kibble step by step

1. Preheat oven to 325°F (160°C).
2. Add 8 1/2 cups (2020ml/1235g) of the above dry ingredient mixture (or *Dry Ingredients for 3 1/2 Days* that follows Step 10) to:
  - 1/3 cup oil (70ml/65g)
  - 4 cups (700ml) water (as necessary)
  - 1 1/2 Tbs (20ml/25g) soy sauce (if salt was omitted from the dry ingredients)For more flavor: Substitute a sugar free prepared pasta sauce for the water or add tomato paste along with any necessary water.
3. Stir with a large strong spoon to form soft dough.
4. Flour your hands and counter. Knead the dough well until smooth and elastic. Divide the dough into two halves. Roll out each to fit a large cookie sheet (12"x17" [300 x 400mm]). Work the dough into the corners and prick with a fork to prevent bubbles. Bake for 20 minutes.
5. Remove from oven and flip each half-baked piece over by putting an empty cookie sheet on top (the third cookie sheet), holding both together with pot holders, and turning.
6. Bake for 20 more minutes (don't brown the edges). Remove from oven.
7. With a large chef's knife cut each slab into 9-12 parts on a cutting board by cutting horizontally into three strips, and then each vertically 2 or three times.

Cut each resulting rectangle into kibble sized pieces (like a miniature checkerboard) by cutting first in one direction, and then the other direction. Toy breeds like small sized pieces, and larger breeds will like much larger pieces.

Hint: a small *cushion strip* placed on top of your knife can protect your palm as you press down. An auto door edge protector cut to size works well.

8. Place kibble pieces on cookie sheets, breaking apart pieces that stick together.

9. Dry the kibble in a warm oven set at its lowest temperature. Hot sunshine works as well. The pieces should be brittle and not yield to finger pressure.

10. Refrigeration is unnecessary for properly dried kibble. Store in covered containers for convenience.

Some dogs may prefer kibble slightly coated with mashed vegetables, sauces, and yeast.

### DRY INGREDIENTS - 3 1/2 DAYS

- 1/3 cup (2 oz. [80ml/50g]) yeast powder
  - 2 Tbs. (25ml/32g) Vegedog™
  - 4 tsp. (20ml/18g) baking powder
  - 3/4 tsp. (4ml/4g) lecithin granules
  - 2/3 tsp. (3ml/4g) salt (this could be omitted and replaced soy sauce when baking the 3 1/2-day recipe)
- Thoroughly mix the above ingredients before adding the following ingredients.*
- 6 1/2 cups (2 lbs. [1550ml/915g]) whole wheat

flour

1 1/3 cups (7 oz. [330ml/200g]) wheat gluten flour (75% protein)

Mix all ingredients together.

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## 3. Garbanzo & Soy

Protein 22.3%, Fat 8.3%

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### 3 DAYS FOOD

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5 1/2 cups (2 lbs. 6 oz. [1280ml/1080g]) uncooked garbanzo beans. This makes 14 7/8 cups (5 lbs. 6 oz. [3500ml/2435g]) cooked.

**OR** start with 13 1/8 cups (7 lbs. [3120ml/3160g]) canned garbanzos.

1/4 cup (50ml/27g) dry textured vegetable protein (soy) **OR** 1/3 cup (3 oz. [80ml/85g]) firm tofu

3 Tbs. (45ml/30g) yeast powder

1 1/2 Tbs. (23ml/21g) oil

#### GROWTH:

2 1/2 Tbs. (35ml/45g) Vegedog™

1 1/3 tsp. (6ml/8g) salt **OR** 1/4 cup (55ml/54g) soy sauce

#### MAINTENANCE

4 tsp. (20ml/25g) Vegedog™

1/4 tsp. (1g) salt **OR** 1/2 Tbs. (6ml/6g) soy sauce

Seasonings

For small dogs it may be necessary to crush warm beans with a potato masher. Food processors can crush cold beans. Stir in other ingredients.

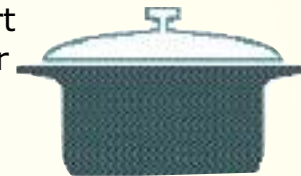
Coat bite-sized chunks with yeast.

Refrigerate extra portions in small covered containers.

#### How to cook garbanzo beans:

Pick through the beans, removing bad ones. Soak beans overnight. Discard soak water and rinse. In hot weather, change water often enough to keep the water from fermenting (bubbling).

Add 4 parts water to one part beans. Simmer on the stove for two to three hours, until they are easy to mash. Drain.



Two other ways of cooking legumes are with pressure cookers, and electric crock pots. The crock pot is perhaps the easiest to use, and doesn't require much attention.

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## 4. Lentil

Protein 28.9%, Fat 8.2%

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### 2 DAYS FOOD

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3 5/8 cups (1 lb. 9 oz. [860ml/700g]) uncooked lentils. This makes (10 1/4 cups (4 lbs. 8 oz. [2425ml/2025g])) when cooked.

2 1/2 Tbs. (35ml/24g) yeast powder

1/4 cup (55ml/50g) oil

## GROWTH:

5 tsp. (25ml/30g) VegeDog™  
1 tsp. (5ml/6g) salt **OR** 2 1/2 Tbs. (40ml/38g)  
soy sauce

## MAINTENANCE

1 Tbs. (13ml/17g) VegeDog™  
1/8 tsp. (1g) salt **OR** 1/2 Tbs. (6g) soy sauce  
Seasonings

## How to prepare lentils:

Lentils may be just barely sprouted instead of cooked. Don't sprout them over one day.

To cook: soak lentils in cold water for two hours. Drain, cover with water and cook until just soft. Thoroughly drain and combine with the other ingredients. Sprinkle with yeast powder prior to serving.

Lentils are one of the most ancient legumes. It's believed that they originated in Southeast Asia. The Roman naturalist Pliny believed that lentils created a peaceful disposition.

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# 5. Oat & Soy

Protein 24.2%, Fat 13.8%

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## 3 DAYS FOOD

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8 2/3 cups (1 lb. 9 oz. [2040ml/700g] uncooked oats. This makes 18 1/2 cups (9 lbs. 9 oz. [4385ml/4335g]) when cooked.

1 7/8 cups (9 oz. [440ml/240g]) dry textured vegetable protein **OR** 3 cups (1 lb. 10 oz. [700ml/735g]) firm tofu  
1 Tbs. (13ml/9g) yeast powder  
3/8 cup (100ml/90g) oil

## GROWTH:

2 1/2 Tbs. (33ml/42g) VegeDog™  
1 1/2 tsp. (7ml/9g) salt **OR** 1/4 cup (58ml/57g)  
soy sauce

## MAINTENANCE

5 tsp. (24ml/30g) VegeDog™  
1/4 tsp. (1.5g) salt **OR** 1/2 Tbs. (9ml/9g) soy  
sauce  
Seasonings

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## 7 DAYS FOOD

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20 1/8 cups (3 lbs. 10 oz. [4650ml/1625g] uncooked oats. This makes 43 1/4 cups (22 lbs. 5 oz. [10225ml /10120g] when cooked)  
4 1/3 cups (1 lb. 4 oz. [1025ml/560g]) dry textured vegetable protein **OR** 6 7/8 cups (3 lbs. 13 oz. [1615ml /1720g]) firm tofu  
2 Tbs. (30ml/20g) yeast powder  
1 cup (230ml/210g) oil

## GROWTH:

1/3 cup (33ml/100g) VegeDog™  
1 Tbs. (16ml/20g) salt **OR** 1/2 cup (135ml/135g)  
soy sauce

## MAINTENANCE

1/4 cup (55ml/70g) Vegedog™  
1/2 tsp. (3g) salt **OR** 4 tsp. (21ml/21g) soy  
sauce  
Seasonings

Quick cooking oats are easy to prepare. Just pour boiling water on them. Don't add so much liquid that the food becomes mushy.

## 6. Rice & Soy

Protein 26.3%, Fat 10.0%

### 3 DAYS FOOD

3 1/8 cups (1 lb. 5 oz. [750ml/590g]) uncooked parboiled, converted or brown rice. This makes 11 1/8 cups (4 lb. 5 oz. [2625ml/1950g]) cooked parboiled or converted rice, **OR** 10 cups (4 lb. 5 oz. [2365ml/1950g]) brown rice when cooked.  
3 cups (13 1/2 oz. [700ml/380g]) dry textured soy protein  
1/4 cup (65ml/45g) yeast powder  
3/8 cup (90ml/85g) oil

## GROWTH:

2 1/2 Tbs. (35ml/45g) Vegedog™  
1 1/2 tsp. (7ml/9g) salt **OR** 1/4 cup (60ml/60g) soy sauce

## MAINTENANCE:

4 tsp. (21ml/27g) Vegedog™  
1/4 tsp. (1.5g) salt **OR** 2 tsp. (11ml/10g) soy  
sauce  
Seasonings

Mix all ingredients together and serve.



Preferred by **ZIGGY**

Ziggy arrived overweight, dirty and smelling bad. Within a week of the his new vegan Vegedog diet, he didn't stink. He has since slimmed down to a much better size, and if he smells at all it can only be described as delightful. His wavy fur turned silky.

We love to prepare his food about as much as he loves to eat it, and delights in the few pieces of kibble after each meal that helps keep his teeth so clean.

Harbingers of a New Age (*hoana*)

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