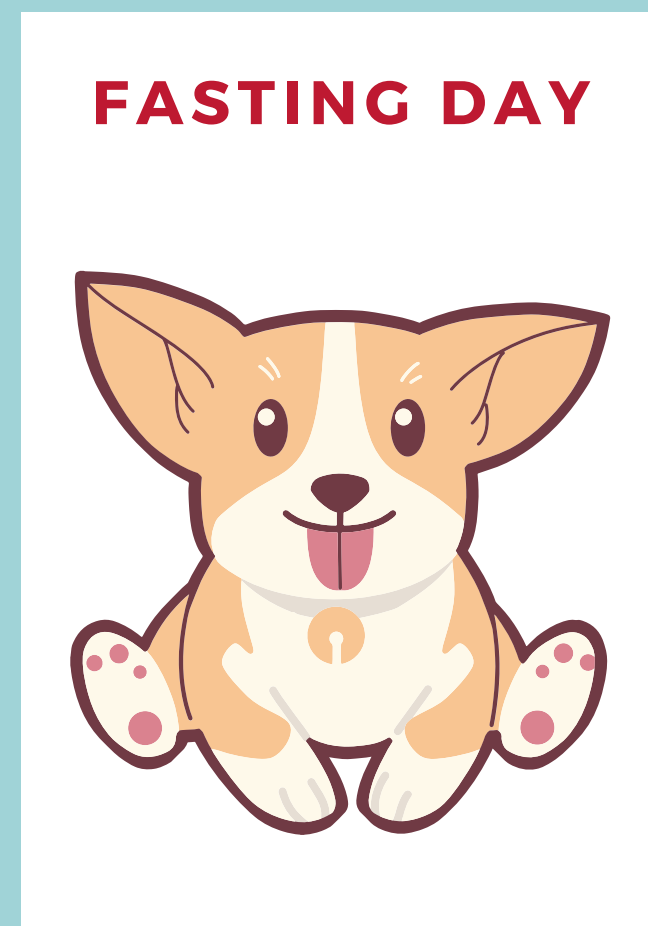
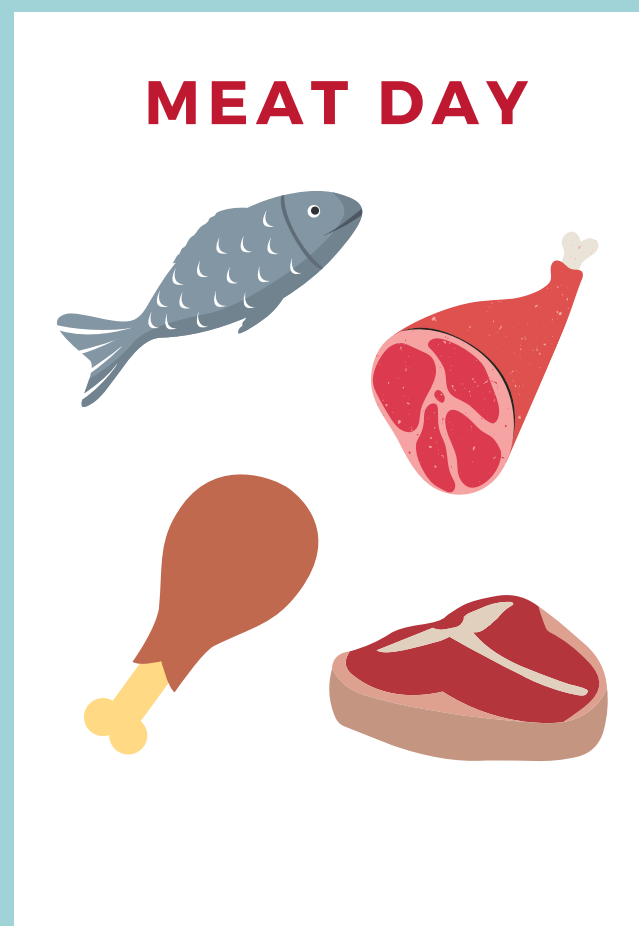


THE NATURAL DOG DIET QUICK START GUIDE



The natural dog diet is based upon what a wild canine would naturally eat according to their anatomy and physiology. Feeding our dogs in alignment with their true nature puts the conditions of health into place that lead to a long life, as well as the prevention and reversal of disease conditions. For more information on the natural canine and feline diet please visit our website TheRawKey.com

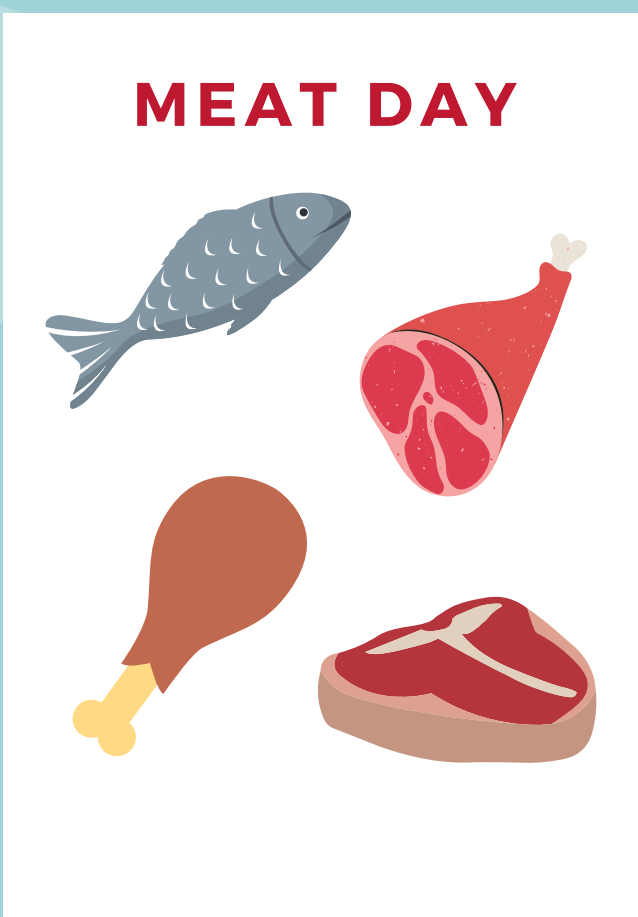
WHAT TO FEED

Fruits:



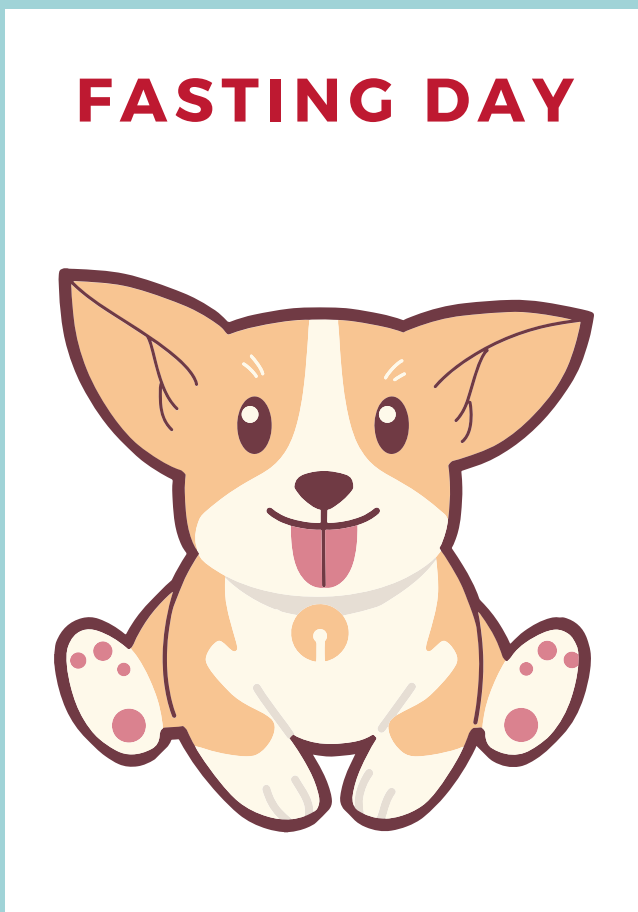
- Any fruits you can eat your dog can also eat
- Most dogs will take to ripe bananas, papaya, melons, mangos very quickly
- Dogs can eat oranges but many will not eat them
- If your dog is a gulper be mindful of pits, especially the larger pits like mango, dates and avocados.
- Frozen defrosted fruits are okay to feed as well
- Steamed Vegetables and cooked sweet potatoes are less ideal but can be fed sparingly. These foods can be helpful in transitioning picky eaters.

Meats:



- Bone is essential to your dogs health. We cannot omit bones when feeding raw meat.
- Chicken and Cornish hen are the most suitable choices for the primary meat for most dogs. We want to feed as close to the size of prey they would be feeding on in the wild.
- Pork, Beef, Goat, Fish, Turkey, Duck, Rabbit and various wild game are also good options.
- When choosing bones to feed avoid weight bearing bones that would be difficult or impossible for the dog to break with their teeth. If a bone has been sawed and it is too thick to digest then it could become an obstruction or choking hazard. Stick to smaller bones in proportion to the size of prey your dog would naturally be able to hunt easily.

FASTING DAY



Fasting:

- Fasting is an important part of a natural eating cycle.
- Fasting is rest and rest means more energy for healing processes.
- Dogs are binge and fast eaters who would naturally eat a very large prey meal, up to 20+% of their body weight and then fast for several days until the next prey is caught.



HOW TO FEED



Our dogs only have one stomach, which means the body can only release one type of digestive enzyme at a time. The body cannot digest a protein and a carb at the same time.

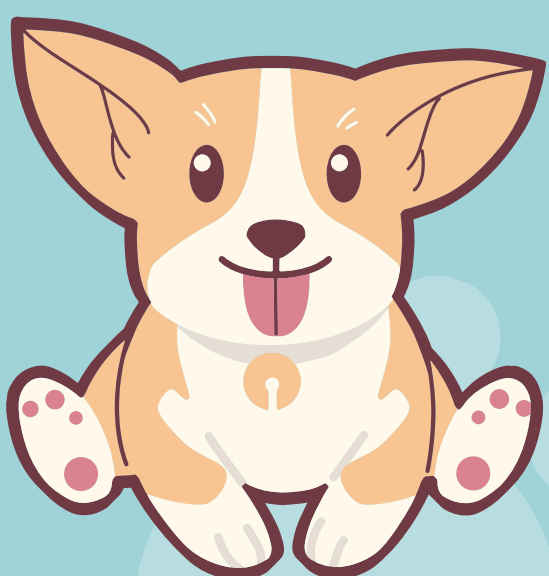
Carbs and Proteins require different types of digestive enzymes to be released into the stomach cavity. When we mix foods of different primary types the body is confused and the end result is poor digestion of all substances.

Keep meals simple and always feed carbs on separate days or at least at separate meals.

Feeding one meal a day is the ideal for maximum health.

Dogs are binge and fast eaters, meaning they kill a large prey and can eat up to 20+% of their body weight in one meal and then go several days before eating again. This is their normal pattern in nature and we should strive to move closer to this pattern of feeding over time.

If you are currently feeding 3 meals a day you can just eliminate one meal. Once down to two meals you can move the two meals closer together over a few weeks and then switch to one meal a day.



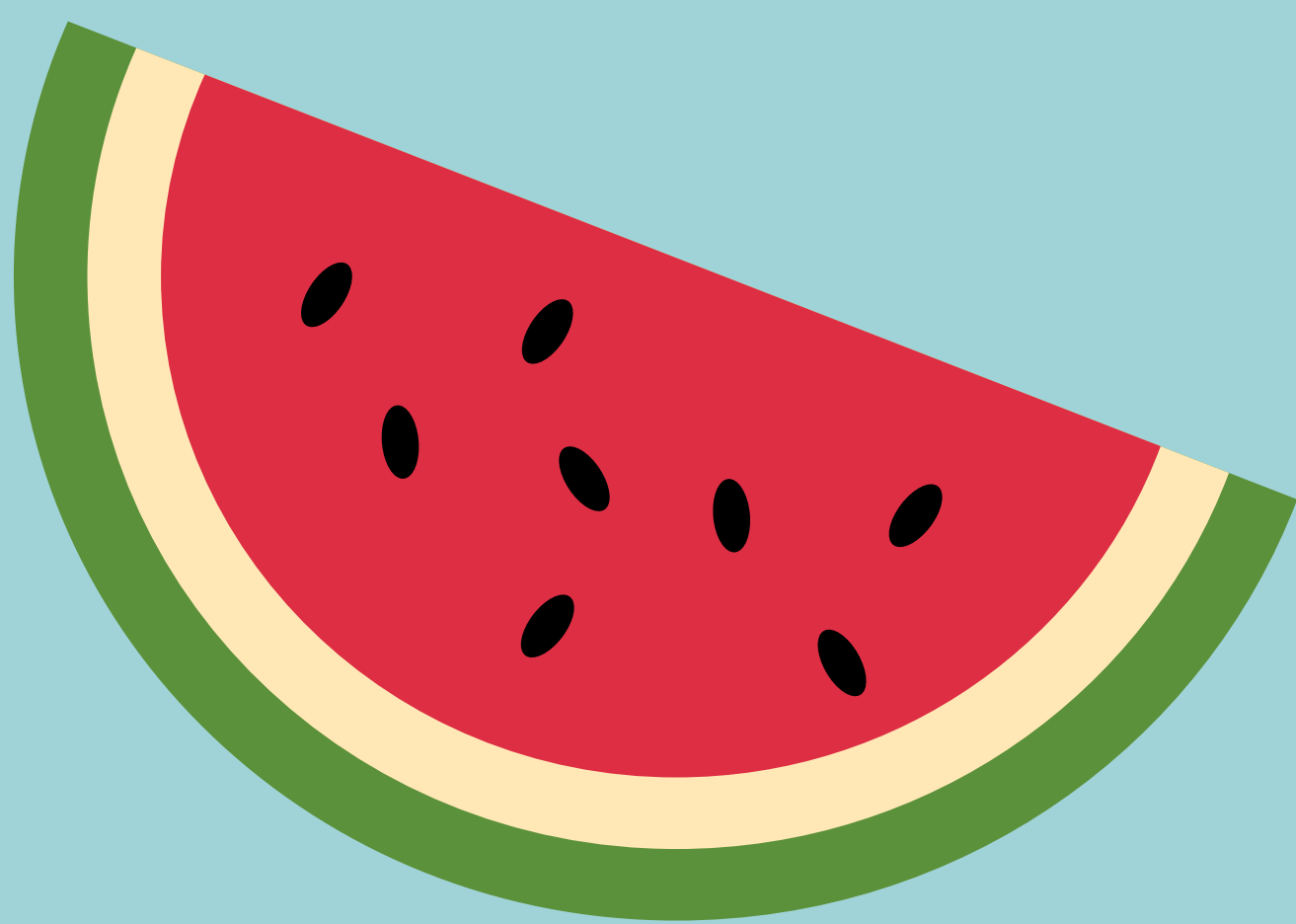
WHEN TO FEED

Feeding is flexible but there are a few basic guidelines you need to follow.

Fruits digest quickly, meat digests slowly. Feed fruits early or on a separate day. Feed meat late or on a separate day.

Ideally a fasting day (full 24 hours between meals) is included after a meat day and before a fruit day to allow the slow moving meat to be fully digested before fast moving fruits enter the system.

See our printable feeding plans on the next 5 pages:

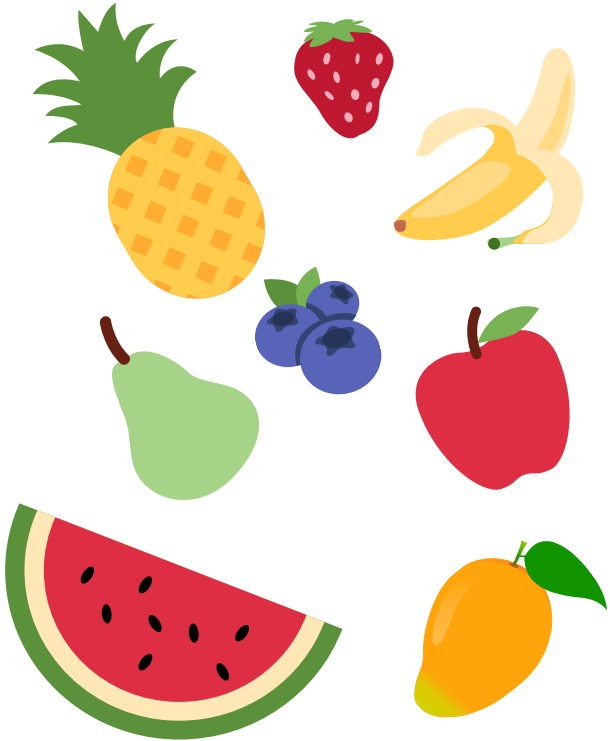


THE YOUNG PUPS

Good for young dogs and highly active dogs

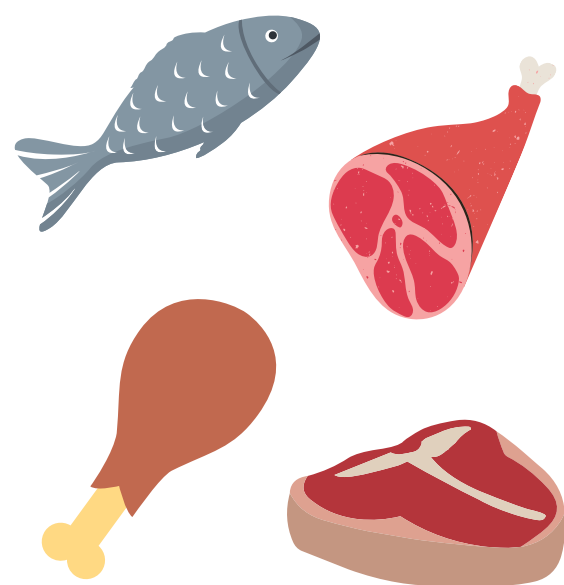
MONDAY

PLANT DAY



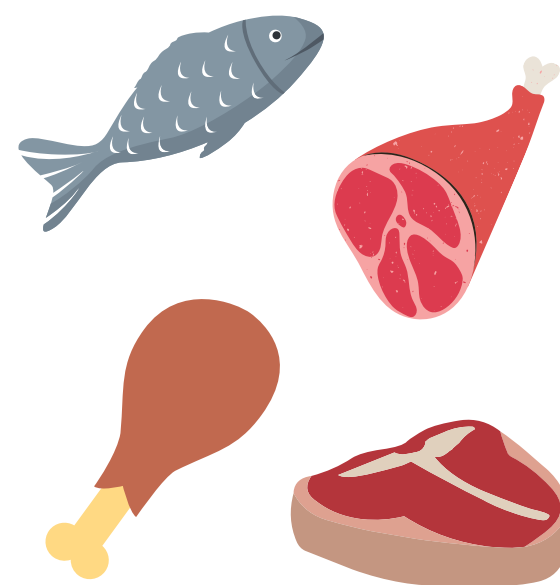
TUESDAY

MEAT DAY



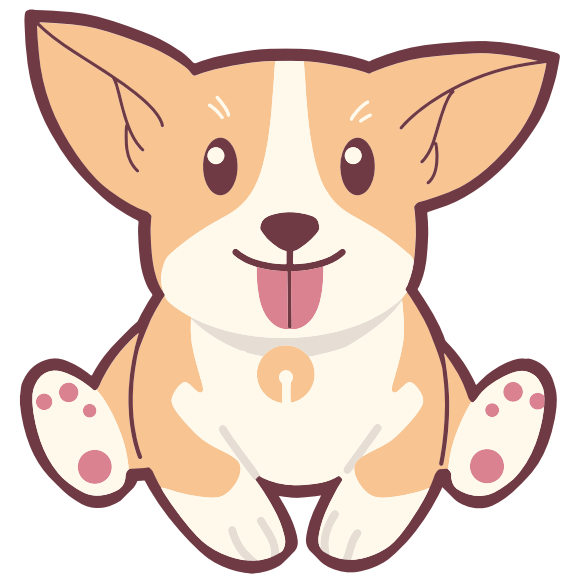
WEDNESDAY

MEAT DAY



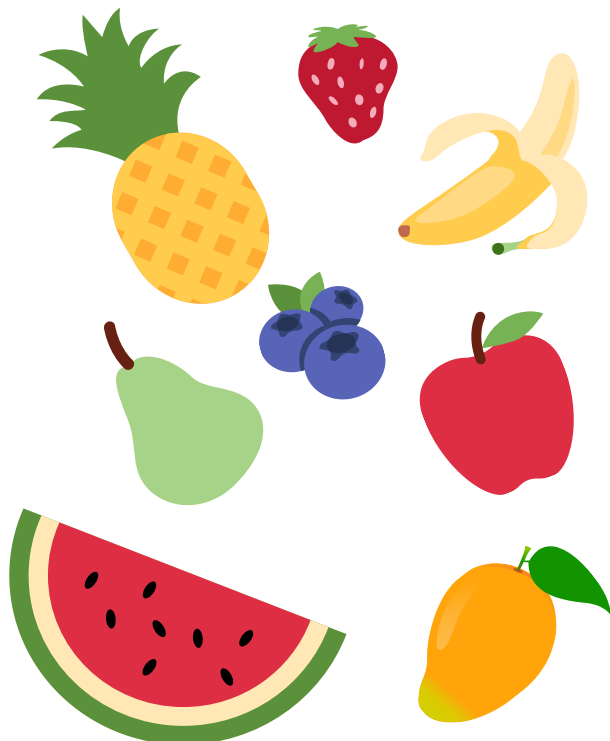
THURSDAY

FASTING DAY



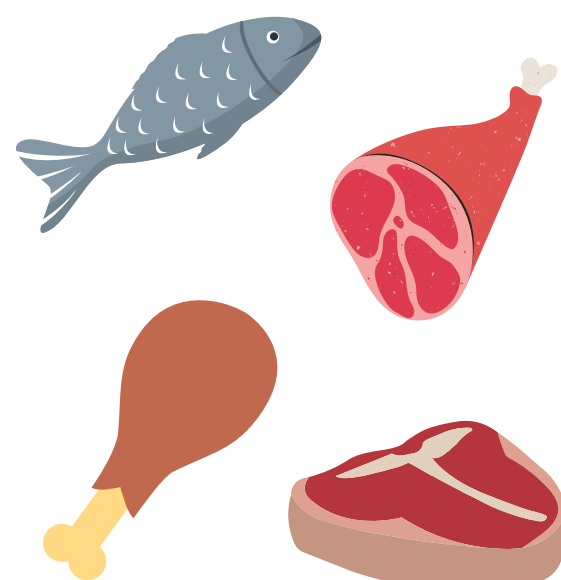
FRIDAY

PLANT DAY



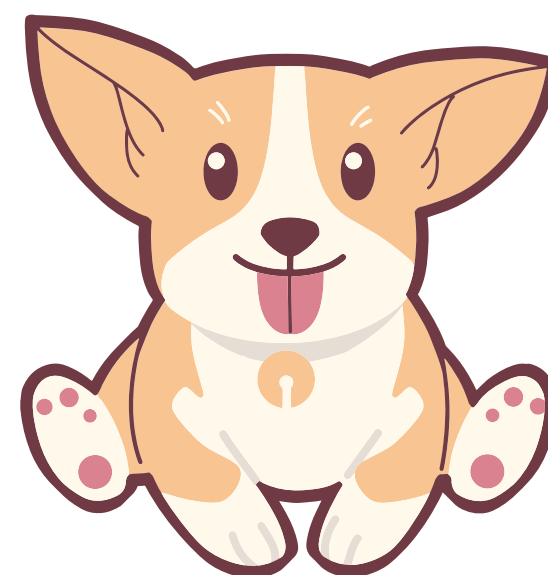
SATURDAY

MEAT DAY



SUNDAY

FASTING DAY



TIPS AND IMPORTANT NOTES

- Fasting is biological rest allowing maximum cleaning, healing and lifespan.
- Fasting between meat days and plant days allows the meat to be fully digested and eliminated before fast digesting fruits enter.
- Keep meals simple 1-3 fruits per plant meal 1-3 proteins per meat meal for best digestion
- Proteins can be mixed. Chicken wings can be paired with boneless beef or pork to meet bone requirement.
- Meat meals - remove skin and trim as much visible fat as possible.
- Fruit is hydrating while kibble is dehydrating. Plant days require extra potty breaks, plan accordingly.

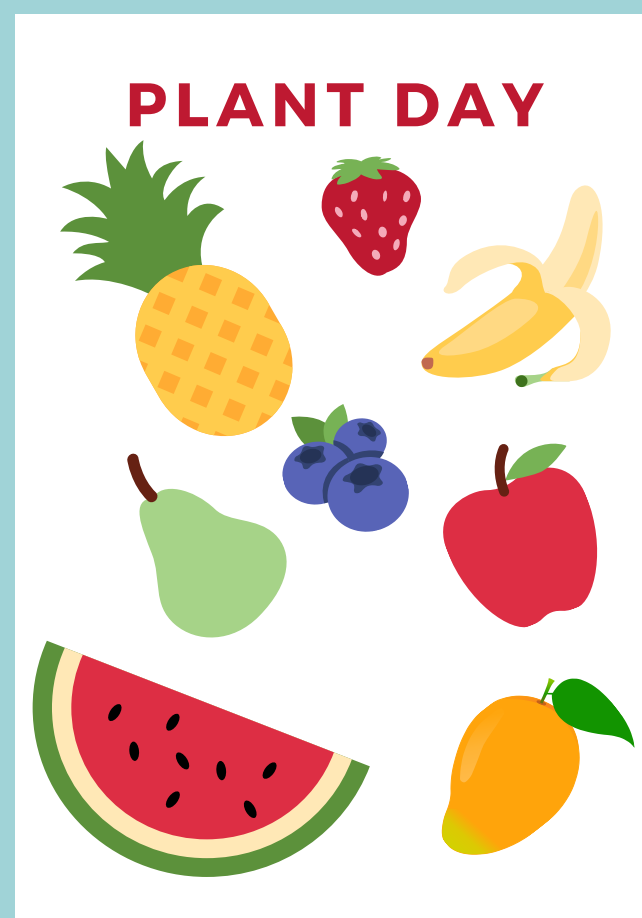
WILD MODEL

Good for puppy, adult and healthy seniors - Closest to the wild model percentages

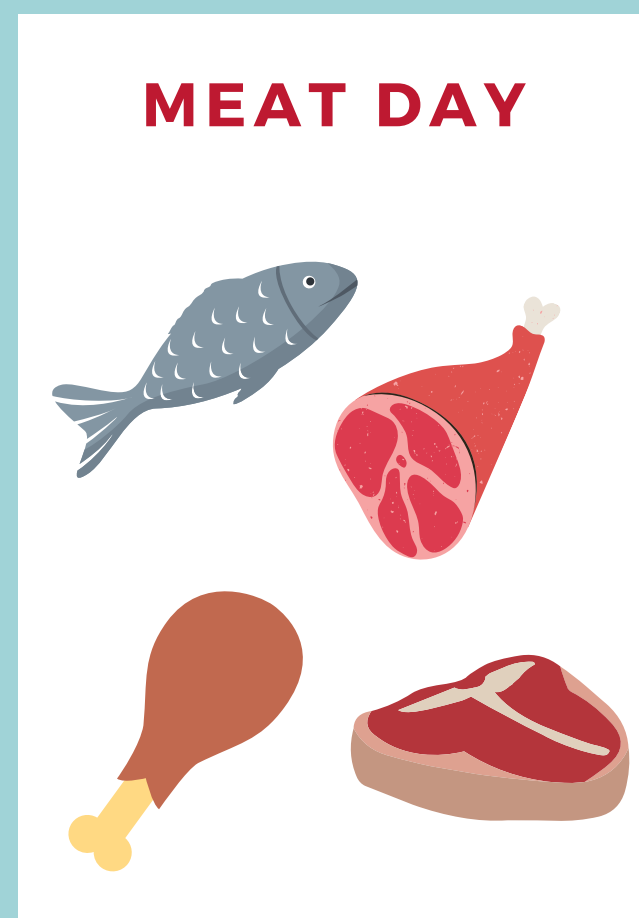
MONDAY



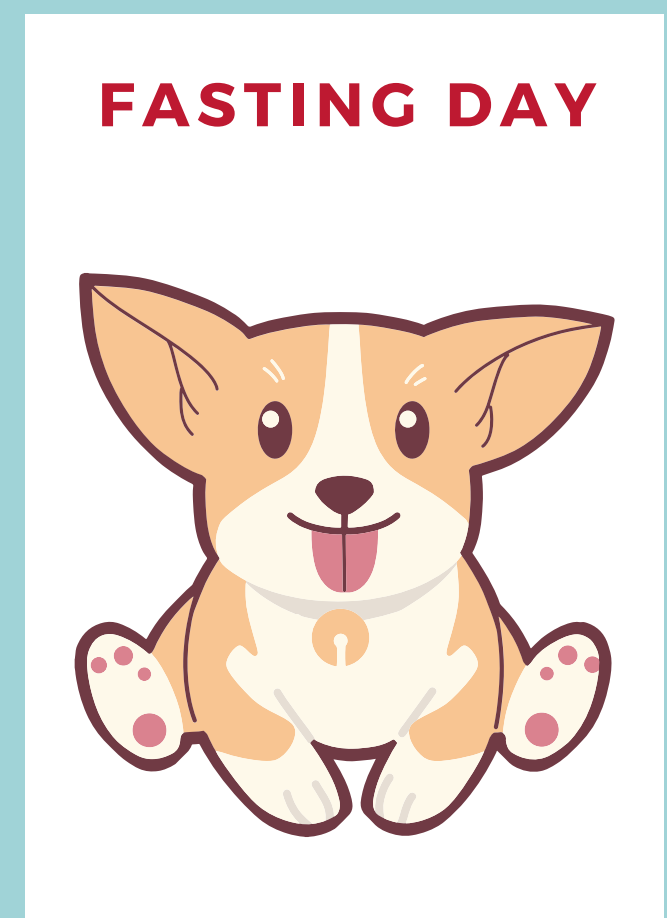
TUESDAY



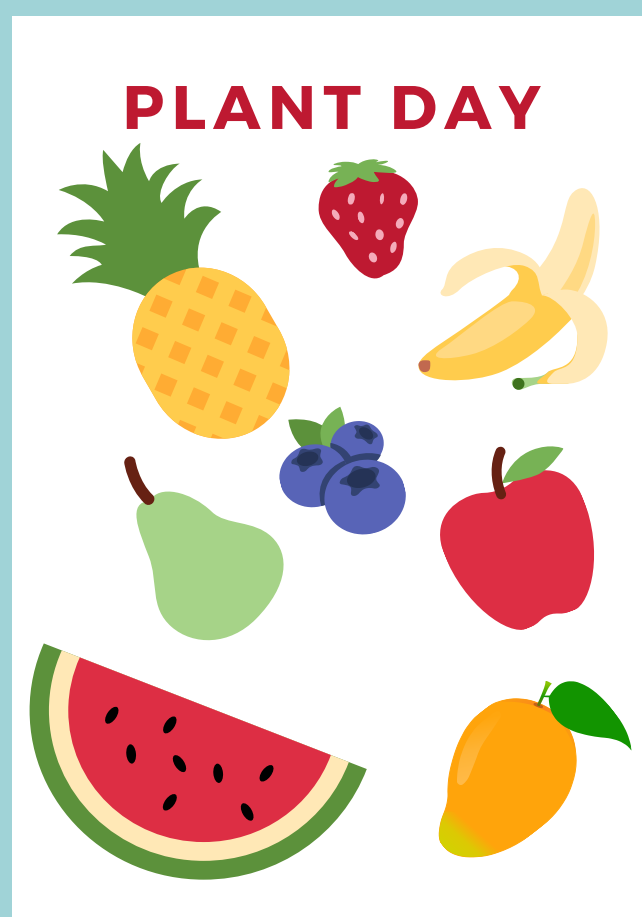
WEDNESDAY



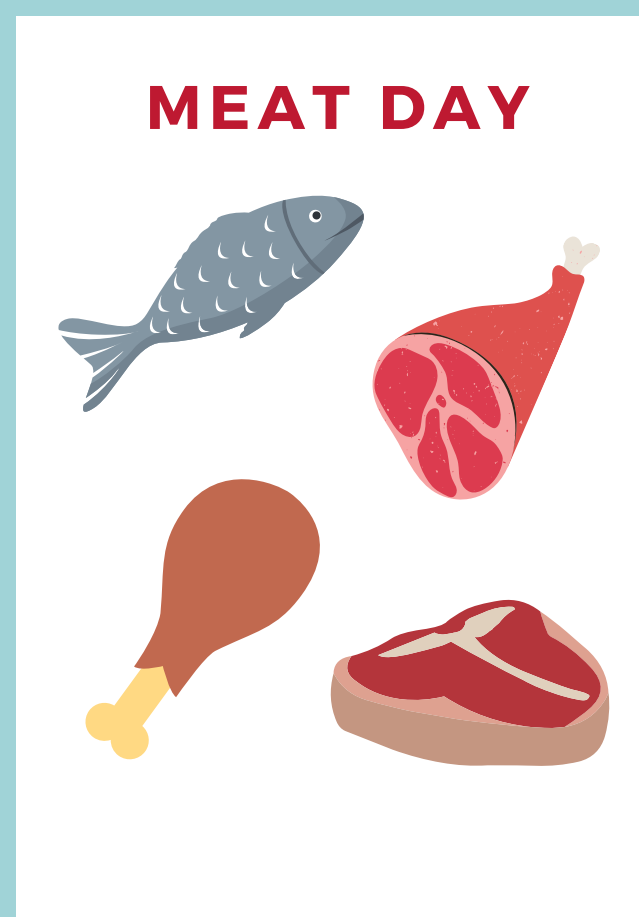
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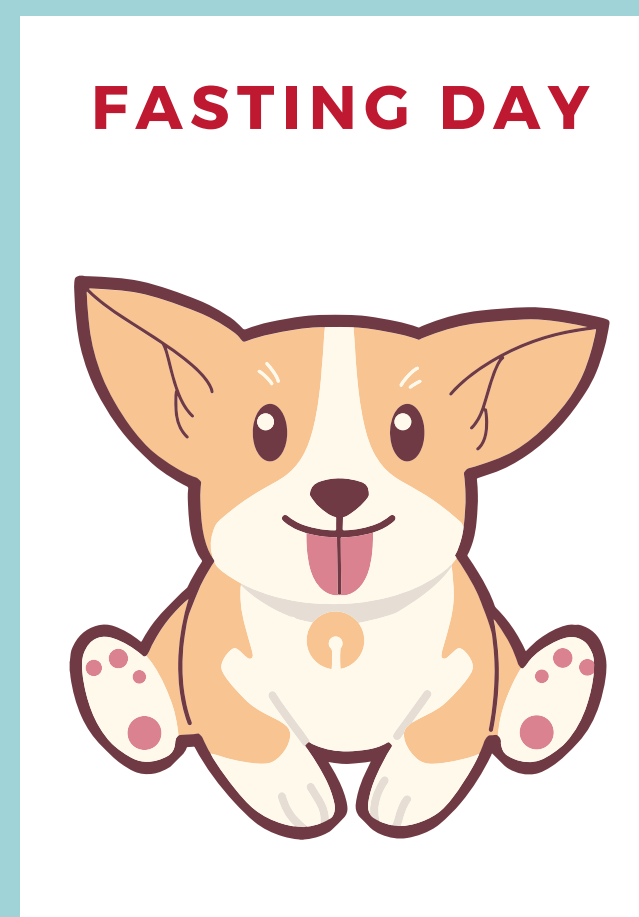
FRIDAY



SATURDAY



SUNDAY



TIPS AND IMPORTANT NOTES

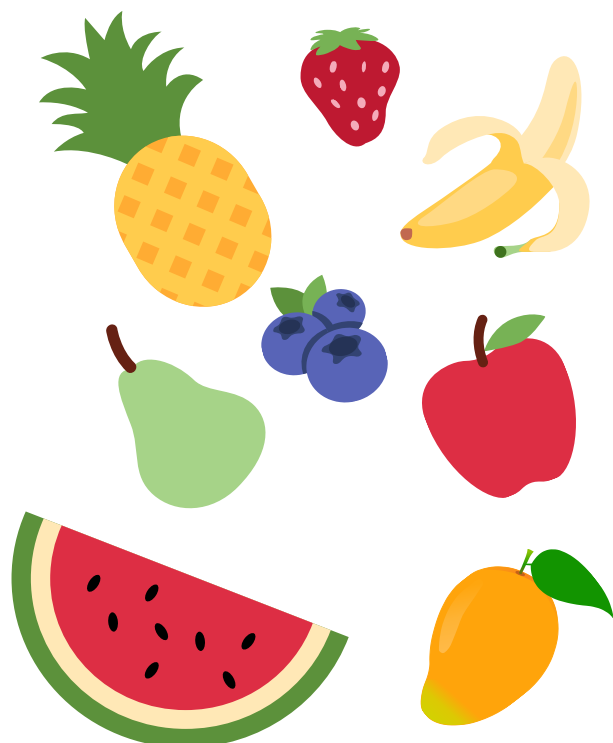
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NO FASTING

For the fasting averse

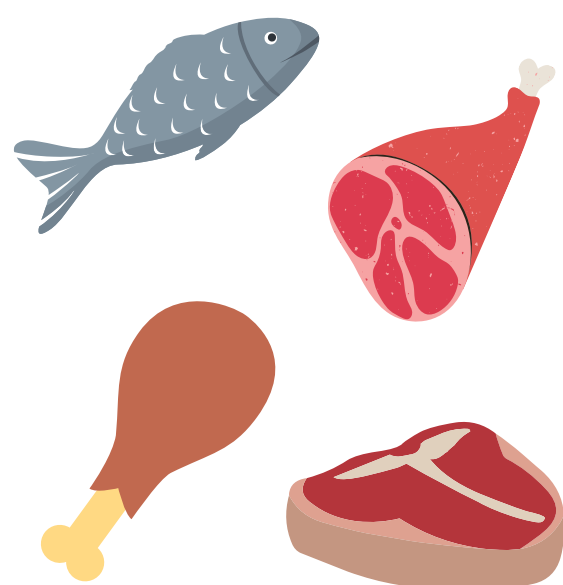
MONDAY

PLANT DAY



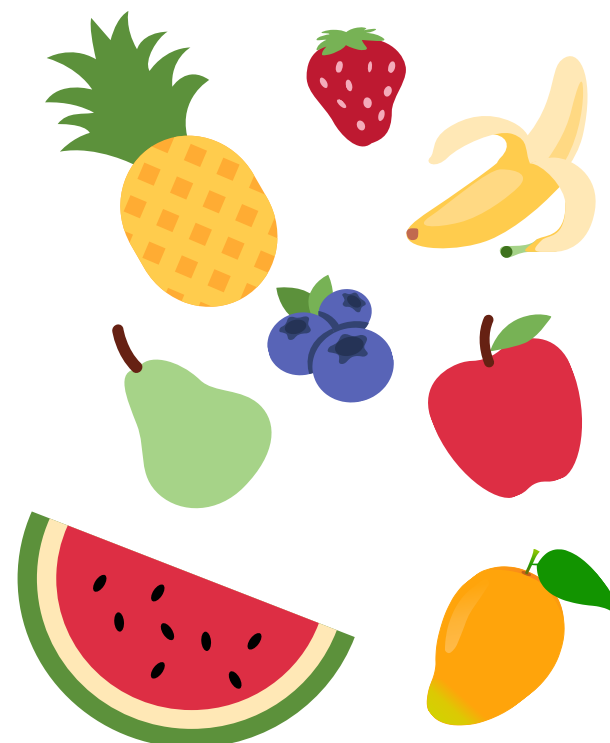
TUESDAY

MEAT DAY



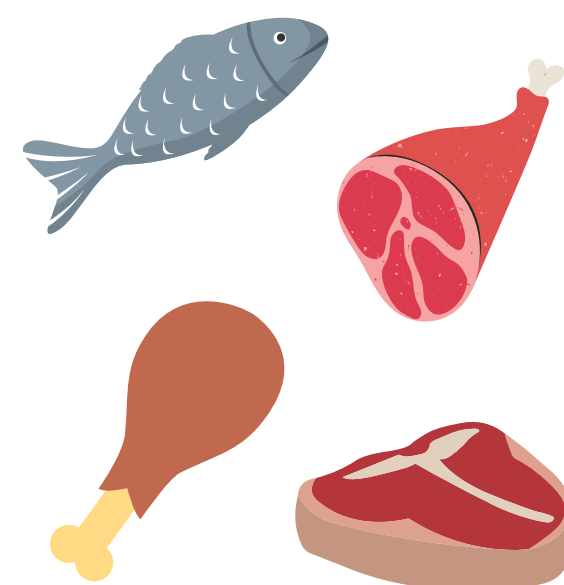
WEDNESDAY

PLANT DAY



THURSDAY

MEAT DAY



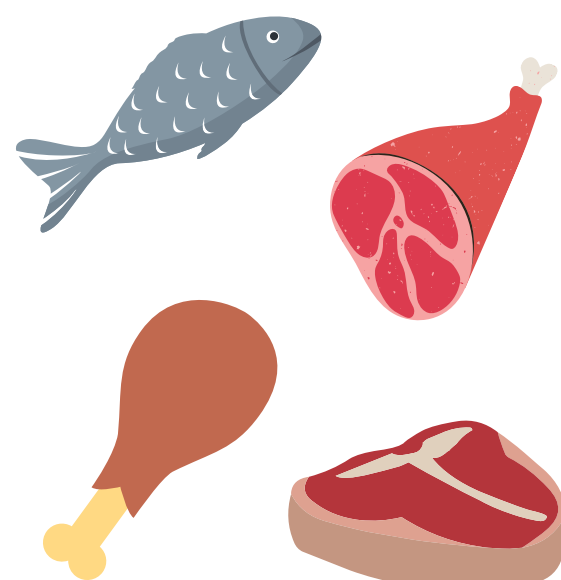
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PLANT DAY



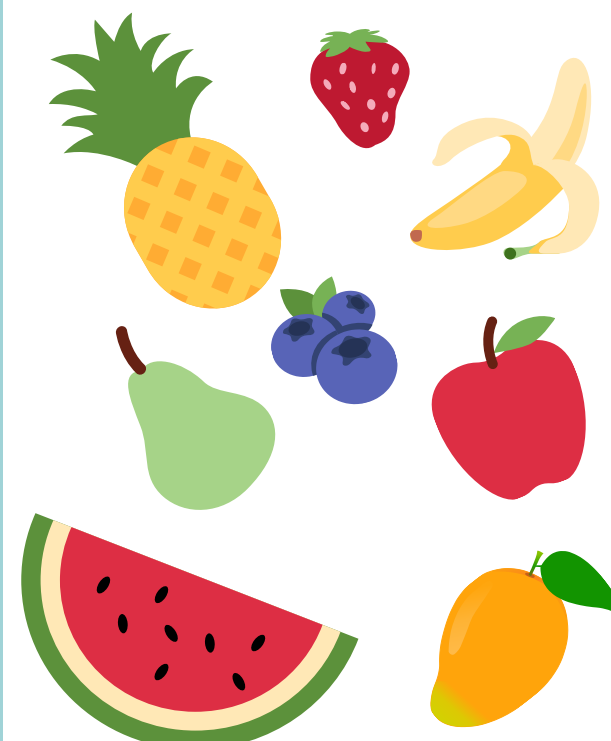
SATURDAY

MEAT DAY



SUNDAY

PLANT DAY



TIPS AND IMPORTANT NOTES

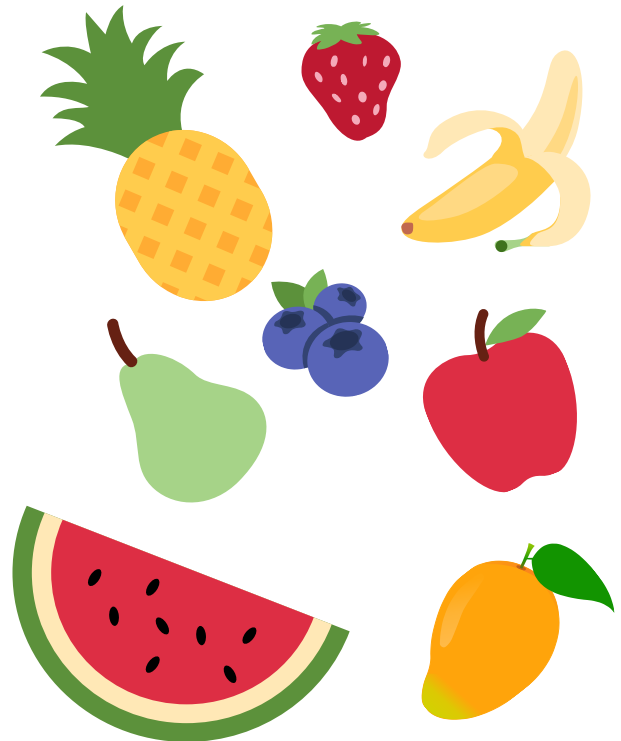
- **IMPORTANT:** Feed meat meals early in the day and fruit meals later the following day to allow more digestive time between meals.
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THE FRUITY

Good for senior dogs and healing

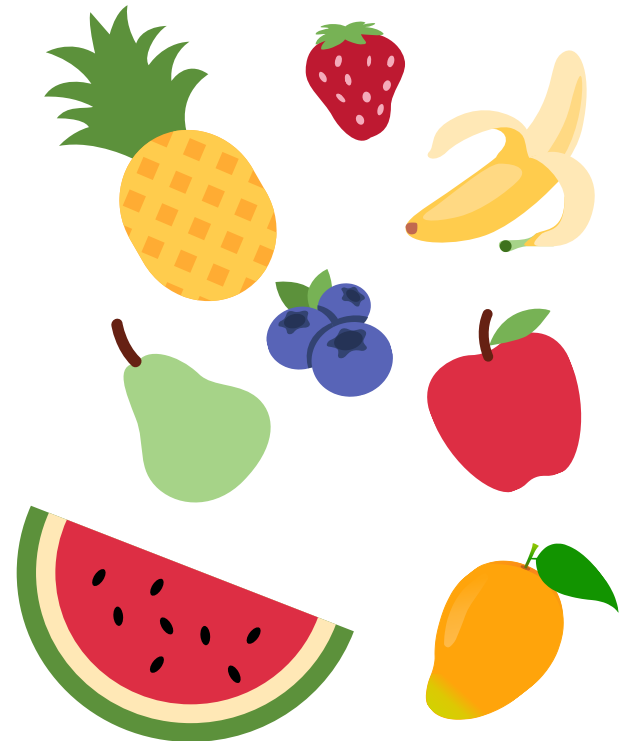
MONDAY

PLANT DAY



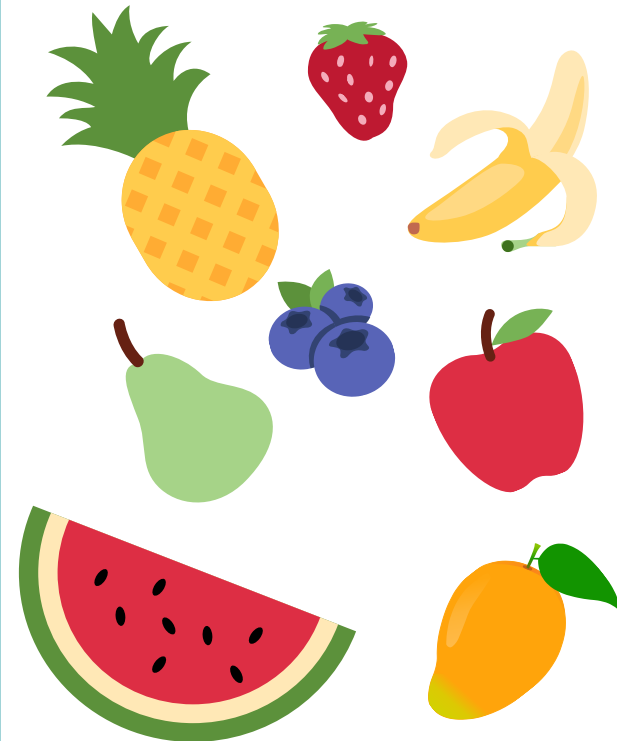
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PLANT DAY



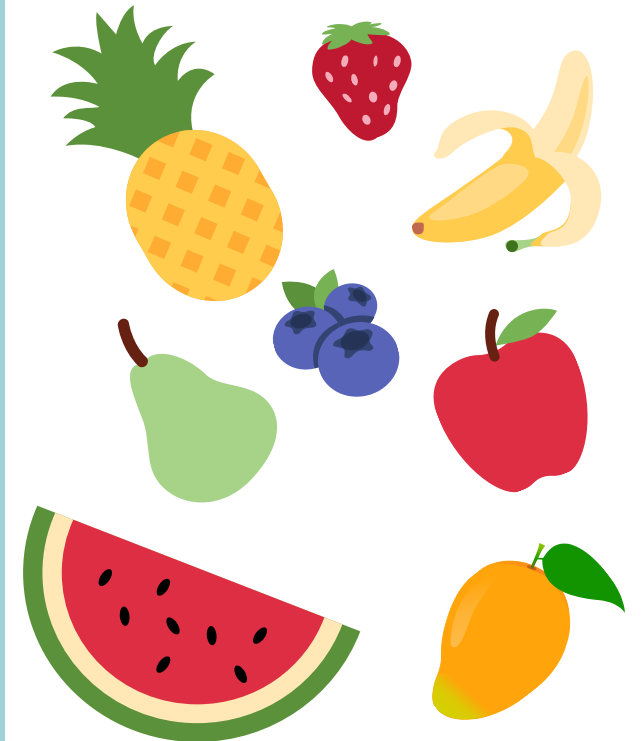
WEDNESDAY

PLANT DAY



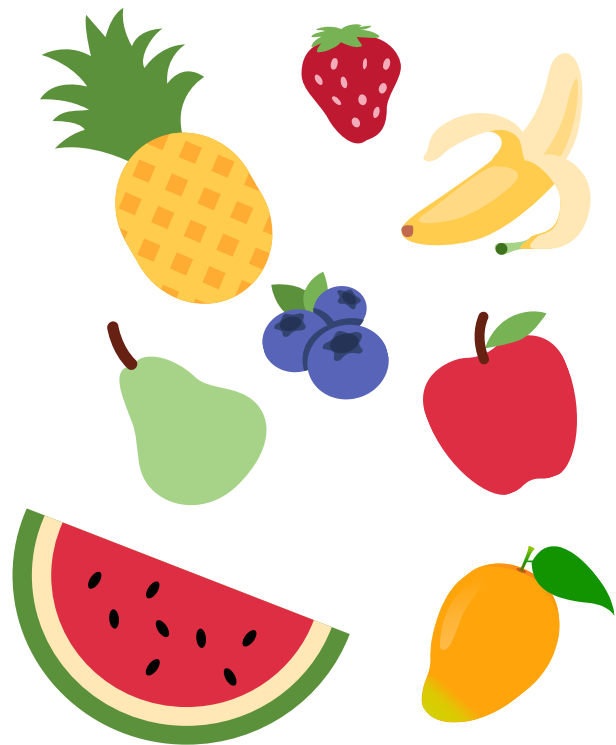
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PLANT DAY



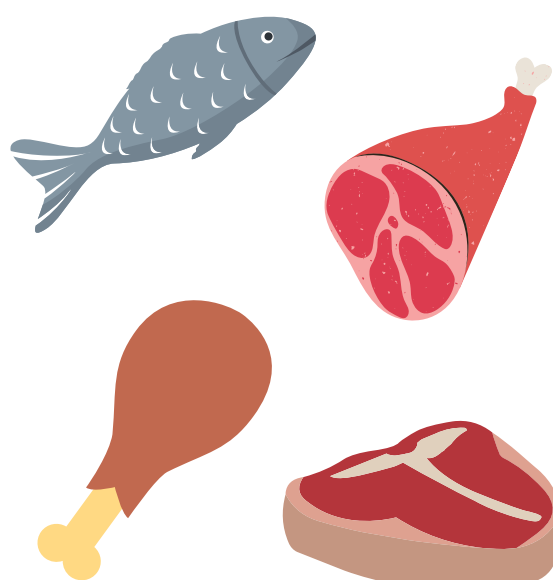
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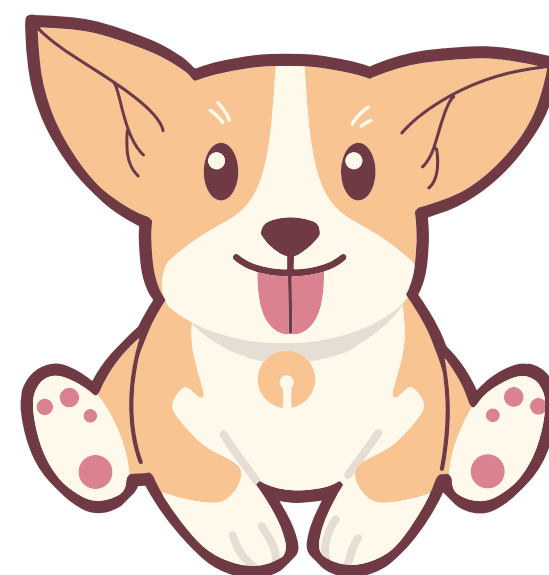
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SUNDAY

FASTING DAY



TIPS AND IMPORTANT NOTES

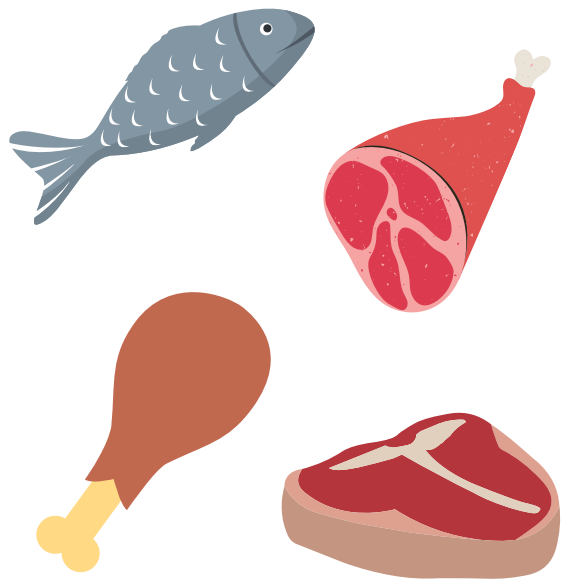
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THE 9 TO 5ER

Long work days? Optimize potty breaks with this meal plan - for seniors add an extra fasting day.

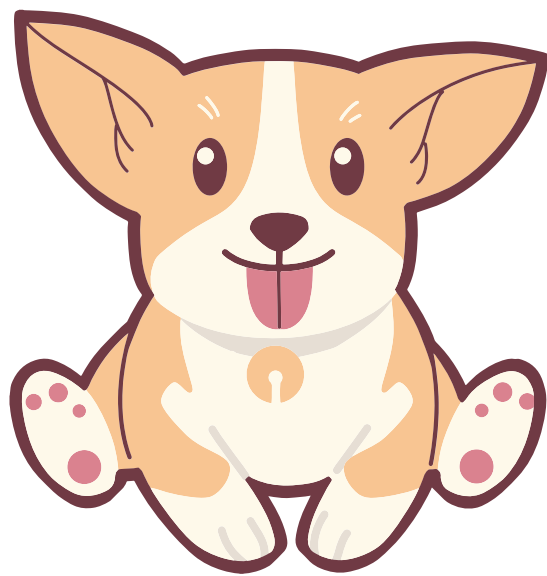
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MEAT DAY



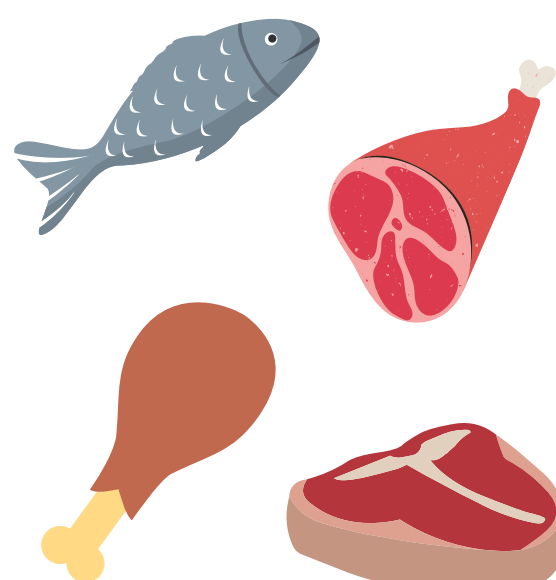
TUESDAY

FASTING DAY



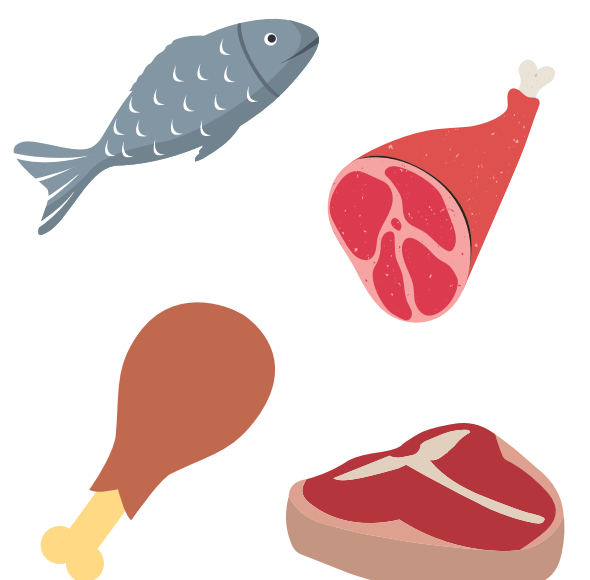
WEDNESDAY

MEAT DAY



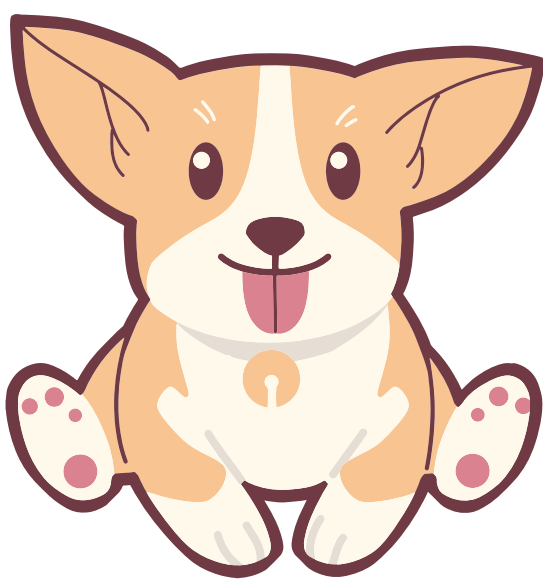
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MEAT DAY



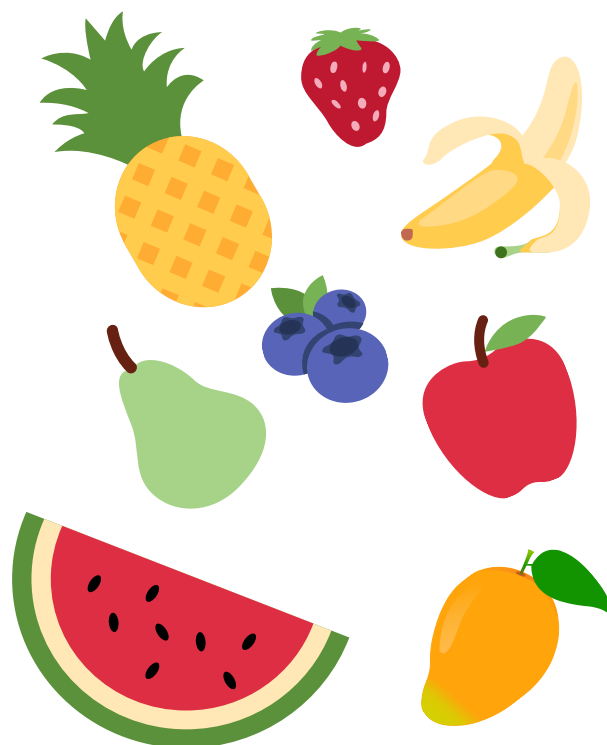
FRIDAY

FASTING DAY



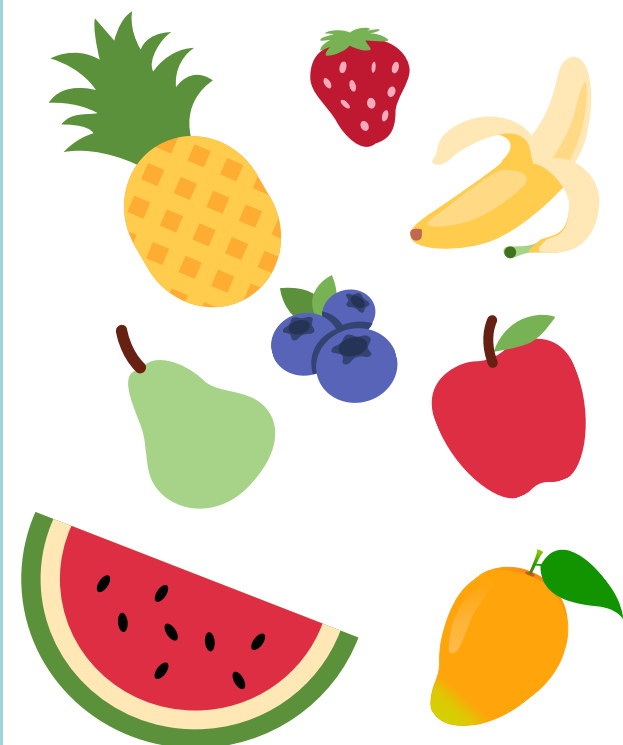
SATURDAY

PLANT DAY



SUNDAY

PLANT DAY



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- Meat meals - remove skin and trim as much visible fat as possible.
- Fruit is hydrating while is kibble dehydrating. Plant days require extra potty breaks, plan accordingly.
- Temporarily split meals into 2 meals a day if any digestion issues arise.

HOW MUCH TO FEED

While most people are used to feeding a scoop of kibble or just filling the bowl, feeding naturally does require a little bit more thinking and effort on our part, but not a whole lot. Just a little bit of common sense will get you there.

Dogs have different activity levels, from sedentary to highly active. Your dog's activity level and current weight or ideal weight determine how much you feed. If your dog is already lean and highly active then they will likely need a larger portion, those that are less active will need smaller portions. Portions may need to be adjusted up or down as they lose weight and become more active when they are feeling better.

Small dogs 0-30 pounds feed between 6% and 10% of body weight.

Medium dogs 30-70 pounds between 4% and 7%

Large dogs 70 and up between 3% and 5% of body weight.

The formula for determining amount is
Dogs weight x 16 (converting to ounces) x percentage being fed
= serving size in ounces.

So a 7 pound dog getting 8% would be
 $7 \times 16 \times .08 = 8.96$ ounces

A 50 pound dog getting 4% would be
 $50 \times 16 \times .04 = 32$ ounces (2 pounds)

Or
 $50 \times .04 = 2$ pounds

