

# THE YOUNG PUPS

Good for young dogs and highly active dogs

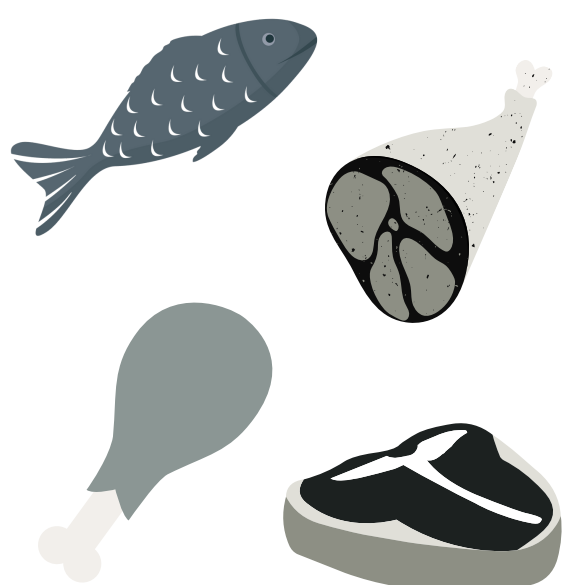
**MONDAY**

**PLANT DAY**



**TUESDAY**

**MEAT DAY**



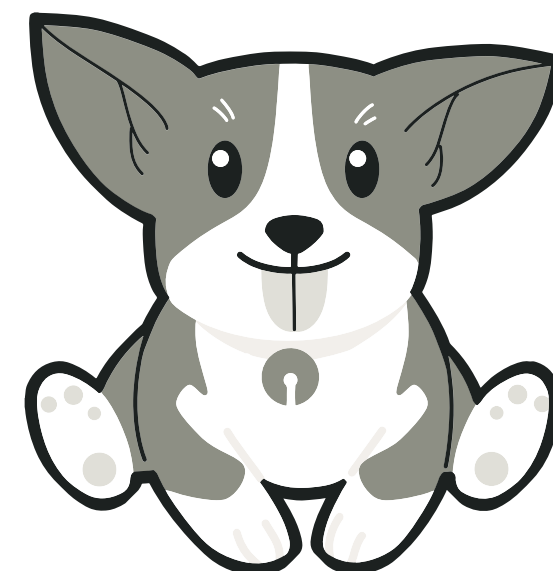
**WEDNESDAY**

**MEAT DAY**



**THURSDAY**

**FASTING DAY**



**FRIDAY**

**PLANT DAY**



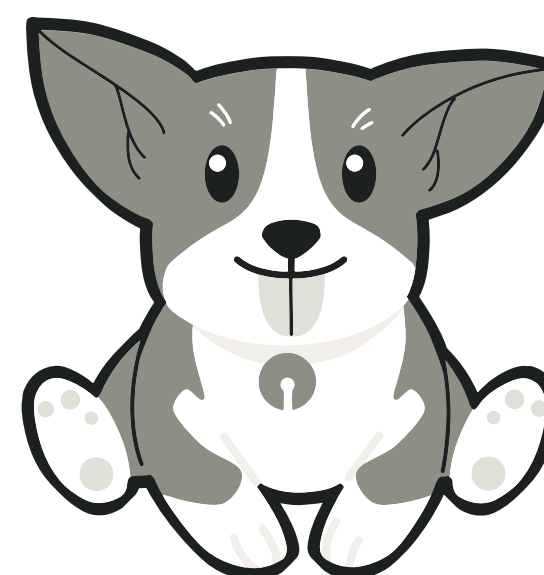
**SATURDAY**

**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**

**PLANT DAY**



**TUESDAY**

**PLANT DAY**



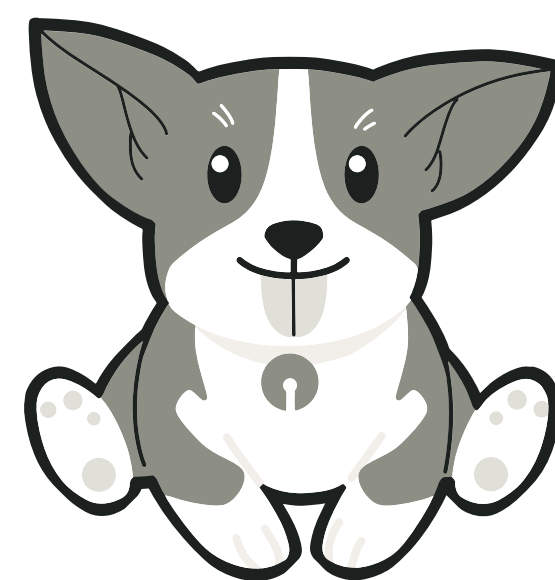
**WEDNESDAY**

**MEAT DAY**



**THURSDAY**

**FASTING DAY**



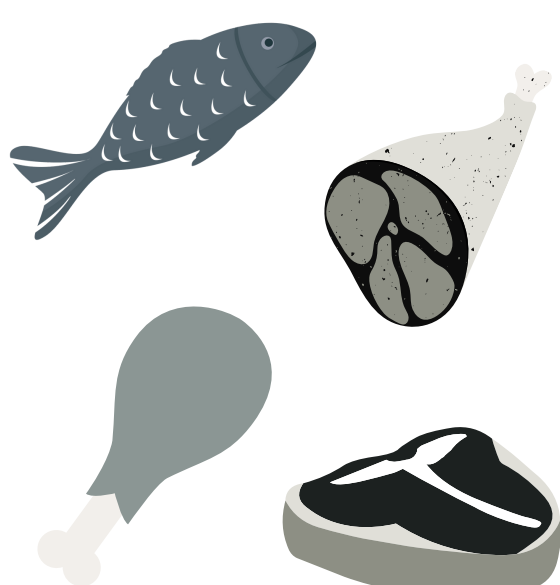
**FRIDAY**

**PLANT DAY**



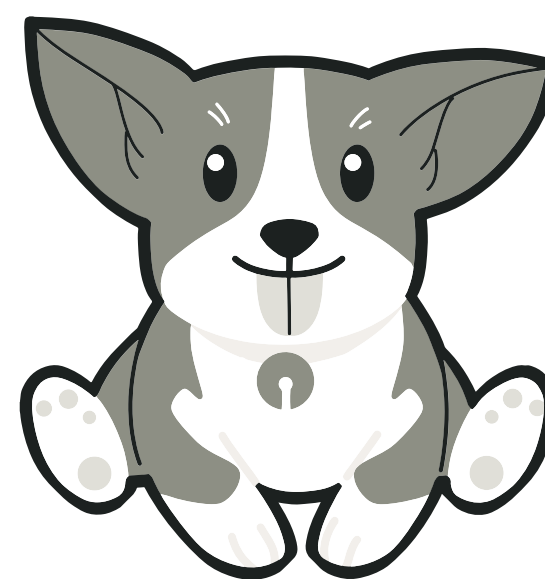
**SATURDAY**

**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.

# ***NO FASTING***

For the fasting averse

**MONDAY**

**PLANT DAY**



**TUESDAY**

**MEAT DAY**



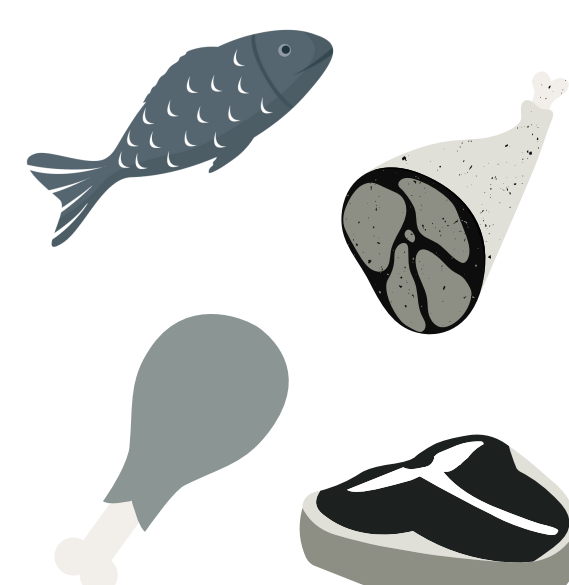
**WEDNESDAY**

**PLANT DAY**



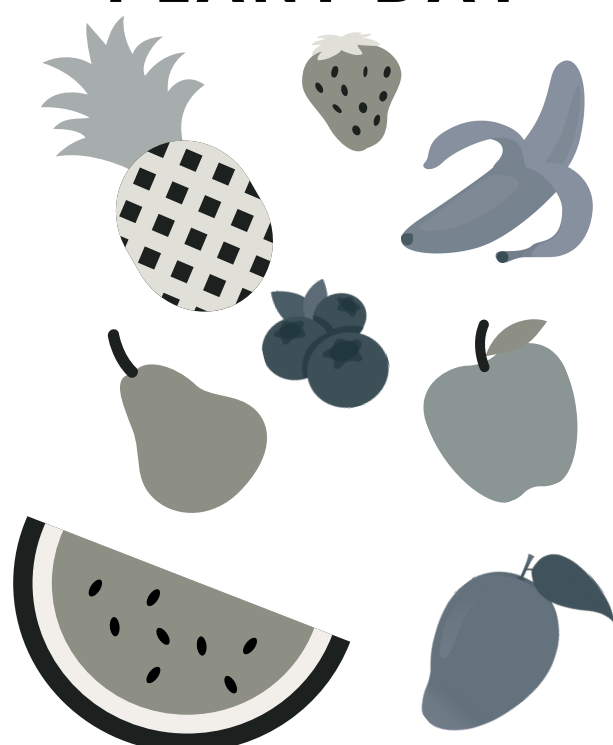
**THURSDAY**

**MEAT DAY**



**FRIDAY**

**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.
- 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.

# THE FRUITY

Good for senior dogs and healing

**MONDAY**

**PLANT DAY**



**TUESDAY**

**PLANT DAY**



**WEDNESDAY**

**PLANT DAY**



**THURSDAY**

**PLANT DAY**



**FRIDAY**

**PLANT DAY**



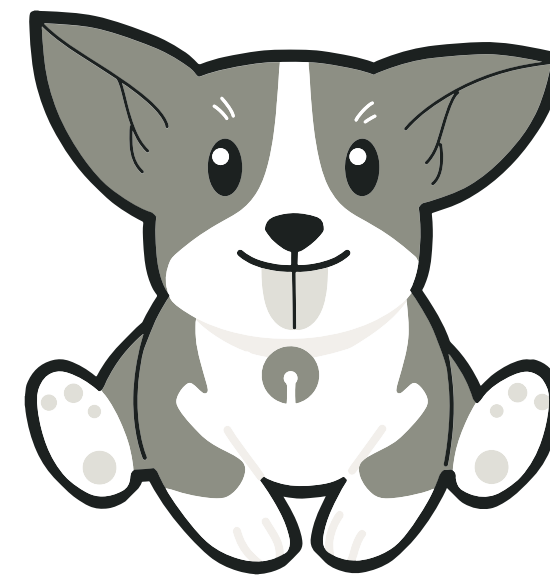
**SATURDAY**

**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.

# THE 9 TO 5ER

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

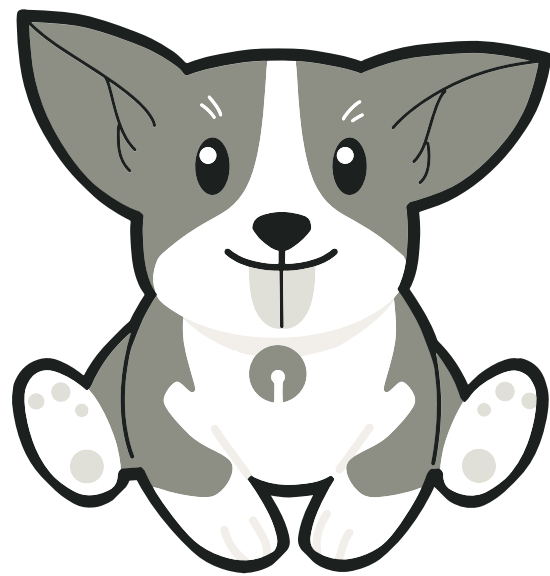
**MONDAY**

**MEAT DAY**



**TUESDAY**

**FASTING DAY**



**WEDNESDAY**

**MEAT DAY**



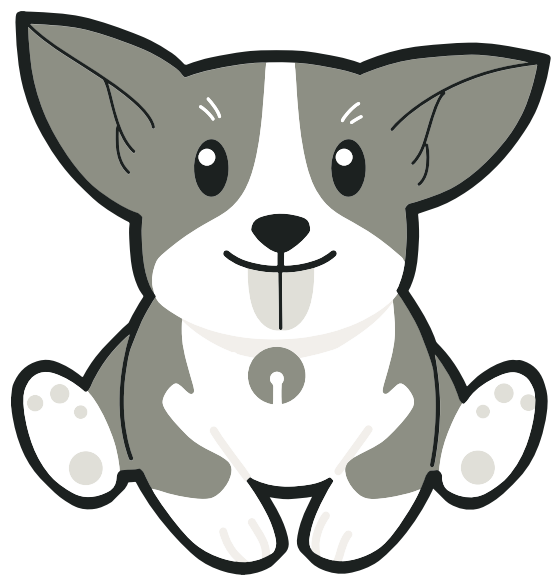
**THURSDAY**

**MEAT DAY**



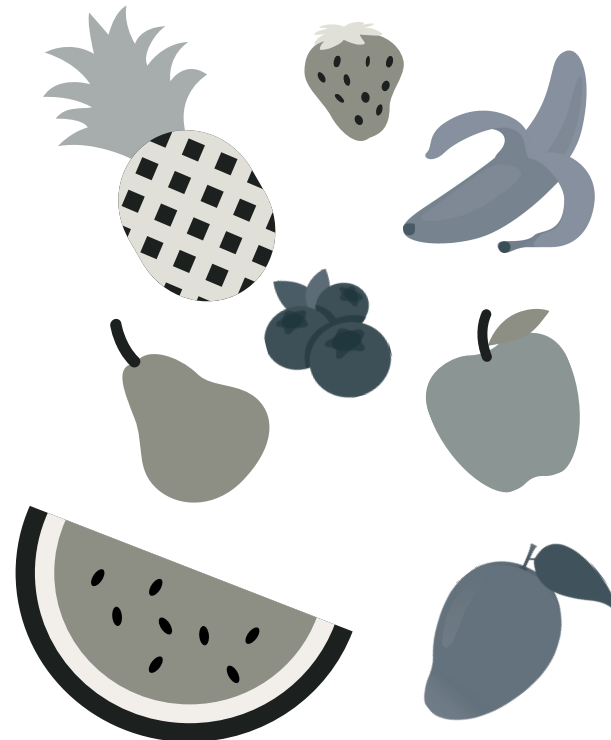
**FRIDAY**

**FASTING DAY**



**SATURDAY**

**PLANT DAY**



**SUNDAY**

**PLANT 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.
- Temporarily split meals into 2 meals a day if any digestion issues arise.