

## The Fresh & Flexible™ Meal Plan for vegan dogs

adapted from *The Complete Holistic Dog Book: Home Health Care for Our Canine Companions*  
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What kind of food?	How much?	Which foods are they?
Protein	30% to 60% of the meal	Beans, lentils, split peas, tofu, tempeh, nut butter (be mindful of the high fat content in nut butters)
Carbohydrate	30% to 60% of the meal	Rice, quinoa, millet, polenta, rolled oats, rolled or pearly barley, buckwheat, potatoes, winter squash, whole grain bread, whole grain pasta
Vegetables and fruit	10% to 30% of the meal	Leafy greens, broccoli, green beans, carrots, Brussels sprouts, cabbage, cauliflower, tomatoes, turnips, bok choy, beets  Apples, berries, citrus, kiwi, peaches (pits removed), bananas, watermelon
Fats	1 teaspoon to 2 tablespoons per day	Flax, olive, canola, coconut, or hemp oil; ground flaxseeds
Nutrition boosters	Amount varies depending on the booster. See label for guidelines, and adjust proportionately according to animal's weight.	Probiotics, fermented foods, spirulina or blue-green algae, nutritional yeast, wheat germ, ground flax seeds, alfalfa, lecithin
VegeDog	If used, feed <i>in place of</i> amino acid and vitamin-mineral supplement.  Feed according to label instructions.	This is a supplement formulated specifically for vegan cats or dogs, available at <a href="http://www.vegedog.com">www.vegedog.com</a>
Amino acid (Recommended for vegan dogs)	Feed according to label instructions, adjusting the amount proportionately according to animal's weight.	Taurine
Vitamin-mineral supplement	For dogs over 20 lbs, 1 tablet per day; for dogs under 20 lbs and cats, ½ tablet per day. If supplement is made from whole foods, feed every other day.	Human grade multivitamin-mineral supplement that provides 200% or less of human RDA
<b>**Add a Calcium supplement if meat is used as the primary protein source.**</b>		