

Food	Number	Units	Calories	NetCal	Fat Grams	NetFat	Carbs	NetCarb	Fiber	NetFiber	Protein	NetProtein	Nutrient
Oatmeal Cooked		1 cup	147	147	2.3	2.3	25.3	25.3	3	3	6.1	6.1	Fiber and carbs without corn
Chicken		4 ounces	172	172	3.4	3.4	0	0	0	0	32.9	32.9	Animal protein lean
Tofu	4	1 ounce	17	68	1	4	0.5	2	0	0	2	8	Protein, balanced amino acid profile and no hormones
Apple		1 Apple	90	90	3	3	23	23	3	3	0.5	0.5	Fiber
Carrot		5.5 inches	21	21	0	0	5	5	2	2	0.5	0.5	Fiber and carotenoids
Egg	2	1 egg	70	140	4.5	9	1	2	0	0	6	12	Tocopherols
Whey		40g = 1 scoop	150	150	1.3	1.3	1.4	1.4	0	0	33	33	Balanced Amino Acids
Veg-All		1/2 Cup	40	40	0	0	8	8	2	2	1	1	Fiber and vegetable phytins
Long Grain Brown Rice		3/4 Cup Cooked	150	150	1.5	1.5	30	30	3	3	3	3	Carbs & fiber
Blueberry Yogurt		6 ounce	70	70	0	0	12	12		0	6	6	Blueberries health benefits and acidophilus
Almonds		12 Almonds	80	80	7	7	3	3		0	3	3	
Orange Slices		3 Pieces	150	150	0	0	39	39	3	3	0	0	Citrus / Vitamin C and fiber
Tomato		1/4 tomato	4	4	0	0	1	1		0	0.25	0.25	Lycopene and Vitamin C
Fibersure (Proctor & Gamble) Chicory Root		1 teaspoon							5	5			Inulin / Fiber
TOTAL PROTEIN												106.25	
TOTAL CARBS													
TOTAL FAT						31.5							
TOTAL CALORIES				1282				151.7					
TOTAL FIBER									21				

Add one children's multivitamin per day!

400 calories per ten pounds, per day.

There should be 3x protein to fat

There should be 5x carbs to fat

Human RDA is 35g Fiber a day

This is enough for a thirty pound dog for ONE DAY