



# Dr. Harvey's

*Fine Health Foods  
for Companion Animals*

FINE GROUND

## Veg-To-Bowl

Feeding Guide

Thank you for choosing to feed your companion dog Dr. Harvey's Veg-To-Bowl. You will soon discover what makes Veg-To-Bowl uniquely different from all other dog foods.

The principle behind Veg-To-Bowl is simple - feeding a diet rich in fresh, high-quality protein and other natural ingredients allows your companion dog to absorb a powerful, healthy dose of vitamins, minerals and other essential nutrients - which is the key to ensuring a healthy, happy and long life. Feeding fresh food *will* make a noticeable and remarkable difference in the health and well-being of your dog. **Good health begins in the kitchen.**

Yours in truth and health,

**Dr. Harvey & The Team**

If you have any questions about how to use Veg-To-Bowl, questions regarding a specific health challenge facing your dog, or just want to say "Hi" - we'd love to hear from you!

Call us toll free at 1-866-362-4123  
or e-mail [info@drharveys.com](mailto:info@drharveys.com)

# Instructions

Preparing fresh food for your dog takes just minutes a day and it's **really easy to do**.

PLEASE SEE THE FOLLOWING PAGES FOR SUGGESTED AMOUNTS OF VEG-TO-BOWL, PROTEIN, AND OIL.

1

Add hot water to Veg-To-Bowl.

Let sit for 8 minutes or until Veg-To-Bowl has absorbed the water. Stir occasionally.

2

Add your choice of quality protein.

Beef, poultry, fish, eggs, tofu, lentils, etc. Alternate the type of protein you use about once a week. Protein can be raw or cooked.

3

Add your choice of oil.

Flax, borage, olive, hemp, sesame oil, fish oil, Dr. Harvey's Health and Shine (see page 7) or any healthy oil of your choice.

4

Watch a happy and healthy dog eat.

Mix thoroughly. Serve at room temperature. Always make sure your companion dog has fresh, clean water to drink.



VEG-TO-BOWL



HOT  
WATER



HIGH QUALITY  
PROTEIN



OIL



FRESH  
HOMEMADE  
MEAL

## Feeding Guidelines

The following amounts are only general guidelines. Individual requirements will vary depending upon factors such as metabolism, daily activity, breed, health, genetics, and environment. You are the one that actually knows your dog, so you are in the best position to fine tune this general guideline.

Part of healthy feeding is monitoring your pup's weight. If your dog is too thin, feed *more* than the suggested amount. If your dog is overweight, feed *less*. When in doubt, remember that it's better to feed a little less than to overfeed your companion dog.

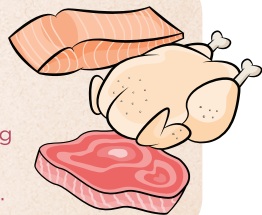
The amounts below are “per day” requirements and may be divided into two or more meals.

### Adult Dogs (1½-7 years old) AMOUNT OF FOOD PER DAY

DOG'S WEIGHT IN POUNDS	SCOOPS OF VEG-TO-BOWL	SCOOPS OF WATER	OUNCES OF PROTEIN	TEASPOONS OF OIL
3 - 8	1 - 1 ½	2 - 3	4 - 7	½
9 - 18	1 ½ - 2	3 - 4	7 - 9	1
19 - 30	2 - 2 ½	4 - 5	9 - 11	2
31 - 50	2 ½ - 3 ½	5 - 7	11 - 15	3
51 - 70	3 ½ - 4	7 - 8	15 - 19	4
71 - 90	4 - 5	8 - 10	19 - 22	5
91 - 110	5 - 6 ½	10 - 13	22 - 27	6
110 - 140	6 ½ - 7 ½	13 - 15	27 - 33	7

1 pound = 16 ounces    ½ pound = 8 ounces    ¼ pound = 4 ounces

**Rotating Proteins** - Change the type of protein you use about once a week. Meats, poultry, eggs and fish each have different compositions of amino acids, as well as different levels of fats, vitamins and nutrients. By mixing or interchanging different protein sources, dogs receive the nutritional benefits of all these essential nutrients.



## Older Adult Dogs (7+ years old) AMOUNT OF FOOD PER DAY

Nutritional requirements for dogs modify slightly as they age. The chart below allows for the change that will help your senior maintain good health during their golden years.

DOG'S WEIGHT IN POUNDS	SCOOPS OF VEG-TO-BOWL	SCOOPS OF WATER	OUNCES OF PROTEIN	TEASPOONS OF OIL
3 - 8	1 ½ - 2 ½	3 - 5	3 - 4	½
9 - 18	2 ½ - 3	5 - 6	4 - 6	1
19 - 30	3 - 3 ½	6 - 7	6 - 8	2
31 - 50	3 ½ - 4 ½	7 - 9	8 - 10	3
51 - 70	4 ½ - 5	9 - 10	10 - 12	4
71 - 90	5 - 6	10 - 12	12 - 16	5
91 - 110	6 - 7 ½	12 - 15	16 - 19	6
110 - 140	7 ½ - 9	15 - 17	19 - 25	7

1 pound = 16 ounces    ½ pound = 8 ounces    ¼ pound = 4 ounces

**For Puppies** - please flip this booklet to other side.

## Puppies (Up to 18 Months) AMOUNT OF FOOD PER DAY

**\*Important:** For the first 18 months of your puppy's life add 1 tablespoon of cottage cheese daily for every 10 pounds your puppy weighs. In addition, add 1 teaspoon of plain yogurt or kefir daily, for every 5 pounds your puppy weighs.

The feeding amounts below are “per day” requirements. Puppies should be fed 3 times a day for the first six months of their lives. Simply divide the amount below into three meals.

DOG'S WEIGHT IN POUNDS	SCOOPS OF VEG-TO-BOWL	SCOOPS OF WATER	OUNCES OF PROTEIN	TEASPOONS OF OIL
3 - 8	1 ½ - 2	3 - 4	5 - 8	½
9 - 18	2 - 2 ½	4 - 5	8 - 10	1
19 - 30	2 ½ - 3 ½	5 - 7	10 - 14	2
31 - 50	3 ½ - 4	7 - 8	14 - 17	3
51 - 70	4 - 5	8 - 10	17 - 21	4
71 - 90	5 - 6	10 - 12	21 - 26	5
91 - 110	6 - 7	12 - 14	26 - 29	6
110 - 140	7 - 8	14 - 16	29 - 37	7

1 pound = 16 ounces    ½ pound = 8 ounces    ¼ pound = 4 ounces

## Preparing A Low-Protein Diet AMOUNT OF FOOD PER DAY

Dogs with compromised kidneys or dogs requiring a lower protein or lower phosphorous diet should use this chart.

DOG'S WEIGHT IN POUNDS	SCOOPS OF VEG-TO-BOWL	SCOOPS OF WATER	OUNCES OF PROTEIN	TEASPOONS OF OIL
3 - 8	1 ½ - 2 ½	1 ½	1 ½ - 2	½
9 - 18	2 ½ - 3	2 - 2 ½	2 - 3	1
19 - 30	3 - 3 ½	2 ½ - 3	3 - 4	2
31 - 50	3 ½ - 4 ½	3 - 4	4 - 5	3
51 - 70	4 ½ - 5	4 - 4 ½	5 - 7	4
71 - 90	5 - 6	4 ½ - 5	7 - 8	5
91 - 110	6 - 7 ½	5 - 6 ½	8 - 10	6
110 - 140	7 ½ - 9	6 ½ - 8	10 - 12	7

1 pound = 16 ounces    ½ pound = 8 ounces    ¼ pound = 4 ounces



To watch a video of how to make Veg-To-Bowl, please visit [www.drharveys.com/videos](http://www.drharveys.com/videos)



## Storing Veg-To-Bowl in the Refrigerator or Freezer

Veg-To-Bowl can be made in advance and stored in the refrigerator for up to 3 days. Simply double or triple the recipe to make enough for multiple days. Store in an airtight container.

You can also freeze Veg-To-Bowl in individual zip lock bags for your dog sitter when you are away. When freezing Veg-To-Bowl **do not** add the oil. The oil should be added just before feeding and never frozen.

## Transitioning Your Dog to Veg-To-Bowl

Most dogs transition very easily to Veg-To-Bowl – even dogs with sensitive stomachs. You can begin by adding a small amount of Veg-To-Bowl to the food you are currently feeding and increase the amount daily. Continue increasing the Veg-To-Bowl, while decreasing the old food, making the complete switch in about a week.



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For more information please visit

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or call us toll free at

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**Made in the USA**