

RECIPE INGREDIENTS

Item	Custom	Grams	Ounces	Percent
grass-fed beef heart	0.02 kg	15.73	0.56	15.73%
Beef, Ground, Raw, 80% Lean, 20% Fat, ADF Typical TM	28.32 gms	28.32	1.00	28.32%
Beef, variety meats and by-products, lungs, raw, USDA	5.24 gms	5.24	0.19	5.24%
beef tripe	5.24 gms	5.24	0.19	5.24%
grass-fed beef liver	5.24 gms	5.24	0.19	5.24%
beef kidney	5.90 gms	5.90	0.21	5.90%
beef bonemeal, grass-fed free range, AZ beef , 3 and 7/2018	2.83 gms	2.83	0.10	2.83%
gently cooked carrots	10.49 gms	10.49	0.37	10.49%
gently cooked broccoli	8.74 gms	8.74	0.31	8.74%
gently cooked sweet potato	5.24 gms	5.24	0.19	5.24%
red tomato (ripe)	5.24 gms	5.24	0.19	5.24%
Salt, Iodized	0.31 gms	0.31	0.01	0.31%
Seeds, flaxseed, USDA	0.22 gms	0.22	0.01	0.22%
ground turmeric	0.11 gms	0.11	0.00	0.11%
endive, escarole, or chicory	0.10 gms	0.10	0.00	0.10%
Wheat Grass	0.06 gms	0.06	0.00	0.06%
Sunflower Oil, Sovenia Organic	0.66 gms	0.66	0.02	0.66%
Cod Liver Oil With Added A & D, See Instructions	0.14 gms	0.14	0.01	0.14%
Standard Process -- Wheat Germ Oil Fortified Softgels (1 softgel = 1 g)	0.13 gms	0.13	0.00	0.13%
Magnesium, 100 mg / capsule, 1 cap = 1 g	0.01 gms	0.01	0.00	0.01%
Iodine, 225 mcg / capsule, 1 cap = 1 g	0.01 gms	0.01	0.00	0.01%
Total	-	100.00	3.53	100.00%

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MACRONUTRIENT ANALYSIS

Nutrient content of natural foods vary, sometimes significantly. Use the nutrient content numbers as approximations only.

Composition	As Formulated	DM	% kcal	g per 1000 kcal
Protein	12.45%	45.41%	36.44%	92.4
Fat	8.3%	30.28%	54.68%	61.61
Ash	3.16%	11.51%		23.42
Moisture	72.57%			538.44
Fiber	0.95%	3.48%		7.07
Net Carbs	2.56%	9.33%	7.48%	25.85
Sugars (limited data)	1.61%	5.89%	4.72%	
Starch (limited data)	0.86%	3.14%	2.52%	
Total			100%	

MACRONUTRIENT INFORMATION

Total kcal in recipe	134.79
kcal / oz	38.21
kcal per pound	611.39
kcal / day	1,312.82
Recipe makes, # of days	0.10
kcal / kg	1,347.86
kcal per kg DM	4,914.58
Amount to Feed per Day (gm)	974.01
Amount to Feed per Day (oz)	34.36
Keto ratio (g fat/ (g protein + g net carb))	0.55

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MINERALS

	Unit	Min	Max	Recipe	DM	Total Amt	Daily Amt
Calcium (Ca)	g	1.25	6.25	5.02	2.47%	0.68	6.59
Phosphorus (P)	g	1.00	4.00	3.65	1.79%	0.49	4.79
Calcium to Phosphorus ratio (Ca:P)	ratio	1 : 1	2 : 1	1.38 : 1			
Potassium (K)	g	1.50	0.00	1.98	0.97%	0.27	2.60
Sodium (Na)	g	0.20	0.00	1.43	0.70%	0.19	1.87
Magnesium (Mg)	g	0.15	0.00	0.15	0.07%	0.02	0.20
Chloride (Cl)	g	0.30	0.00	1.64	0.81%	0.22	2.16
Iron (Fe)	mg	10.00	0.00	20.47	100.61	2.76	26.88
Copper (Cu)	mg	1.83	0.00	2.34	11.49	0.32	3.07
Manganese (Mn)	mg	1.25	0.00	19.18	94.28	2.59	25.19
Zinc (Zn)	mg	20.00	0.00	22.91	112.60	3.09	30.08
Iodine (I)	mg	0.25	2.75	0.25	1.23	0.03	0.33
Selenium (Se)	mg	0.08	0.50	0.15	0.73	0.02	0.20

VITAMINS

	Unit	Min	Max	Recipe	DM	Total Amt	Daily Amt
Vit A	IU	1,250.00	62,500.00	18,893.42	92,853.31	2,546.60	24,803.70
Vit C	mg	0.00	0.00	49.13	241.44	6.62	64.50
Vit D	IU	125.00	750.00	381.69	1,875.86	51.45	501.10
Vit E	IU	12.50	0.00	113.19	556.26	15.26	148.59
Thiamine, B1	mg	0.56	0.00	1.34	6.59	0.18	1.76
Riboflavin, B2	mg	1.30	0.00	35.69	175.41	4.81	46.86
Niacin, B3	mg	3.40	0.00	54.92	269.92	7.40	72.10
Pantothenic Acid, B5	mg	3.00	0.00	13.45	66.09	1.81	17.66
B6 (Pyridoxine)	mg	0.38	0.00	3.50	17.21	0.47	4.60
Vit B12	mg	0.01	0.00	0.03	0.16	0.00	0.04
Folic Acid	mg	0.05	0.00	0.20	0.99	0.03	0.26
Choline	mg	340.00	0.00	430.48	2,115.61	58.02	565.14
Vit K1	mg	0.00	0.00	0.02	0.08	0.00	0.02
Biotin	mg	0.00	0.00	0.02	0.08	0.00	0.02

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FATS

	Unit	Min	Max	Recipe	DM	Total Amt	Daily Amt
Total	g	13.80	0.00	61.61	30.28%	8.30	80.89
Saturated	g	0.00	0.00	21.85	10.74%	2.95	28.69
Monounsaturated	g	0.00	0.00	22.93	11.27%	3.09	30.11
Polyunsaturated	g	0.00	0.00	6.62	3.25%	0.89	8.68
LA	g	2.80	0.00	3.51	1.73%	0.47	4.61
ALA	g	0.00	0.00	0.71	0.35%	0.10	0.93
AA	g	0.00	0.00	0.43	0.21%	0.06	0.57
EPA	g	0.00	0.00	0.15	0.07%	0.02	0.19
DPA	g	0.00	0.00	0.10	0.05%	0.01	0.13
DHA	g	0.00	0.00	0.13	0.06%	0.02	0.17
Omega-6/Omega-3	ratio		30:1	3.63 : 1			
EPA + DHA	g	0.00	0.00	0.28	0.00%	0.04	0.36

AMINO ACIDS

	Unit	Min	Max	Recipe	DM	Total Amt	Daily Amt
Total protein	g	45.00	0.00	92.40	45.41%	12.45	121.30
Tryptophan	g	0.40	0.00	0.74	0.36%	0.10	0.97
Threonine	g	1.20	0.00	3.35	1.65%	0.45	4.40
Isoleucine	g	0.95	0.00	3.85	1.89%	0.52	5.06
Leucine	g	1.70	0.00	6.82	3.35%	0.92	8.96
Lysine	g	1.58	0.00	6.97	3.42%	0.94	9.15
Methionine	g	0.83	0.00	2.44	1.20%	0.33	3.21
Methionine - Cystine	g	1.63	0.00	3.46	1.70%	0.47	4.54
Phenylalanine	g	1.13	0.00	3.59	1.76%	0.48	4.71
Phenylalanine - Tyrosine	g	1.85	0.00	6.47	3.18%	0.87	8.50
Valine	g	1.23	0.00	4.29	2.11%	0.58	5.63
Arginine	g	1.28	0.00	5.72	2.81%	0.77	7.50
Histidine	g	0.48	0.00	2.92	1.43%	0.39	3.83
Purines	mg	0.00	0.00	577.38	0.28%	77.82	758.00
Taurine	g	0.00	0.00	0.16	0.08%	0.02	0.20

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