

Some raw feeding ideas to get you started:

The easiest way to get started would be to pick one of the complete meal mixes from Blue Ridge Beef. Puppy Mix, Kitten Mix and BRB Complete are all complete meals that you don't need to add anything. You may want to add a pre and pro biotic for digestive health, but it is an option not a requirement. We talk about a few of those later in the article. Just go to the feeding calculator and figure out how many ounces a day is recommended for your pet and feed accordingly.

Not everyone likes the "complete" meal approach. Some people want more control over what they are feeding and the Blue Ridge product line gives you the options to be able to give you a finer control over the diet you choose for your pet. There are a number of proteins in the product line that you can select from. Pick your protein or proteins and then add in the things necessary to give your pet a "complete" meal. The additions can be what you have decided is necessary for your pet based on what you have read or guidelines your Veterinarian has given you. Regardless, here is an example of what you can do to give your pet a balanced and complete diet.

First pick your Blue Ridge Beef proteins. To give your pet some variety, you might want to at least pick two different proteins to get started. A good starting point would be to start with Natural Mix as it is a mix of 97% lean beef, green tripe, beef heart and beef liver. The other protein you pick should have bone in as this will give your pet the calcium they need. For the purpose of this feeding example let's pick Quail with Bone as our second protein. So, we will be feeding half Natural Mix and half Quail with Bone each feeding. Venison with Bone, Turkey with Bone, Rabbit with Bone, Chicken with Bone, Duck with Bone and Beef with Bone are all viable options and ideally putting some of them into the mix isn't a bad idea.

Second, you may want to add some vegetables and fruit into the meal. Opinions will vary on this and some breeders don't believe they need to add fruits and vegetables into a pet's diet. Bottom line is that it can't hurt and there are other opinions from pet nutrition experts that say adding fruits and veggies into the diet are helpful. Some people take some assorted vegetables and fruits (lightly steam them for added digestibility) and put them into a food processor to reduce the size and mix things like broccoli, asparagus, cauliflower, carrots, apples and blueberries together and then mix that in with the protein. You don't have to steam the fruits. You can typically make up a mix and store it in the refrigerator for a few days. You can also buy a pre-made freeze dried mix of fruits and vegetables from any number of providers, rehydrate and mix in with the protein. Here is a short list of freeze dried product suppliers:

<https://www.drharveys.com/>

<https://www.thehonestkitchen.com/>

<https://www.grandmalucys.com/>

These suppliers have grain free human grade base mixes that you can use to give your pet the fruits and vegetables they need. All of these products come with recommended feeding guidelines and you will want to read them. But for the most part, fruits and vegetables should

only be 10 – 20% of a meal. So, as an example let's just say we are feeding twice a day and giving the pet 10 ounces of protein each meal. That would mean we would want to mix in 1 – 2 ounces of fruits and vegetables with the protein each meal. Just like with giving your pet some variety in the proteins you feed, mixing up the base mixes is a good idea.

Third, you are going to need to mix in an oil to the meal or feed raw sources of these oils such as whole sardines, smelt or other oily fish. This will give your pet the needed Omega 3's and 6's they need for healthy coat and skin. You don't need much oil to give your pet what they need and each provider gives you some feeding guidelines. Here are some providers:

<https://icelandpure.com/>

<https://www.omega-direct.net/>

<https://zestypaws.com/>

Lastly, you will want to add a Pre and Probiotic or use a raw food kefir for good digestive health. Again you don't need much to give your pet what they need. Feeding guidelines are provided by each supplier. Here are a few:

<https://adoredbeast.com/products/love-bugs>

<https://glacierpeakholistics.com/collections/dogs-digestive-system>

<https://www.honestpaws.com/>

It is a good idea to switch up or alternate the Pre and Probiotic each week or month. Each product has their own unique mix of the healthy bacteria that is beneficial to your pets' digestive system. By alternating between different Pre and Probiotics you are not letting the pets' digestive system get "used" of one set of bacteria's.

Please remember that feeding guidelines are just that, guidelines. Each animal has their own chemistry, sensitivities and tolerances. You have to watch your pet and be aware of any changes in health or behavior. Things like paw chewing, bad breath, loose stools or excessive scratching can be signs that something might be out of balance. One tool that you can use to help you understand what might be the right foods for your pet is the life stress test from Glacier Peak Holistics. <https://glacierpeakholistics.com/collections/stress-scan-products>

The folks at Glacier Peak Holistics are very helpful. You order the kit and provide a hair and saliva sample from your pet and send it back to them. You get results back in about two weeks and they provide an over the phone consultation to analyze and explain the test results.

Hope this helps give you some ideas. The whole meal prep can take up to 15 minutes if you have to rehydrate a base mix or chop up some cooked veggies and fruits in a food processor. The time is well spent as you are giving your pet the gift of a healthy diet and that can mean they will live longer and you will make fewer trips to the Veterinarian.