

Food and amount	Weight Oz	Protein Grams	Fat	Carbs Grams	Moisture	Ash	Calories	Iron	Calcium	Servings
Chicken Leg Qtr w/ Skin	18	130	46	0			950	32%	3%	2
Egg 1 Large No Shell	14	48	40	0			576	40%	17.60%	8
Flank Steak	24	124	36	0			870	44%	6.60%	2
Whole Boston Butt/Pork Roast	0	0	0	0			0	0%	0.00%	0
Chuck Roast	0	0	0	0			0	0%	0.00%	0
Ground Chuck	0	0	0	0			0	0%	0.00%	0
Beef Heart	0	0	0	1			0	0%		0
Chicken Skin (Extra)	0	0	0	0			0	0.00%	0.00%	0
Egg Shell									100%	0.5
Fish Oil Capsule Softgel	0	0	36	0						4
FOS Inulin Powder 1 tbsp	0	0	0	18			10	0	0	2
Carrots	4.2	0	0	9.1			38.5			0.7
Apples	4.2	0	0	17.5			66.5			0.7
Blue Berry Yogurt	3	3.5	1	16			84		7%	0.5
									116%	134%

Flintstones Complete

Total Calories	2595
Total Protein	305.5
Total Fat	159
Total Carbs	43.6
Total Fiber	18
Total Ounces	67.4
Total Grams	508.1

Percentage Protein	60.13	Percentage Fat	31.29	Percentage Carbs	8.58	Percentage Fiber	3.54
--------------------	-------	----------------	-------	------------------	------	------------------	------

Total Pounds	4.21	Calories/LB	616.02
--------------	------	-------------	--------

USRDA Iron	116%
USRDA Calcium	134%

Dog Needs 20 Cal per Lb	Dog's Weight	20 lbs	Dog's Calories	400 calories	Ounces 2x Day	0.65	Multipllier on Recipe For 7 Days
				10 LB	Ounces 2x Day	2.6	0.7
				20 LB	Ounces 2x Day	5.2	1.4
				30 LB	Ounces 2x Day	7.8	2.1
				40 LB	Ounces 2x Day	10.4	2.7
				50 LB	Ounces 2x Day	13.0	3.4
				60 LB	Ounces 2x Day	15.6	4.1
				70 LB	Ounces 2x Day	18.2	4.8
				80 LB	Ounces 2x Day	20.8	5.5
				90 LB	Ounces 2x Day	23.4	6.2