

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
<b>TOTAL PROTEIN</b>												<b>106.25</b>	
<b>TOTAL CARBS</b>													
<b>TOTAL FAT</b>						<b>31.5</b>							
<b>TOTAL CALORIES</b>				<b>1282</b>				<b>151.7</b>					
<b>TOTAL FIBER</b>									<b>21</b>				

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