

Wendy Volhard's Natural Diet copyright 1984

Natural Diet – 50lb dog Days 1-6

Breakfast

3 oz	Grain Mix (dry) 75% Oats, 25% Buckwheat Groats	2 teasp. Blackstrap Molasses
2 teasp.	Cold pressed organic Safflower Oil	200 IU Vitamin E
200 mg.	Vitamin C (sodium ascorbate)	½ B-Complex
1 small	Egg 4 times a week	1/3 rd cup Yogurt or Kefir

Dinner

12 oz	Meat days 1-5	2.5 oz. Liver days 1-5
14 oz	Cottage Cheese/Fish day 6	200 mg Vitamin C
1 teasp.	Cod Liver Oil	1 T. Apple Cider Vinegar
½ teasp.	Kelp	1 t. Nutritional or Brewers Yeast
1.5 capsules	Garlic (325 mg)	2.5 T. Bone Meal
2 teasp.	Wheat Germ	3 T. Wheat Bran
2 teasp.	Dry herbs	2 T. Fruit (alternate days)

Day 7

Half- day fast in p.m. At normal feeding time, take dog for a walk, or play ball for 15 minutes. This half-day fast gives the kidneys a chance to rest from the digestive process, thus strengthening them.

Breakfast

2 oz	Grain mix (dry)	200 mg Vitamin C
½	B-Complex tablet	1/3 rd c. Yogurt or kefir
4 t.	Local honey	

Guaranteed Analysis

Utilizable protein	34.7 %	T = Tablespoon
Fat	17.2%	t = teaspoon
Carbohydrates including fiber	33.7%	c = cup
Ash (mineral content)	8.6 %	
Linoleic Acid	2.7%	

More details for different weights can be found in “The Holistic Guide for a Healthy Dog” Howell Book House, 2000. Volhard/Brown DVM. Sources for ingredients, www.volhard.com, click on Resources – Nutrition List.