

YOUR 10-DAY STARTER PLAN

A guided start using the real Starter Sets from the book

CHECKPOINT, NOT DEADLINE

Your dog's daily portion determines how quickly each batch is used. Do not switch recipes because a calendar day arrives. Finish the current recipe, then move to the next recipe in order.

THE RULE TO REMEMBER

ABOUT ONE DAY LEFT -> PREP NEXT -> FINISH CURRENT -> START NEXT

STARTER SET 1: PUMPKIN

Done	Recipe	Texture
☐	Recipe 13: Chicken & Pumpkin with Carrots	Mash
☐	Recipe 20: Turkey & Pumpkin with Peas	Chunky
☐	Recipe 34: Lean Beef & Pumpkin with Broccoli	Stew
☐	Recipe 55: Salmon & Pumpkin with Spinach	Soft

DAY 1: START

Cook Recipe 13: Chicken & Pumpkin with Carrots.

Find your dog's weight in that recipe's Starting Daily Portion Guide.

Use the amounts shown for cooked base, canola oil, and premix.

After the cooked base has cooled, portion it. Keep up to 3 days in the refrigerator.

Recipe 13 allows freezing, so freeze later portions without canola oil or premix. Add oil and premix fresh before serving.

DAYS 2 TO 3: FOLLOW YOUR DOG'S DAILY PORTION

- ☐ Keep feeding the recipe you are using now.
- ☐ When about one day remains, prepare the next unchecked recipe in Starter Set 1.
- ☐ If portions were frozen, thaw them in the refrigerator.
- ☐ Finish the current recipe before starting the next one.
- ☐ Do not change recipes just because a certain day has arrived.

DAY 4: ROUTINE CHECK

- ☐ I am using the Portion Guide from the recipe I am feeding now.
- ☐ I weigh the cooked base.
- ☐ I use the listed daily canola oil amount.
- ☐ I use the listed daily premix amount.
- ☐ I add oil and premix fresh before serving.
- ☐ I follow the recipe's Storage section before refrigerating or freezing portions.
- ☐ I prepare the next recipe when about one day remains and finish the current recipe first.

Wherever you are in Starter Set 1, keep going from there.

DAYS 5 TO 7: KEEP THE ROTATION MOVING

13 -> 20 -> 34 -> 55

Finish the current recipe, check it off, then start the next at the following feeding.

STARTER SET 2: SWEET POTATO

Done	Recipe	Texture
☐	Recipe 10: Chicken & Sweet Potato with Broccoli	Stew
☐	Recipe 24: Turkey & Sweet Potato with Zucchini	Chunky
☐	Recipe 45: Lean Beef & Sweet Potato with Carrots	Mash
☐	Recipe 59: Salmon & Sweet Potato with Celery	Soft

WHEN TO BEGIN SET 2

Begin Set 2 when Set 1 is complete. If you are still in Set 1 on Day 10, stay there.

DAY 8: CHOOSE YOUR PREP MODE

Prep mode	Cook	How to use it
SOLO PREP	1 recipe	One batch at a time.
PAIR PREP	2 recipes	Keep batches separate. Feed the first recipe first. Freeze the later batch only if allowed.
TRIPLE PREP	3 recipes	Keep batches separate and feed in rotation order. Freeze later batches only if allowed.

STORAGE OVERRIDES PREP MODE

If a recipe says Do Not Freeze, keep it refrigerated within its storage window. Prepare a smaller batch when needed.

DAYS 9 TO 10: KEEP GOING

- ☐ Continue with your next unchecked recipe.
- ☐ There is no recipe you are required to reach by Day 10.
- ☐ Use the current recipe's Portion Guide.
- ☐ When about one day remains, prepare the next recipe.

DAY 10 CHECKPOINT

- ☐ I can find my dog's row in each Portion Guide.
- ☐ I can portion and store a cooked batch.
- ☐ I know when to prepare and start the next recipe.
- ☐ I know whether Solo, Pair, or Triple Prep works best for me.
- ☐ I know which recipe comes next.

AFTER DAY 10

Continue from your next unchecked recipe. Do not restart the rotation. Your dog's daily portion sets the pace; the rotation sets the order.