

SHOPPING LIST FOR YOUR STARTER PLAN

Real Starter Sets from Part 7, grouped by Set instead of calendar day

SHOP ONE SET AT A TIME

Start with Set 1. Buy Set 2 when you are ready to move on. The calendar does not change the shopping order.

KEEP ON HAND

Shop	Item	How to use it
☐	Chef's Canine Complete premix	Use the daily amount for your dog's weight.
☐	Canola oil	Use the daily amount shown in the current recipe's Portion Guide.

SET 1: PUMPKIN

Recipes 13, 20, 34, and 55

Shop	Ingredient	Amount for Set	Used in
☐	Chicken breast, boneless/skinless, raw	11.3 oz (320 g)	#13
☐	Ground turkey, 93/7, raw	10.8 oz (305 g)	#20
☐	Ground lean beef, 93/7, raw	9.0 oz (255 g)	#34
☐	Atlantic salmon, raw	8.1 oz (230 g)	#55
☐	Pumpkin, canned, 100% pure puree (unsweetened, no spices)	45.9 oz (1,300 g)	#13, #20, #34, #55
☐	Carrots, fresh/raw	5.3 oz (150 g)	#13
☐	Peas, fresh/raw	5.8 oz (165 g)	#20
☐	Broccoli, fresh/raw	5.6 oz (160 g)	#34
☐	Spinach, fresh/raw	5.6 oz (160 g)	#55

SET 1 READY?

Check the boxes as you shop. Start cooking with Recipe 13 and move through the Set in rotation order.

SET 2: SWEET POTATO

Recipes 10, 24, 45, and 59

Shop	Ingredient	Amount for Set	Used in
☐	Chicken breast, boneless/skinless, raw	9.9 oz (280 g)	#10
☐	Ground turkey, 93/7, raw	9.9 oz (280 g)	#24
☐	Ground lean beef, 93/7, raw	8.8 oz (250 g)	#45
☐	Atlantic salmon, raw	9.0 oz (255 g)	#59
☐	Sweet potato, raw, peeled	46.4 oz (1,315 g)	#10, #24, #45, #59
☐	Broccoli, fresh/raw	4.2 oz (120 g)	#10
☐	Zucchini, fresh/raw	4.9 oz (140 g)	#24
☐	Carrots, fresh/raw	5.6 oz (160 g)	#45
☐	Celery, fresh/raw	5.8 oz (165 g)	#59
-	Kitchen water - no purchase needed	3.3 oz (94 g)	#10

WATER NOTE

Water is shown for completeness. Measure the exact amount from the recipe card when cooking.

SET 2 READY?

Start Set 2 after Set 1 is complete. The calendar does not change your shopping order.

BEFORE YOU COOK

- ☐ Measure each recipe separately.
- ☐ Keep each recipe as a separate batch.
- ☐ Check the Storage section on each recipe card.
- ☐ A shopping total is for buying ingredients. It is not a batch-combining instruction.