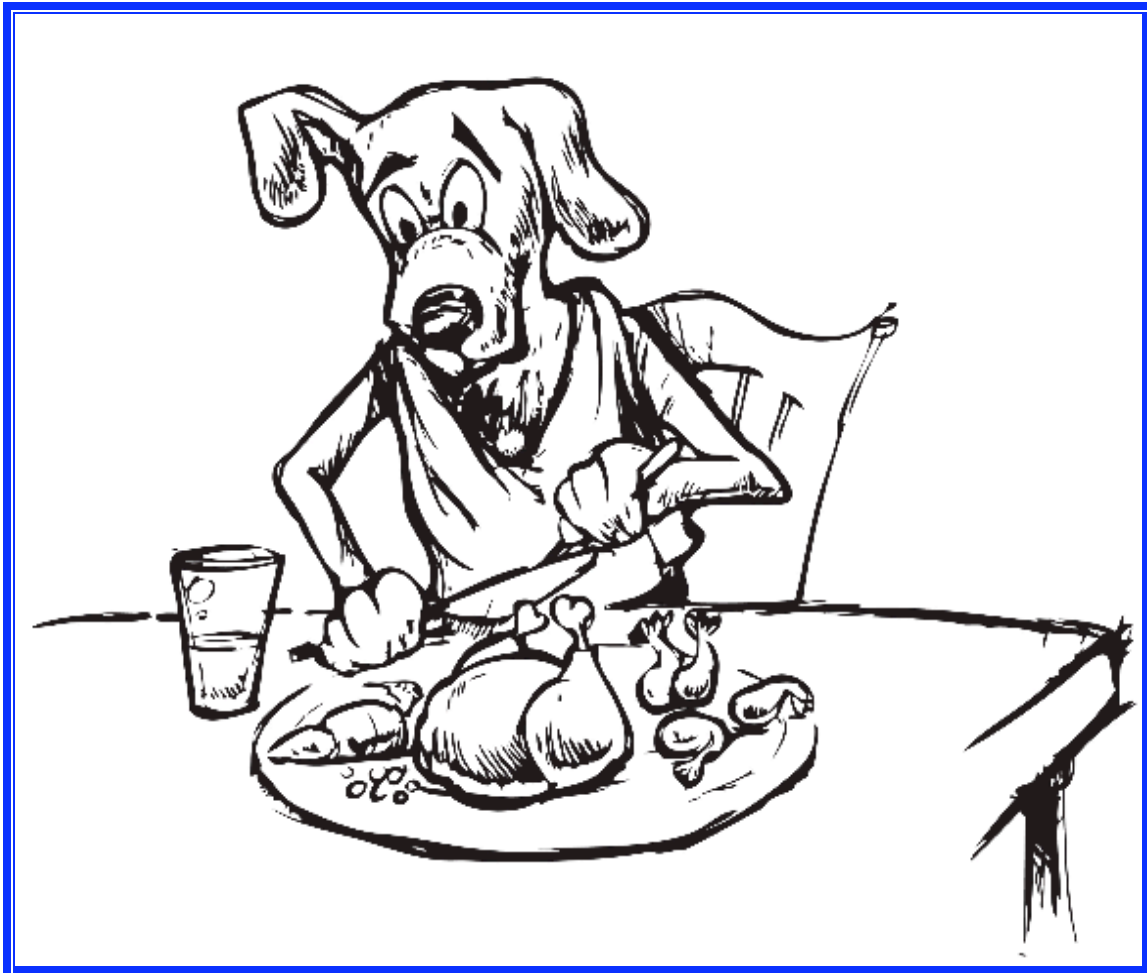


# *Dr. Greg's Canine Crock Cuisine*

**Chicken Crocking for Your Dog's Health and Nutrition**



**Easy, Affordable Dog Food Crocking  
Recipes and Instructions**

# *Dr. Greg's Introduction to Crocking*

Welcome to the wonderful world of crock pot cooking for your pets. Our numbers are growing because we've seen the benefits. We started with the kinds of changes in ingredients and diet that I explain in *Dr. Greg's Dog Dish Diet: Sensible Nutrition for Your Dog's Health*.

As I've explained, almost half of all dogs have medical symptoms that we can trace to food allergies. And among those of us who have taken the most common allergens out of our pets' diets and seen the benefits, many have graduated to the next step and are crocking our own dog food. That's because we want to give our pets the healthiest, happiest lives that we can. And we understand the value of feeding our pets to avoid the vet...and extra vet bills.

This e-book will help you get started. Imagine creating food tasty enough and healthy enough that you could eat it yourself. That's exactly what you will be cooking. It's quick. It's easy. It's healthy. It's affordable.

Let's get started.

## **I'm a vet, not a certified canine nutritionist**

Before we jump in, let me explain my credentials and how I got started cooking for my pets. While I am not a certified canine nutritionist, I am a licensed veterinarian. I have been practicing veterinary medicine for 30 years. My research is experiential, but I've backed it up with good science. I've been using nutritional treatment in my practice for more than 10 years now with excellent results. I have 100s of testimonials from clients that have followed my simple nutritional advice. In most cases, their dogs have recovered partially or completely from chronic medical problems that had plagued them for anywhere from a few weeks to years.

What I have seen and learned in the past 10 years has so thoroughly convinced me that I make nutrition an integral component of my medical treatment.

## **And then there's my own pets and what I've observed**

I started cooking for my pets to find an easy, economical recipe with healthful ingredients. My recipe mirrors the ingredient label of several of the wholesome, healthy, human-grade dog foods on the market today (like Halo's Spot's Stew). The biggest difference is that by slow cooking (crocking) a chicken long enough, I turn raw bones into soft, crumbly bones full of important minerals and nutrients. Yes, you read that right. I do (and you can, too) feed dogs chicken bones that have been slow cooked. And these bones contain essential bone and joint building nutrients.

In school, I was taught that 1) all bones were dangerous and 2) all commercial dog food diets were all "complete and balanced." I now think both general statements are flawed. Many dogs can safely enjoy raw, smoked, or slow-cooked bones. On the other hand, thick, baked and barbecued bones are hard and brittle. These really can injure teeth. And if gobbled down in large chunks, they can damage and obstruct the esophagus, stomach, and intestines. However, dogs that follow the guidelines in my book *Dr. Greg's Dog Dish Diet* can benefit from eating raw or smoked bones as well as the slow-cooked chicken bones included in the recipes below. When used correctly, bones can be regarded as healthy supplements and dental chews. Our dogs' ancestors ate bones for millions of years. Bones contain protein, minerals, and oils necessary for a dog's bone and joint health.

## **Why I cook for my pets (and you should too)**

1. We really want to know what is in our pet's food. If you enjoy cooking for your family, you shouldn't mind cooking for your pets. It's very easy.
2. I talk a lot about food allergies in my book. Our goal is to find out what ingredients help decrease or eliminate the skin, ear, stomach, or bowel problems that are symptoms of allergies in our dogs. Once we find the right combination it can be difficult to find a commercial product that 1) your dog likes, 2) is in your price range, and 3) helps with recurring medical problems that keep coming back despite treatment.
3. Canine crocking provides a wide range of nutrients not usually present in commercial dog foods. Some dogs actually need more fat in their diet for healthy skin and haircoat. Others require fewer carbohydrates to lose weight. The beauty of using a crock pot is that you can change the ingredients depending on what your pet needs.

4. The pet food recalls, allergic symptoms, and obesity associated with some commercial pet foods have generated increased sales of raw, holistic, and organic pet foods. These products, while typically good, usually are also more expensive. Crocking provides the benefits at a price that fits most pet owners' budgets.
5. People are becoming aware that all pet food is not equal. It is no secret that dogs can recover from many common skin and ear problems with a better diet. However, there are so many conflicting nutritional recommendations from veterinarians, breeders, and dog lovers, it is hard to know whose advice to follow. Crock pot cooking is essentially custom homemade food for each individual dog.
6. Raw diets and pet foods with no grain, more meat, veggies fruit, and omega oils have increased in price. Many people can't afford the price of better quality pet foods that contain the mix of meat, grain, veggies, fruit, fats, and oils that their dog tolerates and thrives on. Many chronic skin, ear, stomach, and bowel conditions improve when the diet contains a better mix of ingredients, and less allergens. Crocking is the all-around solution. I like to think of canine crock pot cuisine as "raw lite." It has many of the nutritional benefits without the cost and slight danger of bacterial infection.

# *Dr. Greg Answers the Most Frequently Asked Questions*

## **Why is canine crock pot cuisine better than commercial dog food?**

Most commercial dog foods are made from a variety of meat and grain products. Dogs with chronic allergic medical conditions are reacting to some combination of the type of animal or meat source, the type of grain, or chemicals used in processing or preserving the food. Our pets' bodies become sensitized to certain meat and grain proteins or chemicals. They treat them like invaders instead of nutrients. These ingredients become allergens and cause the most common chronic medical problems like hotspots, itchy skin, and ear infections.

Even dogs eating the same food for years can suddenly develop allergies to the ingredients in their food, changes made to the ingredients in the food, or to a new treat or chew that has recently been added to the daily diet. The open bag of dry dog food in your closet, pantry, or garage needs to be adequately preserved to stay open for weeks at a time. Could these excess preservatives cause problems? Many chronic skin, ear, stomach, bowel, urinary and seizure disorders will improve or disappear with a better diet. Canine crock pot cuisine only has a few ingredients...all of which you put in the pot. You can easily add, remove, or change ingredients.

## **Do you recommend cooking for your dog all the time?**

Some dogs are reacting to allergens in treats, chews, and biscuits. Others recover when the dry food ingredients are changed. Some show reduced symptoms when canned foods with better ingredients are used. Canine crocking allows you to test different ingredients. When you find the right ingredients and a commercial brand that your dog tolerates, you can decide to either add the custom mixture to the commercial brand or continue feeding your own custom mixture. Your choice.

## **How do you start cooking for your dog?**

You can start with a chicken-veggie mixture, chicken being the protein of choice in many hypoallergenic diets. Unless, of course, you know your dog is allergic to chicken. And a few are. However, just because your dog reacted to a *commercial* diet based on chicken does not always mean that they reacted to the chicken. They may have reacted to one of the other ingredients in the mix.

The easiest way to find out if your dog tolerates chicken is to feed her a small to medium cooked piece of chicken for several days in row to see if any symptoms occur. If your dog is one of the unlucky ones sensitive to chicken, they may get itchy, develop a red itchy ear, or have a bout of diarrhea. If not, you can then try a small stovetop batch of chicken and green beans to see how your dog does with the blend. If everything goes well, you can follow one of the recipes below. If not, you can try another meat source, reduce the amount of fat, or substitute rice for the green beans.

## **What can I feed dogs that have had pancreatitis or that don't do well with too much fat in their diet?**

The higher fat content in chicken (30-50%) can cause mild diarrhea in sensitive dogs, especially ones afflicted with sensitive stomachs and bowels (Pancreatitis or inflammatory bowel problems).

Use extreme caution introducing new ingredients to dogs with existing medical problems. Have Pepcid, Imodium, or a prescription of metronidazole handy in case a sensitive stomach or bowel acts up. Consult my home remedy e-book, which you can download for free from DogDishDiet.com. *Dr. Greg's 11 Personal Home Remedies for Your Dog* will give you information on drugs and dosages. It is always better to treat mild symptoms with over-the-counter or prescribed medicine before the symptoms become worse.

To reduce fat, skim the congealed layer of fat from the surface of the cooled crocked food. That reduces the percentage of fat by 10 percent. You can also use breasts and thighs and remove the skin before cooking.

## **What other meats can I cook for dogs?**

You can substitute turkey, fish, pork, venison or even beef. (Note: Beef is sometimes a problem. Many dogs can't eat beef, and beef fat may lead to pancreatitis.) If your dog is intolerant or allergic to the chicken, use a small amount of turkey hamburger, tilapia, salmon, shrimp, venison, lean pork loin, or low-fat beef for a few days to see how your dog likes and/or tolerates these meat sources.

## **Dr. Greg, do you really leave the cooked bones in the mixture? I thought eating bones was dangerous for dogs!**

You can usually leave chicken bones in homemade food that has been slow cooked for 8-10 hours. If you want to remove them, at least pull off the soft ends and gristle of the long bones and put that in the mix. Those ends of the bones contain great nutrients for your dog's bones and joints. (Note: Turkey bones and pork bones do not break down as easily; I remove the big hard bony pieces from the "batch.")

## **Can I use leftovers in the crock pot?**

Yes. Always check your fridge or garden before buying dog food ingredients. You can crock chicken and turkey carcasses (read above about turkey bones), or inedible meat scraps. Remember, however, some dogs do not tolerate beef products. Also, save nutritious, unused leftovers and veggies for your pet. You can add: fish, older squash, avocado, cauliflower, green beans, carrots, broccoli, potatoes, and even salad that you might otherwise toss out. Cooking leftover salad with meat and veggies in the crock pot even makes old salad taste good. A few slices of onion from the salad in a batch of food will not harm your dog. Even though onion is on the poison list for dogs, it takes at least a whole medium onion per medium-sized dog to cause any problems. On the other hand, avocado is on many poison list and is completely safe.

## **What does a crock pot "batch" of food cost?**

The chicken averages \$1.00 per pound. Frozen green beans and peas and carrots are \$2.50 for 32 oz. Chicken livers cost \$1.00. The electricity to run the crock pot for 10 hours is less than a dollar. If you use 3 pounds of chicken, 8 oz. of chicken liver and 5 pounds of frozen veggies, the cost for each batch would be about \$10 to \$12. This is pretty economical for high-quality dog food. This crock pot cuisine can also be mixed in with hypoallergenic dry food to make it tastier and reduce overall carbohydrates.





# The Recipes

Let's get to cooking!

## Canine Crock Pot Recipe #1: Dr. Greg's Basic Select Starter Recipe

This is a good recipe to use when you want your dog to lose weight and also a good one to use when you first start out.

Put half of a whole young fryer (about 2-3 pounds) and 5-6 pounds of frozen green beans in the crock pot. Add 8 oz. of chicken livers. Cover the mixture with water and cook on high for 2-4 hours, then on low for 8 more hours. (Or, on high for 8-24 hours like I do when I forget, but that's another story!) Stir all of the ingredients to blend them and let cool for a couple hours then refrigerate. Skim the layer of fat from the top of the pot. Doing so will reduce the fat content to 10-15 percent.

I use veggies in the mixture to satisfy carbohydrate, omega oil, fiber, and vitamin requirements and also because they have a lower glycemic index than white rice. Brown rice, white rice, white potatoes, or sweet potatoes can be used for those animals that hate or are intolerant of green veggies. As I stated above, sensitive dogs may vomit or have a few mild bouts of diarrhea when first introduced to the crock pot diet.

The amount of chicken and fat in the diet determines the caloric density and amount to fed to dogs. The more chicken you use, the more calories in the mixture. Dogs will maintain their weight or even gain weight with more chicken in the mixture. For example, in the above recipe you use 3 pounds of chicken and 5 pounds of veggies. This calculates out to 30 calories per ounce or 5 ounces twice daily for the average obese 30-pound dog.

**\*\*\*\*\*FEEDING:** So how much canine crock pot cuisine do you feed your dog? Imagine your dog weighs about 20 pounds. It may need 200-1000 calories per day depending on its metabolism and activity level. Obese dogs with poor muscle development need less. Fit, active dogs need more. A 20-pound obese dog may only need 200 to 400 calories per day to go from the dog bed to the bowl twice daily. The average 20-pound dog that likes to play needs about 600 per day. A 20-pound maniac may need 800 and up to 1000 calories per day. You can also adjust the amount of calories in the mixture by adding more meat and fat or reducing the meat and increasing the veggies. Cooking a whole fryer instead of half really

increases the calories. You can find a complete discussion of calories and feeding in *Dr. Greg's Dog Dish Diet*, starting on page 106.

## **Canine Crock Pot Recipe #2. : The Weight Loss and Diabetes Mix**

Once you are comfortable with the basics, you can start mixing and changing ingredients. Most dogs will lose weight with a mixture of 30 percent whole young fryer and 70 percent veggies (green beans, peas, carrots squash, potatoes, or pumpkin). I'll talk about the calories as we go, so you can get a feel for the amount in the mix, and where they come from.

The average fryer is about 4 pounds. I cut it in half and use 2 pounds (1920 calories). I add 8 oz. of chicken livers (280 calories), 6 pounds of veggies—a combination of 64 oz. frozen green beans (660 calories) and 32 oz. frozen peas and carrots (550 calories). This adds up to 3140 calories per 8.5-pound batch or 23 calories per ounce.

If you skim the fat off the top, the calories are reduced to 15-20 calories per ounce. You could feed our hypothetical, obese 20-pound dog about 6 oz. twice daily. An average dog would get 8oz. twice daily. And an active dog would get 12 oz. twice daily. A batch (8.5 pounds) of chicken and veggies would last an average 20-pound dog about a week. My three dogs eat 2 batches a week.

You can add 16 oz. of pumpkin for extra fiber. The pumpkin helps to control the blood sugar in diabetic dogs and provides extra fiber for dogs with bowel problems. Diabetic dogs and people can maintain their blood sugar much better when eating a higher protein, lower simple-carbohydrate recipe. Meat, veggies, and fruit have a better glycemic index than grains. This means that the lower glycemic ingredients do not release sugar into the blood as quickly as grains. If the body has trouble regulating the level of blood sugar, this is a big help.

### **Canine Crock Pot Recipe #3: More Meat and Fat**

If your dog is not obese, not reacting to the chicken or the fat in the starter recipe, you can try adding more meat and fat. Put a 4-5 pound whole young fryer in a crock pot with 8 oz. of chicken liver and 4 pounds of veggies. This mixture has twice the protein and fat of the previous recipes, *and most dogs love it!* A 4 pound whole fryer has 3800 calories, twice that of the above recipes where the chicken was cut in half. Eight ounces of chicken livers has 300 calories, but 4 pounds of veggies has only 500 calories. All together that adds up to 4600 calories; that's 1500 calories more than a batch of either the Basic Select Starter Recipe or the Weight Loss and Diabetes Mix. Each 8.5-pound batch contains 136 ounces. So  $4600 \text{ calories} / 136 = 34 \text{ calories per ounce}$ . That is 10 more calories per ounce (or 120 more calories per day) for the average 20-pound dog. Do you have a headache yet? See how more chicken (50% fat) adds to the calorie count? If your dog has skin problems and can have the extra calories, the extra fat and oil will really help the coat shine!

### **Canine Crock Pot Cuisine #4: Maisy's Special Recipe Mix (Add Pork Neck Bones)**

You can add other types of meat to the original chicken recipe. For Maisy's favorite mix, you first need to make sure that your dog can tolerate the pork and pork fat. Feed a small amount for a few days before you make a whole batch. Maisy loves when I add 1 pound of pork neck bones to the mix. After crocking for 8-10 hours, some parts of the neck bones easily crumble into small pieces. Remove the big pieces, but leave the crumbly parts in! Bones are good nutrition!

### **Canine Crock Pot Cuisine #5: Tucker's Holiday Mashup with Pumpkin and Sweet Potato**

Substitute chopped sweet potatoes or yams for half of the other veggies. Alternatively add a 16 oz. can of pumpkin (NOT pumpkin pie mix) to the batch. Fiber from the veggies and pumpkin is just what the doctor ordered for bowel problems, colitis, and diabetes. Tucker and Maisy love the sweet taste of the pumpkin. As always, you should test a bit of the new ingredient in a small mix, before you commit to putting it in a whole batch.

*I wrote this e-book because many people had questions about cooking for their dogs. Even though many dogs thrive on some commercial foods, many people enjoy cooking for their dogs. I always keep a quality dog food like Halo Spot's Stew on hand if I run short.*