



Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - Foodologist - NP MD PhD

Ensenada | Mexico | Costa Rica | Hawaii | Bali | Indonesia | Philippines | Thailand | Africa | New Zealand

DOG FOOD RECIPE

INGREDIENTS

2 cups Overcooked Black Beans
4+ cups Whole Food Living Water
2 cups Cooked Rice
1-2 Sweet Potatoes (depends on size) cubed
1 large Zucchini cubed
1 large Carrot cubed
1 medium Apple cubed
1/2 cup Dry Textured Soy Crumbles
1 tbsp Tamari Sauce
1/2 tbsp Crystal Hot Sauce
1 tsp Garlic powder
1/4 tsp MSG
1/2 tbsp Himalayan Pink Salt
1/2 tbsp Turmeric powder
1/2 tbsp Parsley or Basil dried or fresh
1/4 cup Food Grade Diatomaceous Earth
1/4 cup All-Natural Peanut Butter (optional)

UTENSILS

Instapot or Big Cooking Pot
1/4 Cup
1/2 Cup
1 Cup
1 Teaspoon
1/2 Tablespoon
Tablespoon
Mixing Spoon
Containers with Lids
Cutting Board
Chef's Knife

PREPARATION (Dog Food Recipe)

- 0) Starting From Dry Black Beans we use the Instapot to cook the Beans twice on the "beans" setting. Between the first and second cooking we add 1/4 tsp Baking Soda to remove any lectins in the beans that can cause inflammation and gas. If you are using Precooked Beans be sure to heat them for 20 minutes with a 1/4 tsp Baking Soda.
- 1) After Dry Black Beans have gone through the cook cycle twice ADD: Sweet Potatoes, Zucchini, Carrot, Apple, Dry Textured Soy Crumbles, Garlic powder, MSG, Parsley and Whole Food Living Water about 2" above the top of the food
- 2) Mix well
- 3) Cook in Instapot on Soup/Stew setting or boil in a big pot on the stove for 20-25; the Instapot is set and go and on the stove you will need to stir occasionally
- 4) After cooking allow to cool
- 5) Then ADD: Tamari Sauce, Crystal Hot Sauce, Himalayan Pink Salt, Turmeric Powder, Diatomaceous Earth, Cooked Rice and optional Peanut Butter
- 6) Store in the refrigerator in containers with lids or portion out and vacu-seal. Lasts in the refrigerator for about 12 days

PORTION / SERVING (Dog Food Recipe)

- Our 75lb dog born in 2017 free eats and gets served 2-3 times a day
- She eats 1 cup of this Dog Food Recipe at a time with one fresh Egg cracked on top then we add hot water to fill up over the food line and mix everything together
- Sometimes we mix 1/2 cup of this Dog Food Recipe with 1/2 cup of Dry Food and if our dog is hungry and wants more food we just give her more food



Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - Foodologist - NP MD PhD

Ensenada | Mexico | Costa Rica | Hawaii | Bali | Indonesia | Philippines | Thailand | Africa | New Zealand

NOTES (Dog Food Recipe)

- Sometimes I add salad greens, spinach, sprouts or cilantro that are starting to get slimy so I don't waste the food. I just chop all ingredients pretty small so they are easier for our fur-babies to eat
- If your dog prefers hard food (crunchies) you can take this same dog food, spread it thin on greased baking sheets, cook at 300°F for 4 hours, cut into whatever shape you want and bake another 2 hours
- When you are transitioning your dog from a carnivorous diet to a healing plant-based diet start by mixing the old food and the new food together for the first few days then slowly decreasing the old food till they're only on the food you lovingly make them

May your life be full of great joy with the health and abundance to enjoy it.

Dr. Ava Perez