

**Food Options (as long a no known intolerances)**

<b>Protein</b>	<b>Seafood</b>	<b>Brassica</b>	<b>Other</b>	<b>Legumes/Beans</b>	<b>grain (starchy carb)</b>
alligator	anchovy	artichoke	asparagus	black-eye peas	amaranth
alpaca	Talapia (Thailand)	turnips	lettuce		barley
Beef	catfish	arugula	beets	fava	buckwheat
beef heart	crab	bok choy	beet greens	garbanzo / chickpea	oat
bison	halibut (wild caught)	brussel sprouts	carrot	lentils	millet
Bison	Mackeral	broccoli	celery	kidney	rice brown
Chicken	Mussels	cabbage	cucumber	navy bean	quinoa
chicken hearts	Oyster	carrot	eggplant	lima	potatoo
duck	Sole	swiss chard	endive	pinto	rice white
eggs	Salmon (wild caught)	cauliflower	jicama		
egg whites	Sardine	collard greens	dandelion greens		spelt
elk	Sea Bass	kale	green pea		wheat
goat	shrimp	spinach	green pepper / peppers		
goose	Trout	broccoli sprouts	green bean		
kangaroo	Tuna (limited)		mushroom		
Lamb	White Fish		Okra		
Llama	Cod		olive		
pheasant	Flounder		parsnips		
pork	Whiting		pumpkin		
pork heart			radish		
quail			daikon radish		
rabbit			red pepper		
sheep			spinach		
Turkey			sprouts		
turkey heart			squash		
veal			sweet potatoe		
venison			tomato		
			turnips		
			zucchini		
			yucca		
			watercress		

**Protein Sources:**

Hare Today <https://hare-today.com/referral?id=ac669a3>

BJs Raw <http://www.bjsrawpetfood.com/?ref=5391>

Raw Delivery MN No affiliation

**Exceptional, Convenient, Customizable**

**Volhard Dog Nut** <https://www.volharddognutrition.com/?rfsn=822816.fb016>

this is what I f

**Prepared Delivery:**

Viva Raw [https://vivarawpets.com/?sca\\_ref=2283858.xxbFug5wMT](https://vivarawpets.com/?sca_ref=2283858.xxbFug5wMT)

Chi Dog <https://bit.ly/41mYKv0>

Evermore <https://evermore-pet-food.sjv.io/c/3729116/1653695/19189>

Oils	Herbs	Fruit	Seeds	Treats	Offal (5% max) Treats / some homemade recipes	Liver (5%) Treats / some homemade recipes
				Single		
avocado	basil	apple	hemp	Ingredient	hearts	beef
coconut	cilantro	banana	flax		kidney	bison
grapeseed	cinnamon	blackberries	chia		gizzards	chicken
olive	coriander	blueberries			tripe	duck
safflower	garlic	cantelope			pancreas	goat
MCT	ginger	cranberries			lung	lamb
No VEGETAB	mustard	gogi berries			trachea	pork
Limit Seed O	oregano	pomegranate				turkey
	parsely (cur	raspberries				venison
	rosemary	strawberry				
	sage	watermelon				
	thyme	wolfberries				
	turmeric					
	fennel					

