

Aliso Beach Animal Clinic
Dr. Susan Davis, D.V.M.
Dr. Paul Reid, D.V.M.
30816 Coast Hwy.
South Laguna, CA 92651
(949) 499-4190

Homemade Maintenance Diets

Fish and Potato Diet

5 lb cooked potatoes
1 lb cooked fish
2 tsp calcium carbonate (4000 mg calcium)
4 ½ tbsp. vegetable oil
Dash of salt
Unflavored, additive-free, multivitamin and mineral supplement

Broil, bake, or microwave fish and chop into small pieces. Peel, dice, and boil potatoes until tender. Pulverize the calcium carbonate and vitamin-mineral supplement. Mix the oil, salt, supplement, and potatoes; then add the fish. Mix well, cover, and refrigerate. Makes enough for four days for a 30-lb dog.

Turkey and Rice Diet

10 cups cooked rice
1 lb cooked turkey
1 ½ tsp calcium carbonate (2500 mg calcium)
1 tsp dicalcium phosphate or 3.6 grams bone meal (1180 mg calcium)
5 tbsp vegetable oil
1 tsp potassium chloride
Unflavored, additive-free, multivitamin and mineral supplement

Bake or microwave turkey. Finely chop turkey and set aside. Cook white rice according to package directions and add the potassium chloride to the water. Pulverize the calcium carbonate, dicalcium phosphate (or bone meal), and vitamin-mineral supplement. Mix the oil, supplement, and rice; then add the turkey. Mix well, cover, and refrigerated. Makes enough for four days for a 30 lb dog.

Cottage Cheese, Egg, and Pasta Diet

10 cups (3 lb) cooked macaroni
11 (1 ¼ lb) cooked large eggs
½ lb (1 cup, unpacked) creamed cottage cheese
2 tsp calcium carbonate (4000 mg calcium)
¾ tbsp vegetable oil
¼ tsp potassium chloride
Unflavored, additive-free, multivitamin and mineral supplement

Cook macaroni according to package directions; drain, and set aside. Hard-boil or scramble the eggs (use oil to scramble eggs.) If hard-boiled, dice eggs when cooled. Pulverize the calcium carbonate and vitamin-mineral supplement. Mix the oil (if not used in cooking eggs), potassium chloride, supplement, and cottage cheese; then add the eggs and finally add the pasta. Mix well, cover, and refrigerate. Makes enough for four days for a 30lb dog.

Calcium Carbonate is TUMS which you can buy over the counter at the pharmacy. Check the milligrams (mg's) on the package to get the right number for the recipe*

***We have the bone meal supplement here or you can buy it at the health food store**

***Potassium Chloride is "fake salt" or lite salt and is available at the market**