

# How I make my pets food

Trying to be organic, non-GMO, sustainable and as fresh and local  
Giving a variety of vegetables and fruits and non-gluten non GMO grains  
Well Blended and pureed

Margo Roman, DVM,CVA,COT,CPT

[www.mashvet.com](http://www.mashvet.com)

This is how I do it and others are welcome to copy and even make it better





# Adding beans lentils and quinoa/grain mix



We are trying to get an assortment so you will see different types of vegetable and fruits blended separately so they can be added in the same proportions for each batch

- Green veggies and herbs
- Root vegetables
- Fruits
- Winter squash and or Zucchini
- Bean and lentil mixtures
- Quinoa and ancient grains
- Frozen peas
- Ground flax
- Other things like coconut and nuts



# Doing a variety of seasonal vegetables



# Why add lots of healthy pureed vegetables

- Adds lots of nutrients to the food including
  - Phytonutrients
  - Calcium and other important minerals and vitamins
  - Whole plant based and fresh when possible
  - By breaking down the cell wall with blending the animals microbiome can digest the food more efficiently
- In the wild, dogs and cats will eat the intestines of their prey and ingest valuable plant material already broken down
- Can we give highest quality organic whole food vegetable and grains and get a sustainable food for our pets????

Here is what the Footprint of feeding JUST the meat of any meat based diet. With Global warming an issue we cannot look the other way. As example raw

- By feeding a dog 70 lb dog raw meat diet for 11 years the cost would be (because of the meat)
- 8.8 million gallons of water
- 5.5 acres of rainforest land
- 180.7 tons of grain
- 80 tons of CO2 equivalents
- 8,030 animals killed
- 365,385 miles of fossil fuel used



“As a veterinarian for 40 years I have never seen a young health animal wanting to die unless it was so badly injured or had a life threatening disease like cancer. So it is a conundrum how we can love one species and look at the other as food and disposable” Margo Roman, DVM 2017



This is art in the Prado museum in Spain



This is from a dog slaughterhouse in North Vietnam



# Seasonal and CSA “Community sustainable Agriculture” if possible





Fruits and lots of berries can be frozen prefer fresh





Winter squashed include the seeds





# Mixing root veggies together





Placing all the greens together in a food processor or a vita mix/blender





Greens together you can add some other veggies too.



# Making your beans before and cooling



- Using an insta-pot or making your red/black beans/lentils (any color)
  - Soak beans night before and then make and allow to cool
  - Make your non- GMO quinoa, millet, buckwheat, teff and or amarantha and allow to cool
  - you want to have all the ingredients already cool



# Adding assorted grains but first cook them





Grains like: Quinoa, millet, amarantha, Buckwheat, Teff. Allow to cool





# Assembly in Kitchen

- Lay out all your different groups into separate bowls so you can take percentage amounts from each bowl.



Seeing all the colors of the mixtures and generally calculating a percentage.





Making the veggies green veggies 15% squash  
about 20% Root veggies 20% Beans 15% fruits  
8-10% Grains 20% can vary if you have more of  
something





A good filler and addition is frozen organic peas





Can add some of these extras





# Adding in other things like





We add pure water.. Ours is alkaline as well





Here is the mixture all ready to have it placed into containers



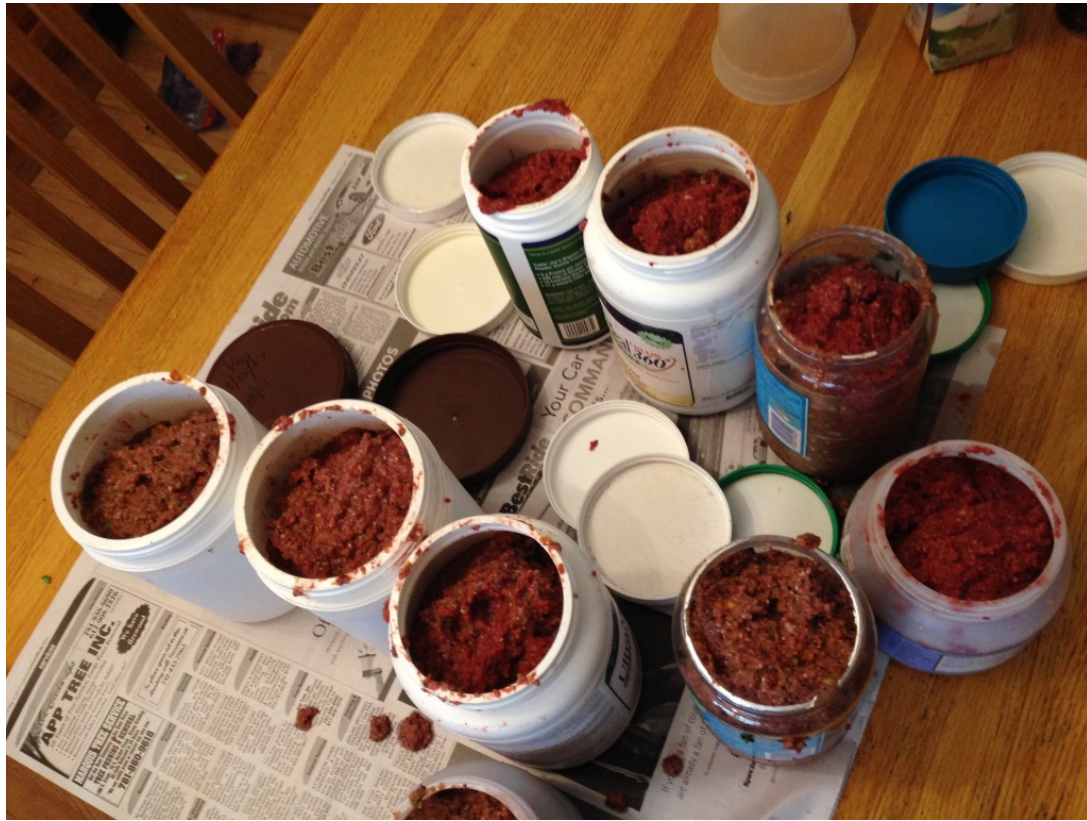


Scoop out and place into clean re-usable containers





Date and seal and then freeze





# Adding fresh protein sources as a percentage

- Adding free range eggs from pet chickens and vegetable based protein is what we are striving for so it would be about 30% of the total mixture
- Adding raw meat to this is another option as you can add 30% of the volume and reduce the total amount of animals lives taken to feed your pet
- I try to feed deer meat from hunting season and road kill deer during rut season and freeze as much as I can .



Making healthy meals for your beloved family members is always the best option



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Hoping that someday we can feed our dogs and cats in a way that harms no  
other animals and does not impact our planet.

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