

Southern Pork Roast with Apples



Ingredient	Amount
Center loin lean pork roast	10 ounces – raw weight
Fresh apples	1 ¼ cup
Diced potatoes with skin	14 ounces – raw weight
Low sodium beef or chicken broth	1 cup
Canola oil	4 teaspoons
Table salt, iodized	¼ teaspoon
GNC Teen vitamin for boys	1 ½ tablet
NOW® Bone Meal Powder	2 teaspoons
Choline supplement (500mg)	1 tablet
Zinc Gluconate tablet (30mg of zinc per tablet)	1 tablet

This recipe is designed to feed healthy, adult dogs only and makes about 1000 calories worth of food. Follow the chart below to estimate the number of days' worth of food the above recipe will make for your dog. Each animal's required caloric intake is unique and is based on activity levels and metabolic rate, so you may need to adjust this daily amount to achieve optimal body weight. We recommend weighing your dog 2 weeks after starting the diet to make sure they maintain optimal body weight.

Weight of Dog in Pounds	Daily Calorie Requirements (Life stage factor 1.4)	Approximate Number of Days in Each Batch
5	181	5 ½ days
10	305	3 days
20	513	2 days
30	695	1 ½ days
40	863	1 day
60	1170	DOUBLE recipe for 1 ½ days
80	1450	TRIPLE recipe for 2 days

Preparation:

Place the uncooked roast, salt, potatoes, canola oil, and broth in a CrockPot or in a roasting pan in the oven. If using the CrockPot, cook on high for at least 4 hours or until the internal temperature of the roast is 160°F. If using the oven, pre-heat the oven to 400°F and cook until the internal temperature reaches 160°F. To cook the apples, you may place them in the crock pot or roasting pan with the meat and remove them early or add them late if you are worried that they will become too soft. After the mixture has cooled to the touch, add the bone meal, crush the GNC teen vitamin, zinc and choline and mix with the other ingredients. Adding vitamins to a hot mixture can inactivate some of the ingredients.

You can double or triple the recipe as needed to decrease the frequency of cooking. If you cook large batches, place each daily portion in a separate freezer container or ziplock bag and freeze. Move one container from the freezer to the refrigerator each evening for the next day. Keeping the food frozen will help maintain freshness and palatability.

Homemade diets can be used the long term feeding of your pet; however, any substitutions in the recipe above could change the balance of the diet. You should not change the components of the diet or you may affect your pet's long-term health. Gradually switch over this new diet with your pet's old diet over 4-7 days.

Supplements:

Most supplements in this recipe can be obtained at your local grocery store. The choline, zinc and bone meal powder can be purchased online at Amazon.com.



This recipe is formulated to meet either AAFCO or the National Research Council's daily nutrient recommendations for healthy, adult dogs. This recipe is copyrighted to the University of Tennessee College of Veterinary Medicine. The ingredients and their amounts should not be altered in any way.