Here is a quick reference chart

Week One	Week Two	Week Three
Rabbit with bone -ground or	Rabbit with bone - ground or	Goat with bone - ground or
small bites. Add Calcium	small bites. Add Calcium	small bites. Add Calcium
supplement (if not 10% bone	supplement (if not 10% bone in	supplement (if not 10% bone in
in diet)	diet)	diet) Alternate proteins every
		week.
Finely chopped raw veggies	Finely chopped raw veggies	Finely chopped raw veggies
(pick 1-2 at a time) (kale,	(pick 1-2 different ones at a	(your preference) 5-8% veggies
broccoli)	time)	
Apple Cider Vinegar (1	Apple Cider Vinegar (1	Apple Cider Vinegar (1
teaspoon-1 TBSP depending	teaspoon-1 TBSP depending on	teaspoon-1 TBSP depending on
on size of dog)	size of dog)	size of dog)
Fish oil/Calamari oil and/or	Fish oil/Calamari oil and/or	Fish oil/Calamari oil and/or
low-sodium sardines in water	low-sodium sardines in water	low-sodium sardines in water
Probiotics/Digestive Enzymes	Probiotics/Digestive Enzymes	Probiotics/Digestive Enzymes
(Double dose enzymes for 30	(Double dose enzymes for 30	(Double dose enzymes for 30
days)	days)	days)
Coconut oil (1/4 teaspoon per	Coconut oil (1/4-1/2 teaspoon	Coconut oil (1/4-1/2 teaspoon
20 lbs) Alternate every other	per 20 lbs) Alternate every	per 20 lbs) Can alternate every
day	other day	other day or daily
Do not feed cooked bones	Add Vitamin E (soy free) – 2-3	Add Vitamin E (soy free) – 2-3
ever!	times a week	times a week
Cooked egg 1-2 times a week	Cooked egg 1-2 times a week	Cooked egg 1-2 times a week
(boiled, poached, or scrambled) No organ meat at this time	(boiled, poached, or scrambled) No organ meat at this time	(boiled, poached, or scrambled) Add organ meats if poop is
140 Organ meat at this time	140 organ meat at this time	normal. (Spleen, brain, kidney,
		eyeballs, ovaries, testicles, calf
		liver (1 oz per 10 lbs) 10% total
Chicken necks and chicken	Chicken necks and chicken feet	Chicken necks and chicken feet
feet 1-2 times a week.	1-2 times a week. Chicken	1-2 times a week. Chicken
Chicken hearts for added	hearts for added Taurine.	hearts for added Taurine.
Taurine.		
If allergic to chicken, start	Himalayan Pink Sea Salt couple	Himalayan Pink Sea Salt couple
with goat or rabbit which I	times a week for minerals (a	times a week for minerals (a
recommend anyway (meat	dash)	dash)
and bone only)		
No added supplements at this	Add in Fulvic/Humic Acid	Add in supplements (2 at a time
time	(small amount)	for 3 days at least) Then two
		more and so on.
Feed raw bones such as rib	Add Colostrum for sensitive or	Can add an organic dairy listed
bones for chewing 2-3 times a	weak immune systems. RAW	from book at this time once a
week	goat's milk is also good.	week
Week Four	Week Five	Week Six
Beef with bone and organs	Chicken with bone and organs	Turkey with bone and organs
(80/10/10) - ground or small	(80/10/10) - ground or small	(80/10/10) - ground or small
bites. Add Calcium	bites. Add Calcium supplement	bites. Add Calcium supplement
supplement (if not 10% bone	(if not 10% bone in diet)	(if not 10% bone in diet)
in diet)		

Finely chopped raw veggies	Finely chopped raw veggies	Finely chopped raw veggies
(pick 1-2 at a time) (kale,	(pick 1-2 different ones at a	(pick 1-2 different ones at a
broccoli)	time)	time)
Apple Cider Vinegar (1	Apple Cider Vinegar (1	Apple Cider Vinegar (1
teaspoon-1 TBSP depending	teaspoon-1 TBSP depending on	teaspoon-1 TBSP depending on
on size of dog)	size of dog)	size of dog)
Fish oil/Calamari oil and/or	Fish oil/Calamari oil and/or	Fish oil/Calamari oil and/or
low-sodium sardines in water.	low-sodium sardines in water.	low-sodium sardines in water.
Probiotics/Digestive Enzymes	Probiotics/Digestive Enzymes	Probiotics/Digestive Enzymes
Coconut oil (1/4 teaspoon per	Coconut oil (1/4 teaspoon per	Coconut oil (1/4 teaspoon per
20 lbs) Alternate every other	20 lbs) Alternate every other	20 lbs) Alternate every other
day.	day.	day.
Vitamin E (soy free) - 3 times	Vitamin E (soy free) - 3 times a	Vitamin E (soy free) - 3 times a
a week.	week.	week.
Cooked egg 1-2 times a week	Cooked egg 1-2 times a week	Cooked egg 1-2 times a week
(boiled/poached/scrambled)	(boiled/poached/scrambled)	(boiled/poached/scrambled)
ORGAN MEATS: (Spleen,	ORGAN MEATS: (Spleen,	
brain, kidney, eyeballs,	brain, kidney, eyeballs, ovaries,	
ovaries, testicles, calf liver (1	testicles, calf liver (1 oz per 10	
oz per 10 lbs) 1-2 times a	lbs) 1-2 times a week) 10%	
week) 10% total.	total.	
Chicken necks and chicken	Chicken necks and chicken feet	Chicken necks and chicken feet
feet 1-2 times a week.	1-2 times a week. Chicken	1-2 times a week. Chicken
Chicken hearts for added	hearts for added Taurine.	hearts for added Taurine.
Taurine.		
Supplements: Colostrum-	Supplements: Colostrum-	Supplements:
immune builder; Camu Camu	immune builder; Camu Camu	Colostrum-immune builder;
or Rosehips-natural Vit C.	or Rosehips-natural Vit C.	Camu Camu or Rosehips-
Magnesium-to replenish	Magnesium-to replenish	natural Vit C. Magnesium-to
magnesium that we all are	magnesium that we all are	replenish magnesium that we
missing in our diet; B-	missing in our diet; B-complex	all are missing in our diet;
complex		B-complex.
Milk Thistle and SAMe	Slippery Elm for sensitive	
and/or TUDCA for stressed	tummies and digestive tracts.	
systems making changes to	(give separately from	
diet, feeding kibble/canned	medications and supplements)	
foods, on medications,	Give this up to 90 days.	
recently vaccinated, or had		
surgery. Give for 30 days.		
Feed raw bones such as rib	Add Colostrum for sensitive or	Can add an organic dairy listed
bones for chewing 2-3 times a	weak immune systems. RAW	from book at this time once a
week. Can do this weekly.	goat's milk is also good.	week if you like.

Remember, if your dog has allergies, overweight, leaky gut, yeast build up, pancreatitis, or any other illness, start with rabbit as your first protein if you can. It is lean and easy to digest. Goat is another good one.