

Here is a quick reference chart

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

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