



FEEDING ADULT DOGS A RAW OR COOKED DIET

THE IOI ESSENTIAL GUIDE



my pets

FOOD JOURNEY

transition your doggo the easy way

Okay, so you've made your choice about which style of feeding suits you & your doggo best. Now it is time to fully transition them over to My Pets Deli Fresh Food!

Day 1 of your doggos new diet

Apple Cider Vinegar is a very simple first step. Nothing else needs to be done other than add 1 teaspoon of Apple cider Vinegar to their drinking water. But Why?

1 Teaspoon of Apple Cider Vinegar in the water bowl changes gut Alkalinity & sets the pup's gut up to a more acidic balance enabling protein digestion. This will reduce upset stomach issues.



Day 2

(Go slow - happy tummy = happy pup!)

Start with 10% new food. Mix 10% My Pets Deli Raw or Cooked Meals with 90% of their current food.

Introduce the mix only at BREAKFAST first day.

Watch their poop during the day (takes about 5-6 hours to come out the other end). A bit loose is totally normal. If poop is watery + super smelly → skip the new food for the next 2-3 meals.

(lunch, dinner, supper if 4-meal day). Try again the next day. If poop looks good → add 10% new food to lunch & dinner too (& supper if needed).



Day Three

Include the new food at a ratio of 20% to 80% original food. Feed this ratio at all meals today.



Day Four

Include the new food at a ratio of 30% to 70% original food. Feed this ratio at all meals today.



Day Five

Include the new food at a ratio of 40% to 60% original food. Feed this ratio at all meals today.



Day Six to Day 11

Continue to add a further 10% each day at every meal to the original food until you reach 100% new food. Feed this ratio at all meals each day.



my pets **FOOD**

feeding guide adult dogs 9-12 months

AGE	AMOUNT TO FEED
9 months	4% - 6% of Current Body Weight
12 Months	3% - 4% of Current Body Weight
18 Months	2% - 3% of Current Body Weight

REMEMBER TO FEED THE DOG IN FRONT OF YOU!

Too thin, increase the amount, too fat, decrease the amount. Monitor the weight & condition of your dog & adjust accordingly.

NOTE: These weights are a guide only. Please consider your dog's level of activity, exercise, desired weight & age when planning the percentage of food they will need.

ADULT DOGS from 9 to 12 months of age: feed between 6% to 4% of your adult dog's body weight per day. This depends on their level of activity.

AGE	CURRENT WEIGHT	← ACTIVITY LEVEL →		AGE	CURRENT WEIGHT	← ACTIVITY LEVEL →	
		4%	6%			4%	6%
9-12 Months	3kg	120gm	180gm	9-12 Months	21kg	840gm	1260gm
	4kg	160gm	240gm		23kg	920gm	1360gm
	5kg	200gm	300gm		25kg	1000gm	1500gm
	6kg	240gm	360gm		27kg	1080gm	1620gm
	7kg	280gm	420gm		29kg	1160gm	1740gm
	8kg	320gm	460gm		31kg	1240gm	1860gm
	9kg	360gm	500gm		33kg	1320gm	1980gm
	10kg	400gm	540gm		35kg	1400gm	2100gm
	11kg	440gm	580gm		37kg	1480gm	2200gm
	13kg	520gm	760gm		39kg	1560gm	2340gm
	15kg	600gm	900gm		41kg	1640gm	2460gm
	17kg	680gm	1020gm		43kg	1720gm	2580gm
	19kg	760gm	1140gm		45kg	1800gm	2700gm

my pets **FOOD**

feeding guide adult dogs 12-18 months

AGE	AMOUNT TO FEED
9 months	4% - 6% of Current Body Weight
12 Months	3% - 4% of Current Body Weight
18 Months	2% - 3% of Current Body Weight

REMEMBER TO FEED THE DOG IN FRONT OF YOU!

Too thin, increase the amount, too fat, decrease the amount. Monitor the weight & condition of your dog & adjust accordingly.

NOTE: These weights are a guide only. Please consider your dog's level of activity, exercise, desired weight & age when planning the percentage of food they will need.

ADULT DOGS from 12 to 18 months of age: feed between 3% to 4% of your adult dog's body weight per day. This depends on their level of activity.

AGE	CURRENT WEIGHT	DAILY AMOUNT OF FOOD		AGE	CURRENT WEIGHT	DAILY AMOUNT OF FOOD	
		3%	4%			3%	4%
12-18 Months	3kg	90gm	120gm	12-18 Months	21kg	630gm	840gm
	4kg	120gm	160gm		23kg	690gm	920gm
	5kg	150gm	200gm		25kg	750gm	1000gm
	6kg	180gm	240gm		27kg	810gm	1080gm
	7kg	210gm	280gm		29kg	870gm	1160gm
	8kg	240gm	320gm		31kg	930gm	1240gm
	9kg	270gm	360gm		33kg	990gm	1320gm
	10kg	300gm	400gm		35kg	1050gm	1400gm
	11kg	330gm	440gm		37kg	1110gm	1480gm
	13kg	390gm	520gm		39kg	1170gm	1560gm
	15kg	450gm	600gm		41kg	1230gm	1640gm
	17kg	510gm	680gm		43kg	1290gm	1720gm
	19kg	570gm	760gm		45kg	1350gm	1800gm

my pets **FOOD**

feeding guide adult dogs 18 months+

AGE	AMOUNT TO FEED
9 months	4% - 6% of Current Body Weight
12 Months	3% - 4% of Current Body Weight
18 Months	2% - 3% of Current Body Weight

REMEMBER TO FEED THE DOG IN FRONT OF YOU!

Too thin, increase the amount, too fat, decrease the amount. Monitor the weight & condition of your dog & adjust accordingly.

NOTE: These weights are a guide only. Please consider your dog's level of activity, exercise, desired weight & age when planning the percentage of food they will need.

ADULT DOGS from 18 months & over: feed between 2% to 3% of your adult dog's body weight per day. This depends on their level of activity.

AGE	CURRENT WEIGHT	DAILY AMOUNT	
		2%	3%
18 Months+	3kg	60gm	90gm
	4kg	80gm	120gm
	5kg	100gm	150gm
	6kg	120gm	180gm
	7kg	140gm	210gm
	8kg	160gm	240gm
	9kg	180gm	270gm
	10kg	200gm	300gm
	11kg	220gm	330gm
	13kg	280gm	390gm
	15kg	320gm	450gm
	17kg	360gm	510gm
	19kg	400gm	570gm

AGE	CURRENT WEIGHT	DAILY AMOUNT OF FOOD	
		2%	3%
18 Months+	21kg	420gm	630gm
	23kg	460gm	690gm
	25kg	500gm	750gm
	27kg	540gm	810gm
	29kg	580gm	870gm
	31kg	620gm	930gm
	33kg	680gm	990gm
	35kg	720gm	1050gm
	37kg	760gm	1110gm
	39kg	800gm	1170gm
	41kg	840gm	1230gm
	43kg	880gm	1290gm
	45kg	920gm	1350gm

my pets **GUT HEALTH**

all natural prebiotic & probiotic foods

You & your dog have a natural gut microbiome – a thriving bacterial ‘forest’ in the upper intestinal tract, the very start of digestion.

When this ecosystem gets out of whack, the signs are unmistakable: vomiting, diarrhea, grass-munching, coprophagia (yes, eating poop), & longer-term misery like chronically itchy skin, infected ears, anal gland problems, & even behavioral issues.

So let's get that gut happy – the easy, no-BS way, without wasting a fortune on probiotic supplements & all the marketing crap that promises miracles if you just buy their sh*t. (Spoiler: we're not selling you any sh*t here, lol.) Functional feeding is super simple: you feed for a purpose, not just to stop your dog starving.

Real food. Real function. Real results.

Prebiotic Foods

These are the beginning of the process, & simply are insoluble fiber.

Psyllium Husks (perfectly balanced in our Raw & Cooked Range, so no need to add any more).

Other Fibrous Vegetables like cooked Kale, Broccoli Stalks, Spinach Stalks.

Cooked Pumpkin including the Skin.

Probiotic Foods

These form the ‘food’ to feed the bacteria in the gut.

Keffir (found in most Supermarkets, always choose unflavored & unsweetened).

Unsweetened, unflavored Greek Yogurt.

Fermented Vegetables (Sauerkraut etc in very small amounts).

How much do you need to feed?

When you start to transition your dog onto fresh foods, it's a great idea to give them a gut boost.

Prebiotic: Start with 1 Tablespoon of Fibrous cooked veggies per 2 kilos of bodyweight per day.

Probiotic: Start with 1 Teaspoon per 2 kilos of bodyweight per day.

You can continue to feed these foods for as long as you wish, but all our Balanced Cooked or Raw Meals contain Prebiotics in the form of Psyllium Husks & veggies, so feel free to drop these at anytime after the first week.

Most dogs love Keffir or Greek Yoghurt, so treat them anytime after the first week as often as you'd like!





FEEDING PUPPIES A RAW OR COOKED DIET

THE 101 ESSENTIAL GUIDE



my pets FOOD JOURNEY

transition your puppy the easy way

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Day 1 of your pup's new diet

Apple Cider Vinegar is a very simple first step. Nothing else needs to be done other than add 1 teaspoon of Apple cider Vinegar to their drinking water. But Why?

1 Teaspoon of Apple Cider Vinegar in the water bowl changes gut Alkalinity & sets the pup's gut up to a more acidic balance enabling protein digestion. This will reduce upset stomach issues.



Day 2

(Go slow - happy tummy = happy pup!)

Start with 10% new food. Mix 10% My Pets Deli Raw or Cooked meal with 90% of their current food. Introduce the mix only at BREAKFAST first day.

Watch their poop during the day (takes about 5-6 hours to come out the other end). A bit loose is totally normal. If poop is watery + super smelly → skip the new food for the next 2-3 meals (lunch, dinner, supper if 4-meal day). Try again the next day (new home & family is stressful!)

If poop looks good → add 10% new food to lunch & dinner too (& supper if needed).



My Pets Deli everyday meals are balanced, but your growing puppy needs a bit more

Goat Milk is a super food, lactose free & easily digested by young puppies. It's an ideal way to boost their calcium requirements. Water it down to a 50/50 milk & water mix (added Calcium & easy digestibility).

Raw Meaty Bones several times a week (Chicken Necks, Wing Tips, Meaty Brisket Bones to chew).

Make sure you include the edible bones (neck or Wing Tips/Feet in the total weight of food fed per day). These provide a much needed chew to help those puppy teeth, as well as added bone building calcium.

Day Three

Include the new food at a ratio of 20% to 80% original food. Feed this ratio at all meals today.



Day Four

Include the new food at a ratio of 30% to 70% original food. Feed this ratio at all meals today.



Day Five

Include the new food at a ratio of 40% to 60% original food. Feed this ratio at all meals today.



Day Six to Day 11

Continue to add a further 10% each day at every meal to the original food until you reach 100% new food. Feed this ratio at all meals each day.

my pets **FOOD**

feeding guide puppies 8 weeks to 16 weeks

AGE	AMOUNT TO FEED
8 Weeks	9% - 10% of Current Body Weight
16 Weeks	7% - 8% of Current Body Weight
6 Months	6% - 7% of Current Body Weight

Remember:
Monitor the weight
weekly of the puppy &
adjust accordingly.

NOTE: These weights are a guide only. Please consider your puppy's level of activity, exercise, desired weight & age when planning the percentage of food they will need. This can change on a daily basis.

My Pets Deli Cooked & Raw Meals contain a Balanced range of vitamins & minerals.
 Your rapidly growing Puppy will need a couple of extras to ensure optimal health.

Goat Milk (watered down to a 50/50 ratio of milk and warm water) once a day
 SUPERVISED Raw Meaty Bones 2 times a week (Chicken Necks, Wing Tips, Big Meaty Brisket Bones to chew)

AGE	CURRENT WEIGHT	DAILY AMOUNT OF FOOD		AGE	CURRENT WEIGHT	DAILY AMOUNT OF FOOD	
		9%	10%			9%	10%
8 Weeks to 16 Weeks	1kg	90gm	100gm	8 Weeks to 16 Weeks	11kg	990gm	1100gm
	2kg	180gm	200gm		13kg	1170gm	1300gm
	3kg	270gm	300gm		15kg	1350gm	1500gm
	4kg	360gm	400gm		17kg	1530gm	1700gm
	5kg	450gm	500gm		19kg	1710gm	1900gm
	6kg	540gm	600gm		21kg	1890gm	2100gm
	7kg	630gm	700gm		23kg	2070gm	2300gm
	8kg	720gm	800gm		25kg	2250gm	2500gm
	9kg	810gm	900gm		27kg	2430gm	2700gm
	10kg	900gm	1000gm		29kg	2610gm	2900gm

my pets **FOOD**

feeding guide puppies 16 weeks to 6 months

AGE	AMOUNT TO FEED
8 Weeks	9% - 10% of Current Body Weight
16 Weeks	7% - 8% of Current Body Weight
6 Months	6% - 7% of Current Body Weight

Remember:
Monitor the weight
weekly of the puppy &
adjust accordingly.

NOTE: These weights are a guide only. Please consider your puppy's level of activity, exercise, desired weight & age when planning the percentage of food they will need. This can change on a daily basis.

My Pets Deli Cooked & Raw Meals contain a Balanced range of vitamins & minerals.
 Your rapidly growing Puppy will need a couple of extras to ensure optimal health.

Goat Milk (watered down to a 50/50 ratio of milk and warm water) 3 times a week
 SUPERVISED Raw Meaty Bones 3 times a week (Chicken Necks, Wing Tips, Big Meaty Brisket Bones to chew)

AGE	CURRENT WEIGHT	DAILY AMOUNT OF FOOD		AGE	CURRENT WEIGHT	DAILY AMOUNT OF FOOD	
		7%	8%			7%	8%
16 Weeks to 6 Months	3kg	210gm	240gm	16 Weeks to 6 Months	21kg	1470gm	1680gm
	4kg	280gm	320gm		23kg	1610gm	1840gm
	5kg	350gm	400gm		25kg	1750gm	2000gm
	6kg	420gm	480gm		27kg	1890gm	2160gm
	7kg	490gm	560gm		29kg	2030gm	2320gm
	8kg	560gm	640gm		31kg	2170gm	2480gm
	9kg	630gm	720gm		33kg	2310gm	2640gm
	10kg	700gm	800gm		35kg	2450gm	2800gm
	11kg	770gm	880gm		37kg	2590gm	2960gm
	13kg	910gm	1040gm		39kg	2730gm	3120gm
	15kg	1050gm	1200gm		41kg	2870gm	3280gm
	17kg	1190gm	1360gm		43kg	3000gm	3440gm
	19kg	1330gm	1520gm		45kg	3150gm	3600gm

my pets **FOOD**

feeding guide puppies 6 months to 9 months

AGE	AMOUNT TO FEED
8 Weeks	9% - 10% of Current Body Weight
16 Weeks	7% - 8% of Current Body Weight
6 Months	6% - 7% of Current Body Weight

Remember:
Monitor the weight weekly of the puppy & adjust accordingly.

NOTE: These weights are a guide only. Please consider your puppy's level of activity, exercise, desired weight & age when planning the percentage of food they will need. This can change on a daily basis.

My Pets Deli Cooked & Raw Meals contain a Balanced range of vitamins & minerals.

Your rapidly growing Puppy will need a couple of extras to ensure optimal health.

Goat Milk (watered down to a 50/50 ratio of milk and warm water) once or twice a week.

SUPERVISED Raw Meaty Bones 3 times a week (Chicken Necks, Wing Tips, Big Meaty Brisket Bones to chew).

AGE	CURRENT WEIGHT	DAILY AMOUNT OF FOOD		AGE	CURRENT WEIGHT	DAILY AMOUNT OF FOOD	
		6%	7%			6%	7%
6 Months to 9 months	3kg	180gm	210gm	6 Months to 9 months	25kg	1500gm	1750gm
	4kg	240gm	280gm		27kg	1620gm	1890gm
	5kg	300gm	350gm		29kg	1740gm	2030gm
	6kg	360gm	420gm		31kg	1860gm	2170gm
	7kg	420gm	490gm		33kg	1980gm	2310gm
	8kg	480gm	560gm		35kg	2100gm	2450gm
	9kg	540gm	630gm		37kg	2200gm	2590gm
	10kg	600gm	700gm		39kg	2340gm	2730gm
	11kg	660gm	770gm		41kg	2460gm	2870gm
	13kg	780gm	910gm		43kg	2580gm	3000gm
	15kg	900gm	1050gm		45kg	2700gm	3150gm
	17kg	1020gm	1190gm		47kg	2820gm	3290gm
	19kg	1140gm	1330gm		49kg	2940gm	3430gm
	21kg	1260gm	1470gm		51kg	3060gm	3570gm
	23kg	1380gm	1610gm				