



Green as a Pea

SERVINGS: 500GR
2 CUPS PORTION

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Saying that this meal contains as many colours as it has flavours is an understatement!

This delicious combination of the sweetness of apples and crunchiness of bell peppers will always make your dog pleased!

Ingredients

250gr - 1 cup cooked green lentils
150gr - 2/3 cup cooked quinoa
70gr - 1/2 cup baby spinach leaves
40gr - 1/3 cup raw red bell pepper
40gr - 1/3 cup cooked or raw carrots
One big apple
A small pinch of unrefined sea salt
Sprinkle of sesame seeds





Green as a Pea

Directions

Start by soaking the lentils and quinoa the day before;

(or take your batch lentils and quinoa out the freezer, see note below)

Place your quinoa in a large bowl and cover in water, and let soak for 12 hours. Once the soaking is complete, place in a pot, add fresh water and cook for 10 minutes.

Place your lentils in a large bowl and cover in water, and let soak for 12 hours. Once the soaking is complete, place in a pot, add fresh water and cook for 45 minutes or until soft.

Chop the baby spinach leaves and let them raw or slightly steam them (less than 10 minutes)

Chop the carrots into small chunks or grate them.

Cut the apples into tiny pieces or grate them.

Combine Quinoa and lentils with spinach, carrots, apples, and bell pepper. Add the salt, superfood formula, or dog's feeding supplement. Sprinkle with the sesame seeds. And voila!

Ingredients substitution

Regular tomatoes can be used instead of cherry tomatoes, as long as ripe.

Brown rice can be used instead of Quinoa.

Banana can be switched to apple.

Broccoli can be replaced by raw spinach or zucchini.

If you're changing a component in the original recipe with one recommended here, keep the proportions the same and avoid overcooking the ingredient or leaving it raw if feasible.

Important notice

Cooked sweet potatoes can be used instead of carrots.

Golden, brown, or beluga lentils can replace green lentils.

Apple can be replaced by pear or orange.

Baby spinach leaves can be replaced by steamed kale or green cabbage.

Bell pepper can be substitute with yellow or green bell pepper.

Quick life saving tip !

To be honest, preparing the base in ingredients in advance is the only way to make home cooking for your dog doable on the long term, and stress free.

How to achieve that:

Start by buying 1,2 or 5kg of chickpeas, legumes and wholegrain, which represent the base of your plant-based dog's diet.

Soak them overnight or for 12hours in separate kitchen bowls, rinse them thoroughly and cook them in a large pot, covered in water, for 45 minutes or until tender.

Once cooked, let them cold down and freeze them in glass container or freezing bags.

Takes them out the freezer before your dog's meal time.

For beans, chickpeas or other legumes, an easy way is to pour hot water on it. In a minute, they'll fresh, warm and ready to eat !

What about the supplements ?

The formula below ensures your dog's plant-based meals are nutrient-complete. When incorporating this combination of superfood, extra supplements (vegdog or other) are not required.

However, your dog's nutritional requirements are specific, especially if diseases are present.

If you want to learn about your dog's unique nutritional needs, you can schedule a free 30-minute consultation here: <https://www.thevegangdogcoach.com/product-page/free-30-minutes-consultation>

Recipes can also be tailored to your dog's unique needs; additional information can be found here :

<https://www.thevegangdogcoach.com/product-page/made-to-measure-plant-based-recipe-for-healthy-dog>

Homemade supplement formula

Pumpkin seeds

Dogs between 5 to 10kg = two teaspoons

Dogs between 10 to 15kg = two teaspoons

Dogs between 15 to 20kg = three teaspoons

Dogs between 20 to 30kg = one tablespoon

Dogs over 30kg = one and a half tablespoons

Sunflower seeds

Dogs between 5 to 10kg = half a teaspoon

Dogs between 10 to 15kg = half a teaspoon

Dogs between 15 to 20kg = one teaspoon

Dogs between 20 to 30kg = one and a half teaspoon

Dogs over 30kg = two teaspoons

Spirulina

Dogs between 5 to 10kg = 1 teaspoon

Dogs between 10 to 15kg = 2 teaspoons

Dogs between 15 to 20kg = one tablespoon

Dogs between 20 to 30kg = one and a half tablespoons

Dogs over 30kg = two tablespoons

Chlorella

Dogs between 5 to 10kg = 1 teaspoon

Dogs between 10 to 15kg = 1 and a half teaspoon

Dogs between 15 to 20kg = two teaspoons

Dogs between 20 to 30kg = three teaspoons

Dogs over 30kg = one tablespoon

The most phenomenal new!!

And if you don't have time for making the above formula or soak the seeds because your life is too busy or you don't want to, it's time to get thrilled because the vegan dog coach supplement will be available very soon!!

This supplement is unlike anything else on the market, vegan or not, because it contains no synthetic nutrients and is made up entirely of naturally occurring nutrients found in superfoods that have been activated. This supplement is a revolution for our dogs, meant to increase their longevity and restore them to a level of health they haven't had in a long time!

Supplementation in Vitamin D

Vitamin D must be supplied separately from the formula, unless a plant-based food supplement containing Vitamin D is used.

The trick is that all kibbles, both meat-based and plant-based, pet supplements, and feeding supplements on the market that I am aware of include some type of synthetic vitamin D. As you may be aware, synthetic nutrients are not bioavailable to the canine body. According to top experts in living nutrition and nutrient science, including Carol Dougoud, who has over 48 years of experience in the nutrients science, synthetic nutrients are not well absorbed by the body and the body is unable to identify and utilise the synthetic nutrient.

It is primarily caused by a lack of co-factors, which are substances found in naturally occurring nutrients that allow the body to absorb and use the nutrients for their intended purpose (DNA repair, heart muscle function, cognitive functions, and any functions in your dog's organs, tissues, and nerves).

Vitamin D is the least available and most hazardous of the synthetic nutrients. Every year, thousands of complaints are filed against pet food and supplement manufacturers following the deaths of dogs due to vitamin D poisoning. And just a few occurrences are reported, despite the fact that estimated dozens of thousands of canines die each year as a direct result of vitamin D intoxication. Vitamin D should be supplemented in your dog's plant-based food with a liquid plant-based vitamin D supplement derived from naturally occurring vitamin D. The amount of vitamin D your dog needs is determined on its age, weight, and overall health. To find out how much vitamin D your dog need, shoot us an email at hello@thevegandogcoach.com.