

# Table of Contents

## ☯ PART I – KIBBLE JUST WON'T DO

### ❖ Introduction – About The Author

### ❖ A Word About Nutrition:

- Why Home Made Diet?
- Truth About Most Pet Foods
- Home Prepared x Commercial
- Is commercial Diet Really Complete and Balanced?
- Nutrition As Medication
- The Elixir of Health – Three Key Ingredients for Your Pet's Health and Longevity
- Can We Prepare a Complete and Balanced Natural Pet Food at Home?

### ❖ How to Prepare a Complete and Balanced Pet Food: It's Composition, Few Guidelines and Principles

- How Much Meat? Simple Rule of Thumb
- Raw Or Cooked Meat?
- Grains - Great Source of Carbohydrates and Fiber
- How To Make Grains Nutritionally Available
- Why Feed Whole Grain Ingredients and The Power of Quality Fibre
- Fats and Oils
- Vitamins, Minerals, Fiber and Other Nutrients
- Vegetables and Fruits
- How to Make Fruits and Vegetables Digestible for Your Pet
- Nuts and Seeds
- How to Make Flax Seed Nutritionally Available
- The "Secret" Super Food
- What You Won't Find In Majority of Commercial Pet Foods

## ☯ PART II – RECIPES AND REMEDIES FROM KATERINA'S CANINE KITCHEN

### ❖ Foreword

### ❖ Recipe Suitability Guide

### ❖ Holistic Home Made Dog Food Recipes:

- Healthy Breakfasts (4)
- Main Meals and Soups (18)
- Holistic, Delicious Dog Treats And Rewards (6)
- Home Made Remedies And Cures (9)

## ☯ PART III – TIPS, REFERENCES AND LINKS

### ❖ A Few Useful Tips

- Transition Guide for Changing Diet
- How to Get Your Pets Used to New Tastes and Ingredients
- Bach Flower Remedy Aid for Pets with Chronic Lack of Appetite
- Feeding Healthy and Cost Effectively in a Multiple Pet Household or Kennel

### ❖ References And Links

### ❖ Stay Connected