



# White fish & quinoa

with  
**CompleteMe Canine**  
*for a complete meal*

for **DOGS**

## Ingredients:

- 400 grams white fish fillet (skinless, boneless)
- 250 grams quinoa (cooked weight)
- 130 grams pumpkin (fresh or frozen)
- 80 grams Chinese broccoli (gai lan)
- 80 grams bok choy
- 4 teaspoons hempseed oil
- 2 tablespoons coconut cream (unsweetened)
- 10 grams CompleteMe Canine

*Percentage Calories From:*  
**Protein:** 37.82% ; **Fat:** 35.29% ;  
**Carbohydrate:** 26.89%

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## Preparation & Cooking:

1. Pan-fry the white fish fillet in a non-stick pan (without added oil) until cooked. Set aside, allow to cool, then either flake or finely chop.
2. Cook the quinoa in water until cooked. Drain, set aside, allow to cool, then weigh out the required amount (250 grams).
3. Steam or microwave the chopped pumpkin, Chinese broccoli, and bok choy until soft, then either mash them together or leave them as is, depending on preference.
4. In a large mixing bowl, combine the white fish, quinoa, vegetables, hempseed oil, and coconut cream and mix thoroughly.
5. Once all ingredients are cool, mix in the CompleteMe Canine powder.
6. Be sure to mix together all the ingredients very well.  
**This batch makes approximately 1 kilogram of food.**

## Serving & Storage:

To serve after cooking, please allow the food to cool, then weigh out the required amount for your dog (following the Daily Feeding Guide instructions below) using a scale. Serve at room temperature.

For the remaining food, using the Daily Feeding Guide, portion it into daily serving sizes based on your dog's weight, and place it in an airtight container with a label for the date on which it was prepared. This prepared food can either be stored in the refrigerator (4°C) or freezer (-15°C).

### Refrigeration:

We recommend that prepared food is stored in the fridge for a maximum of 3 days.

### Freezing:

Prepared meals (including all ingredients and the CompleteMe Canine supplement) can be frozen for up to 4 weeks. It is important that when you defrost the meals, you do not heat the food to a high temperature, but rather defrost it gently until just warm, in the fridge (e.g., overnight) or in a microwave or warm water bath. This is because heating up the food may destroy some of the vitamin content.

## Daily Feeding Guide:

**This recipe meets the nutritional levels established by the AAFCO Dog Food Nutrient Profiles for maintenance of adult dogs.**

Suitable for healthy adult dogs only; not suitable for puppies or dogs with medical condition/s. Not suitable for human consumption.



**Scan me:**  
Use our online **feeding calculator** to work out how much to feed your healthy adult dog on a daily basis.

*You'll need the number below to enter into the calculator*  
**Caloric Density: 0.97 kcal/gram**

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## Frequently Asked Questions:

### How should I transition my dog on to their new diet?

We strongly recommend that you gradually transition your dog onto their new diet over 5-7 days. This is because sudden changes in the fat and fibre content of the diet can sometimes cause gastrointestinal upset. Begin with 90-80% of the old diet and 10-20% of the new diet. If this is well-tolerated for a few days, increase to 30-40% new diet for another few days. Again, if well-tolerated, increase to 50-60% new diet for a few days, and so forth, until 100% new diet is being fed.

### What is the best way to measure ingredients accurately?

We recommend purchasing a digital kitchen scale that can measure in grams to ensure accuracy with the ingredient portions. All teaspoon/tablespoon measurements given are Australian teaspoon/tablespoon sizes.

### My dog won't eat the diet. What should I do?

Here are some things you can try:

- A very slow transition to the new diet can improve acceptance and tolerance, especially when adding supplements. This is especially true in dogs that have been fed a commercial kibble or canned diet for a significant amount of time.
- If your dog is picking out the meat and leaving the vegetables, try processing or blending the diet in a food processor or blender, until it is very well-mixed.
- Add a small amount of chicken or beef stock to the meal to flavour the vegetables and/or other carbohydrates. Make sure the stock does not contain onions or garlic.
- Top your dog's meals with a small number of their favourite treats (whole or crushed) – for example, freeze-dried chicken breast or salmon is popular and can be crumbled and mixed into the food.
- Add a small amount of something strong-smelling or tasting that your dog loves. For example: Vegemite or Promite, miso paste, grated cheddar or parmesan cheese, sardines or mackerel canned in spring water, crushed liver treats, canned cat or dog food, cottage cheese or plain yoghurt, or peanut or almond butter (no added sugar or salt).

### Can I substitute ingredients?

**Ingredients should not be substituted under any circumstances.** Ingredients that may seem similar can vary greatly in the amounts and types of nutrients they provide. This is especially true of any vegetable oils used as they have very specific fatty acid profiles. For example, simply changing from hempseed oil to olive oil can make the diet deficient in linoleic acid, which can cause signs of deficiency like dry scaly skin and a dull coat.

### My dog has developed some changes in stool consistency. What should I do?

It can be the case that some dogs develop mild changes in stool consistency, even with a gradual transition to the new diet. Most commonly, stools may become slightly softer/pasty, however, mild constipation can also occur. Liquid or watery diarrhoea is rare and is a cause for concern. If your dog has softer stools, but is eating and drinking normally, and is otherwise bright and happy, it may be sensible to continue to feed the diet and monitor your dog's stools for several more days. Changes in the fibre content of your dog's diet can cause softer stools; this is usually mild and temporary, with stools normalising after 4-5 days. If stool consistency does not improve, or you become concerned because your dog is lethargic, not eating, not drinking, or has severe diarrhoea, please stop feeding the diet immediately and consult your family veterinarian.

### My dog has started vomiting. What should I do?

**Vomiting in response to gradual dietary change is not normal in healthy dogs.** Rapid or immediate changes in diet may cause vomiting or diarrhoea, and this is, therefore, why a gradual transition is recommended. Please stop feeding the diet immediately and consult your family veterinarian.

For more information about CompleteMe Canine and our recipes for healthy adult dogs, please consult our website ([www.vngpets.com](http://www.vngpets.com)), or email us on [info@vngpets.com](mailto:info@vngpets.com).