



# Cottage cheese

with  
**CompleteMe Puppy**  
*for a complete meal*

## for PUPPIES

## Ingredients:

- 380 grams cottage cheese, low-fat (2% fat)
- 390 grams sweet potato (washed, not peeled)
- 100 grams kale
- 85 grams canned chickpeas
- ½ tablespoon flaxseed oil
- 10 grams pumpkin seeds
- 2 Wanderlust plant omega-3 capsules
- ½ Blackmores Selemite B (100 mcg) tablet
- 26 grams CompleteMe Puppy

*Percentage Calories From:*  
**Protein:** 29.46% ; **Fat:** 18.54% ;  
**Carbohydrate:** 52.00%

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## Preparation & Cooking:

1. Steam or microwave the chopped sweet potato and kale until soft, then either mash them together or leave them as is, depending on preference.
2. In a large mixing bowl, combine the cottage cheese, vegetables, chickpeas (drained weight; rinsed), flaxseed oil, and pumpkin seeds (finely ground or chopped) and mix thoroughly.
3. Once all ingredients are cool, mix in the plant omega-3 capsules (contents), Blackmores Selemite B tablet (½ tablet; crushed), and CompleteMe Puppy powder.
4. 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 puppy (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 puppy'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 Puppy 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 has been formulated to meet the nutritional levels established by the AAFCO Dog Food Nutrient Profiles for growth, including the growth of large-sized dogs (>32 kg weight as an adult).** Suitable for puppies only; not suitable for human consumption.



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

*You'll need the number below to enter into the calculator*  
**Caloric Density: 1.01 kcal/gram**



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## Frequently Asked Questions:

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

We strongly recommend that you gradually transition your puppy 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 puppy 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 puppies that have been fed a commercial kibble or canned diet for a significant amount of time.
- If your puppy 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 puppy'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 puppy 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.

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

It can be the case that some puppies 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 puppy 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 puppy's stools for several more days. Changes in the fibre content of your puppy'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 puppy is lethargic, not eating, not drinking, or has severe diarrhoea, please stop feeding the diet immediately and consult your family veterinarian.

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

**Vomiting in response to gradual dietary change is not normal in healthy puppies.** 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.

### What is the purpose of a hypoallergenic diet?

Our hypoallergenic recipes are made specially for puppies with possible adverse food reactions or those with food sensitivities. To properly diagnose an adverse food reaction, a food elimination-challenge diet trial needs to be performed. We recommend speaking with your family veterinarian to determine the best plan for your puppy.

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