

Weight loss/gain	You should never aim for more than a 10% gain or loss in a month for your dog. For example, if your dog weighs 100 lbs and ideally should weigh 80 lbs they need to lose 20 lbs. But a 10% loss would only be 10 lbs (100 * 10%). So when you enter the dogs GOAL weight it should be 90 lbs. Once the dog gets to that weight you can change the GOAL weight to 80 lbs
Raw Meaty Bones 65%	Dog's GOAL weight * Daily Percentage * Percentage of RMBs * 16 (to convert to ounces)
	Examples of RMBs are: chicken necks, backs, leg quarters, wings; turkey necks, beef or pork necks bones, lamb ribs, fish, etc. Any item that has bone and meat together.
Muscle Meat 35%	Dog's GOAL weight * Daily Percentage * Percentage of Muscle Meat * 16
	Examples of Muscle Meat are: beef heart, ground turkey, ground beef, steaks, chicken breast, boneless pork, etc. Any meat without bone.
Organ Meat 4%	Dog's GOAL weight * Daily Percentage * Percentage of Organ Meat * 16
	Examples of Organ Meat are: liver, kidney, brains, gizzards, etc.
Veggie 2%	Dog's GOAL weight * Daily Percentage * Percentage of Veggies * 16 * 7 (to get the total weekly amount) divided by 3.5 (to get the amount if fed only twice a week)
Additional Items	Some people add additional items to their dogs diet. Items such as grains, fruit, eggs, dairy products like cottage cheese or yogurt, etc. You need to decide if your dog would benefit from these items and then adjust the amounts of the diet accordingly.
Daily Percentage	The basic formula is that you feed between 2 - 3% of your dog's IDEAL weight in food each day. I suggest people start at 2% if their dog is very INACTIVE, 2.5% if the dog is of average activity level and 3% if the dog is HIGHLY active. This is why monthly (or weekly) weigh-ins are very important. They let you know if you need to adjust the percentage. Some dogs may need more than 3%. Remember - each dog is different. And in the beginning it's a learning experience
Important	The above figures are ESTIMATES - they are not set in stone. They give you a starting point. Monthly weigh-ins (weekly for smaller dogs) to check their progress and watching how they react to the foods and amounts are highly recommended.
	For example, one of my 70 lb German Shepherds can't handle more than 3.5 ounces of beef liver in one day. So, even though she's supposed to get 4.2 ounces he gets only 3.5 ounces. I make up the difference in muscle meat