



*Protocols
&
Detailed guide to Meal Prep*



Issue 7



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What will be covered in this E-Book?

➤ Protocols to be followed at situations

1. Diarrhea and Vomit Protocol
2. Constipation Protocol
3. Hotspot Protocol
4. Kennel Cough Protocol
5. Ear irritation / infection Protocol
6. Yeast Infection Protocol
7. Tick and Flea Protocol

➤ Detailed guide to Meal Prep

➤ Meal Prep Essentials

PROTOCOLS

The proper procedure or a course of action to be followed post a situation is called protocols. Here, the home remedy protocols which can be followed before visiting the vet or at times when the vet isn't available.

❖ Diarrhea and Vomit Protocol:

1. Determine what has caused the diarrhea / vomit to occur.
Examples: New foods, Transition time period, Garbage Eating, Fear, or at the worst cases worms.
2. If your dog develops sudden diarrhea / vomiting, don't feed anything for 2 hours. (Don't fast puppies or dogs with gastroenteritis)
3. Feed diluted broth or provide water.
4. Feed 3 to 4 pieces of boiled and shredded chicken with pumpkin or sweet potatoes with probiotic powder such as Gutwell or Protect.
5. Most dogs feel alright at this step, if still not settled wait for some time after feeding, if the same issue happens again take them to the vet.

❖ Constipation Protocol:

Unbalanced raw or home cooked food causes constipation more often than kibble fed dogs. Dogs shouldn't go without a bowel movement for more than 36 hours. Causes of constipation are Lack of Fiber and Moisture in the diet and too much of Raw Meaty Bones.

1. Increase the fiber content i.e., Vegetable content in the diet.
2. Take your dog out for a long walk or an exercise session.
3. Still didn't poop? Feed ½ tablespoon psyllium husk (available in almost all pharmacies) with curd.
4. Still didn't poop? Its time to say Hi to the vet.

❖ Hotspot Protocol:

Hotspots are moist inflammation on the body, usually its produced by excess heat or at times its even caused by allergic foods.

1. Switch to complete cooling or neutral proteins such as duck, quail, beef, buffalo or pork. Feed plenty of buttermilk and cooling snacks.
2. Trim the fur around the hotspot.
3. Clean the area with warm water and tap dry it.
4. Apply Calendula Cream or Calendula Mother Tincture (available at most homeopathic stores) on the infected area for 3-4 times a day.
5. If you see improvement, please continue with the same remedy.
6. If it is getting bad, vet intervention is necessary.

❖ Kennel Cough Protocol:

Kennel cough sounds like your dog is choking on something, trying to get something out. Kennel cough is a contagious respiratory disease in dogs, in mild cases there's only cough but in the worst scenarios it can turn into life threatening pneumonia.

Where your dog could have picked up the kennel cough virus?

1. Dog Park (**HIGHEST POSSIBILITY**)
2. Dog Boarding or Swimming Pools
3. Grooming facilities
4. Doggy Daycares
5. Even the VET CLINIC! Yes! How do you know which dog has which issue when he has interacted with your dog at the vet?

What to do if you suspect Kennel Cough?

1. Strictly don't take your dog near any other dog; change walk routes; don't let them sniff a lot.
2. Provide warm diluted broths with turmeric and ¼ teaspoon black pepper.
3. Plenty of rest is important, discourage barking and hyper excitement for a few days.
4. For dogs above 1 year, 1 spoon of raw honey can be given to soothe the throat, (**Don't feed honey to puppies**)
5. Kennel cough usually resolves with the above remedies within 3 to 4 days, incase it doesn't subside, please visit the vet.

❖ Ear irritations Protocol:

Ear irritations are usually noticed when the dog is excessively scratching, head shaking or annoyance.

Ear irritations are usually caused by yeast, bacteria trapped in the ears, and floppy ear breeds such as Beagles, Basset hounds, Spaniels are at a higher risk of ear infections. Wax buildup, Ear Mites, and even allergies can cause ear infections in dogs.

1. To clean up wax buildup or yeast in the ears, apple cider vinegar and water 1:1 ratio can be used to clean them well, make sure that you only clean the outer part and you don't pour the mixture down their ears to clean the whole ear canal, it doesn't work that way.
2. Boiled Coconut oil and garlic can also be used as an ear cleaning mixture. This mixture is mostly used for mild ear infections, to prevent ear mites and prevent any bacterial infection in the ears.
3. In case of any discharge from the ears, please take them to the vet immediately.

❖ Yeast Infection Protocol:

Yeast infection is usually caused If your dog swims or is bathed frequently, trapped water or debris in the ear canal can lead to yeast infections. Allergens like pollens, mold, certain foods can also lead to yeast infections in a dog. It's usually recognized by red inflamed paws, yeasty smell in the ears, excessive head shaking, and excessive shedding.

1. As soon as you suspect yeast infection, Eliminate all foods which can cause a trigger, switch your dog to a strict meat-based diet, only meat, organs and bones, No fruits, No vegetables and strictly no grains, Grains release starches and sugar content while yeast feeds on sugar making the case much more severe.
2. Feed a balanced diet, a proper balance of EPA, DHA, LA and ALA doesn't cause inflammation. Feed optimum amounts of Zinc, Copper, B- Vitamins (B- Vitamins are water soluble and hence should be provided on daily basis) and Magnesium.
3. Prebiotics and Probiotics help to balance the microbiome, feeding prebiotics and probiotics help to restore balance in the gut.
Example: Gutwell, Protect, Fidospore etc.

4. Using apple cider vinegar with the meals everyday helps to reduce yeast infection; Use ACV to clean the ears and also do an ACV Paw soak.
5. If the infection bad, in the worst cases this happens, please take a vet visit.

❖ Flea and Tick Protocol:

Taking your dog to the park? Places with a lot shrubs and bushes? ACV, Neem, Garlic and essential oils are your best friends.

1. As soon as you find a tick or flea on your dog, the first thing is to remove the tick carefully without bursting it, bursting a tick releases the eggs, which is not good.
2. Give your dog a complete bath with an anti-tick and flea shampoo, My preferences are Capt. Zack, Petveda, Back in the day, Happy Puppy Organics and Wahl.
3. After a bath, dry well and apply the natural essential oil spot on.
4. Sprinkle diatomaceous earth around your home, garden pots and under your pet's bedding.
5. Infuse ACV and garlic with hot water in a spray bottle and use it prior each walk.
6. Post walks, keep 10 minutes to check your dog completely for ticks and fleas, clean their paws post every walk.

- ❖ All the above protocols are home remedies which can be followed and have had positive results for more than 90% of the dogs, and is not a replacement of veterinary diagnosis, again all dogs are different, please contact your vet in case of emergencies.

Detailed Guide to Meal Prep

Preparing food for your dogs can be overwhelming and time consuming. This e-book aims to reduce your effort by providing a proper idea and clarification on how to prepare the dog's meal.

Meal prep is the process of planning and preparing the meals most preferably for a long period of time i.e., 3 Days, 7 Days, 14 Days, 21 Days or as convenient it is to the pet parent or depending upon the storage available.

Procure all the items required to prepare the meals. Meats, Organs, Bones, Vegetables and whatever extra is required.

1. If you get chopped meats, weigh the meat as per your diet chart given by the nutritionist or the diet required for your dog.
2. If you get the whole meat such as whole chicken or whole duck, cut it to the pieces as per your requirement.
3. Divide the meats, organs and bones as required and put it to the meal prep containers or Ziploc bags.
4. Fish should not be mixed with any other meat and should come into the contact of the other meat only while serving.
5. Chop the vegetables, boil or steam them and blend, you can store the vegetables with the meats but, I prefer to store it separately and add them while serving.
6. Close all the containers and you're good to go for a week.

| |
|---|
| DAY WISE BOXES |
| MUSCLE MEATS, MUSCLE ORGANS, SECRETING ORGANS AND BONES |

| |
|------------------------------|
| BOX 2 FOR VEGGIES |
| BLENDED VEGETABLES |

| |
|---------------------------|
| BOX 3 FOR FISH |
| FISH |



This image was from my previous meal prep.

You can see that the meats, muscle organs and secreting organs are in 1 box, the veggie mush and fish are stored separately (not shown in the image)

What were the ingredients in my previous Meal Prep

| | |
|--|--|
| <p><u>MEATS –</u></p> <p>CHICKEN & DUCK</p> | <p><u>MUSCLE ORGANS –</u></p> <p>CHICKEN & DUCK GIZZARD LAMB LUNGS</p> |
| <p><u>BONES –</u></p> <p>CHICKEN & DUCK DRUMSTICK CHICKEN & DUCK FEET CHICKEN & DUCK WINGS DUCK NECK</p> | <p><u>SECRETING ORGANS –</u></p> <p>CHICKEN & DUCK LIVER LAMB SPLEEN</p> |
| <p><u>FISH –</u></p> <p>SARDINE & MACKEREL</p> | <p><u>VEGETABLES –</u></p> <p>BEANS, CARROTS, BROCCOLI, BEETROOT, SPINACH, ZUCCHINI, AND PUMPKIN</p> |

MEAL PREP ESSENTIALS

Meal prep essentials are those which are required / suggested to make prep easy for you.

* All the below products are just recommendations, please choose what suits you the most.

1. Meat cutting knife / Butcher's Knife-
(Can be purchased if you get whole meats)

<https://www.amazon.in/Amazon-Brand-Premium-High-Carbon-Stainless/dp/B079YFNV6Q/>



2. Kitchen weighing scale-

<https://www.amazon.in/Health-Sense-Chef-Mate-Digital-Scale-KS33/dp/B013B2WGT6/>



3. Meal Prep Containers-

<https://www.amazon.in/Enther-Containers-Compartment-Stackable-Dishwasher/dp/B072B9F7W4/>



4. Silicone Moulds-

(Useful to freeze veggie mush, broths, kefir or any frozen treats to provide a daily dosage)

<https://www.amazon.in/HASTHIP%C2%AE-Silicone-8-Cavity-Reusable-Chocolate/dp/B085DJ4C7V/>



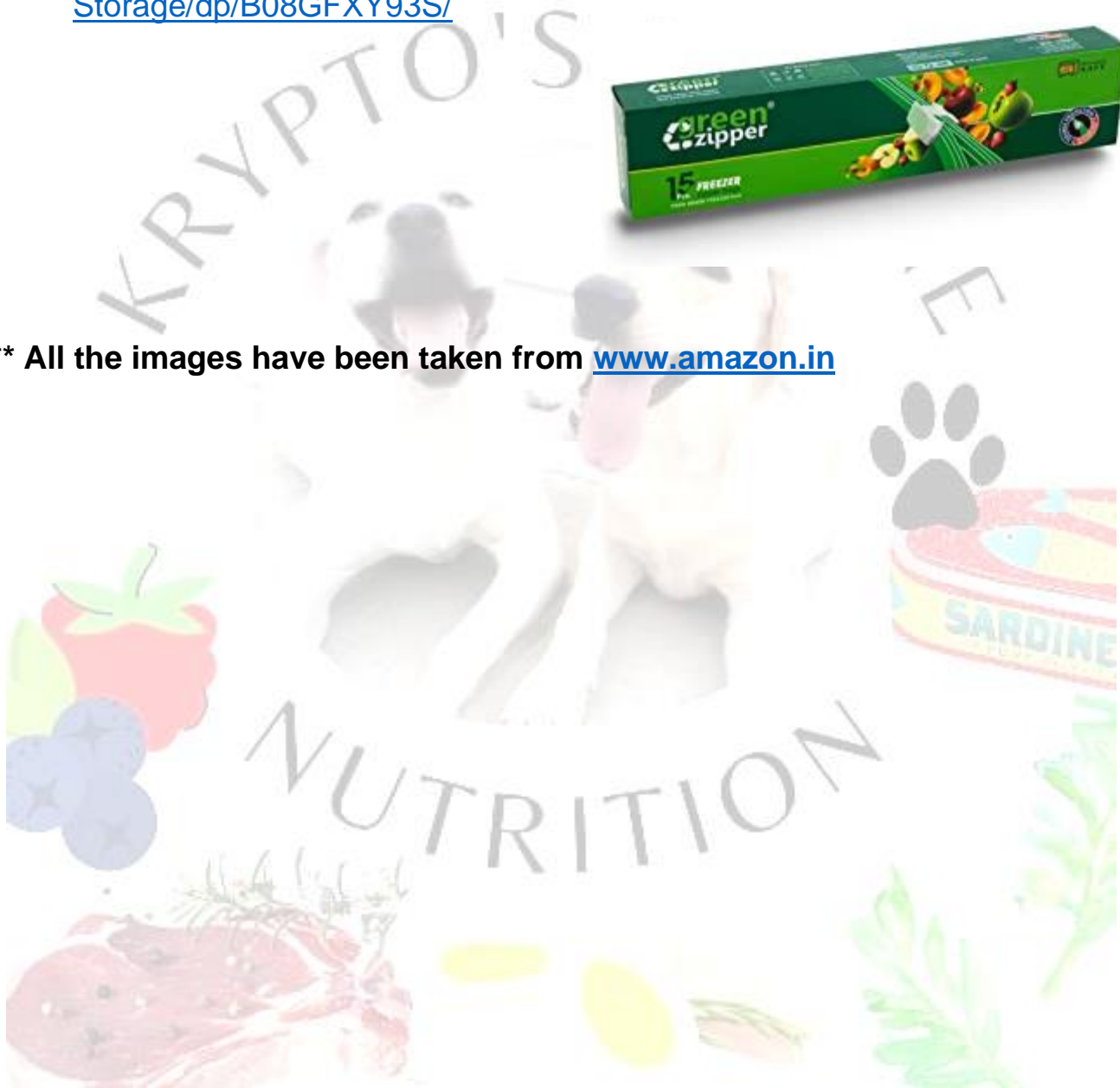
5. Reusable Ziploc Bags-

(Can be used to store frozen treats, veggie mush and can even double as meal prep container bags)

<https://www.amazon.in/green-zipper-Freezer-Vegetable-Storage/dp/B08GFX93S/>



**** All the images have been taken from www.amazon.in**



Please go through our previous e-books for more
information

www.linktr.ee/kaninenutrition

**Make the change and see the difference
Help your dog to thrive; not survive!**

Thank You

Hope It helps you with your dog!!

