

# Raw Feeding Starter Kit

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Written by

**Besti Vinur Mannsins**

Raw Feeding Specialist



# Hello



I am the founder of **Besti Vinur Mannsins**, based in beautiful Iceland. This handsome young man in the picture is my dog **Flóki**.

I know that starting raw feeding can feel overwhelming. But it is simpler than you think!

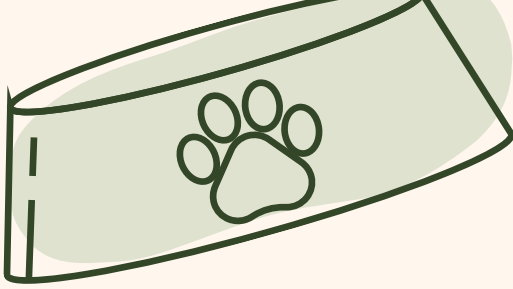
## This kit helps you get started providing

- Info about the B.A.R.F. concept
- Info about ingredients for raw-feeders
- A tool checklist for meal prepping

My goal is to make raw feeding simple and enjoyable, so you can confidently support your dog's health and happiness.

*Happy feeding, Doreen*





## MY BELIEF

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Our dogs did not choose us.

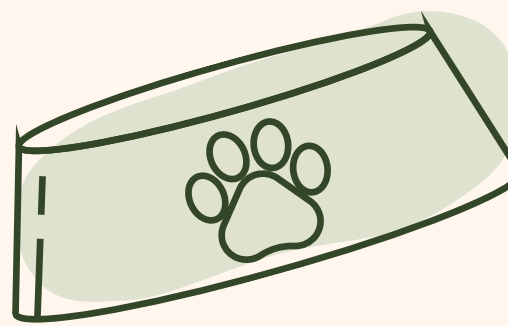
But they trust us.

Feed them food that honors that trust.

Nature wrote the recipe,  
we simply put it in a bowl.

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**DOREEN**



# So you want to start raw feeding? Awesome!

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**Every time someone decides to learn about raw feeding, it gives me hope.** It means another dog will be nourished as they deserve, not just fed. I know it can feel overwhelming at first, but choosing this path shows real commitment & care. I want to help you with guidance to feel more confident and equipped to make it work.

I couldn't be happier to see you begin!

Switching to raw feeding **offers numerous benefits** for your dog's health, well-being and therefore happiness. I know that you know that already!

But let's sum up 9 good reasons **WHY raw food is a good choice:**



# THE BENEFITS

1

**You now what's in the bowl.**

No hidden fillers, you know the quality of your ingredients.

2

**No unnecessary additives.**

No artificial colours, flavours or preservatives.

3

**Satisfies your dog's need to chew & lick.**

Both are mentally stimulating.

4

**More variety.**

Species-appropriate nutrition.

5

**Lower health risks.**

E.g. allergies, gastrointestinal diseases, tartar, diabetes...

6

**Longer life expectancy.**

Study: ca. 2,7 years longer.

7

**Addresses health issues.**

Raw food can be adjusted to health conditions & taste.

8

**Less waste.**

Smaller poo, less trash.

9

**Better smell.**

Better body odor, breath and less stinky poo.

# Just quickly: What is this “B.A.R.F.”?

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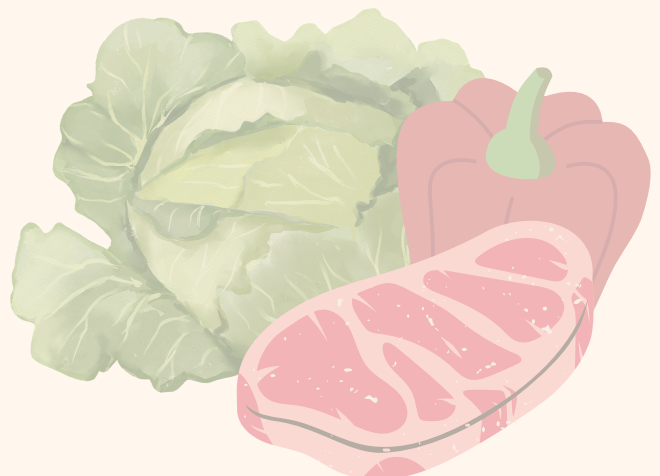
Raw feeding isn't just tossing some meat in a bowl – that would be dangerous for your dog's health.

**To do it right, you need a plan with guidelines.**

That's where B.A.R.F. comes in: It is a proven method to ensure your dog's nutritional needs are covered. Side note: There are other methods, e.g. the prey model, but B.A.R.F. is the concept I follow.

B.A.R.F. stands for “**Biologically Appropriate Raw Food**”, saying “Let's feed dogs the way nature intended”. How? By imitating the structure of a potential **prey animal** as closely as possible.

But let's start easy,  
first taking a look at  
**the tools...**



# THE TOOLS

Nothing fancy is needed - I promise! Most of the items are probably already in your home and you don't need every single one. What works best depends on your preferences and how you like to prep meals.

**Think of this as a “nice-to-have”-list rather than a “must-have” one.**



**DIGITAL SCALE**



**FOOD CONTAINERS &  
FREEZER BAGS**



**SHARP KNIFE & PLASTIC  
CUTTING BOARD**



**FEEDING BOWL**



5



**MANUAL SCALE SPOONS...**

6



**...AND/OR DIGITAL SCALE SPOONS**

7



**...AND/OR A SYRINGE  
(FOR SMALL AMOUNTS OF LIQUID)**

8



**MEAT GRINDER**

9



**(HAND) BLENDER**

10



**LABELS OR WATERPROOF PEN**



# THE INGREDIENTS

## What has to go into the bowl?

The following ingredients play a key role in keeping your dog healthy & providing a nutrient-rich meal. This isn't about luxury meals, it is about balance coming from natural sources.

**On the next pages, you'll get a quick overview.**



**MUSCLE MEAT**



**(EXTRA FAT)**



**RAW MEATY BONES**



**INNARDS**



**VEGGIES & FRUITS**



**SEAWEED**



**FISH OILS**



**VITAMIN D SOURCE**



**(TRIPLE)**

# THE INGREDIENTS

## 01

### MUSCLE MEAT



### MUSCLE MEAT

- Main ingredient! Provides **high-quality** protein, minerals, vitamins, fat (energy), fatty acids and more.
- Aim for **15-25% fat** in the meat. Too lean meat requires extra fat!
- Prefer meat from **grass-fed** animals - they have a healthy omega 3/ omega 6-fatty acid-ratio.
- **Rotate 2 to 3 types** of meat on a regular basis - but not all types you can find!
- **Do not replace with slaughter-house waste** rich in connective tissue (e.g. rinds, ears, skin, pizzle...)

## 02

### (EXTRA FAT)



### (EXTRA FAT)

- In a raw food diet, fats serve as the **main energy source**.
- Many meats are too lean (below 15% fat content) - in that case fat needs to be added - a nutritionist can help you find the **right amount**.
- Opt for **fresh, natural** fats over processed fats.
- **Rotate 2 to 3 types**.

# THE INGREDIENTS

## 03 RAW MEATY BONES



### RAW MEATY BONES

- Consist of 50% meat and 50 % bones.
- Provide calcium and phosphorus – essential for strong bones & teeth.
- **Examples:** chicken wings, necks or feet, turkey necks, lamb ribs...
- **NEVER FEED HEATED BONES - DANGER!**
- Adjust the bone type to your dog's size and experience.
- **Avoid too hard or circular** bones – could cause harm.

## 04 INNARDS



### INNARDS

- Supply PLENTY of vitamins and minerals – **very important.**
- In BARF: Liver, spleen, kidney, lunge, hearts.
- **Liver is most important.**
- Check with your nutritionist to get the **right** total **quantity** and proper ratios.
- Too little causes nutrient deficiency, too much soft poo.

# THE INGREDIENTS

## 05 VEGGIES & FRUITS



### VEGGIES & FRUITS

- They support your dog's overall health & microbiome, providing **mostly fiber**, but also vitamins and secondary plant products.
- **Rotate 2-3 types** of veggies or fruits on a regular basis.
- You can replace the fruit ratio with veggies.
- Prefer **bio quality**.
- **Ruffle** or make a **smoothie**: This gives your dog access to the nutrients & saves you time (more about smoothie making later).

## 06 SEAWEED



### SEAWEED

- Certain seaweeds provide **iodine** – and that's why we need it.
- Available as powder or flour (either loose or in capsules).
- The iodine **content in the product is crucial for the dosage** – iodine can be overdosed!
- **Ask your nutritionist** for the correct amount.



# THE INGREDIENTS

## 07 FISH OILS



### FISH OILS

- They add omega 3-fatty acids.
- Always needed when feeding industrial meats (they have too many omega 6-fatty acids)
- Oils **may need to be infused with extra vitamin E** (actually most of the times) - ask for the correct amount!
- **Plant oils are NOT suitable.**

**EXTRA:** Omega 6-fatty acids can cause inflammations. Omega 3-fatty acids help balancing, but increase the body's need for vitamin E.

## 08 VITAMIN D SOURCE



### VITAMIN D SOURCE

- Possible sources: Either **certain fish** (e.g. hering, salmon), **cod liver oil** or - if not available/ possible due to health issues - **vitamin D drops.**
- **Not all fish types** are suitable.
- Replace meat with fish **max. 1 x per week.**
- Make sure to get any of the products from trusted and environmentally friendly sources.
- **Ask for help to dose** correctly - vitamin D can be overdosed.

# THE INGREDIENTS

## 09 (TRIPE)



### (TRIPE)

- All stomachs of plant-eating animals, e.g. cow, goat, sheep.
- Good calcium-phosphorus-ratio.
- It smells – **DOGS LOVE IT.**
- Rich in connective tissues which makes it a source of **medium-quality-protein** with less digestibility – **limit the amount.**
- It is **cheap** in most countries.
- **Avoid for certain diseases.**
- Can be replaced 1:1 with muscle meat.

## 10 OPTIONALS



### (OPTIONALS)

- Dairy, grains, eggs, herbs, nuts and seeds, rose hips, spirulina, supplements...
- All possible, but not necessary.
- Can add/substitute nutrients or have other positive effects; sometimes not suitable or only needed under certain conditions.
- Be careful with supplements: As little as possible, as much as necessary!



# Smoothie Making -

## WHY?

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Blending veggies and fruits into a smoothie or puree is **important - but why?**

Because our **dogs can't break down the cell walls** in veggies and fruits themselves. These walls need to be broken down by us, so the **nutrients inside** the veggies and fruits can be accessed.

it is also important to know that dogs don't need fruits and veggies for their vitamins and minerals (those are covered by the animal parts of their raw diet).

HOWEVER the veggies & fruits provide essential **fiber and secondary plant compounds** that aren't found in animal products.

These are crucial for supporting your dog's **intestinal health and overall well-being.**



# Smoothie Making -

## A real time saver

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The smoothie is also a great time-saver for you!

Instead of adding veggies, fruits and other extras to your dog's meals daily, you can **prep it all at once**. Once ready, it can be stored for up to a week in the fridge or even longer in the freezer.

**Here's how to make a smoothie (in under 15 min):**

- Chop fruits and veggies into larger pieces.
- Add other necessary and optional ingredients, e.g. cod liver oil, fish oil (both with vitamin E), herbs, nuts, seeds, seaweed or other.
- Blend and put in a container to store.

**If your dog isn't a fan of purees,** you can try finely grating the veggies & fruits instead.

But **blending is the best way** to ensure they get all the nutrients and benefits they need.



# Why I don't offer a one-size-fits-all recipe

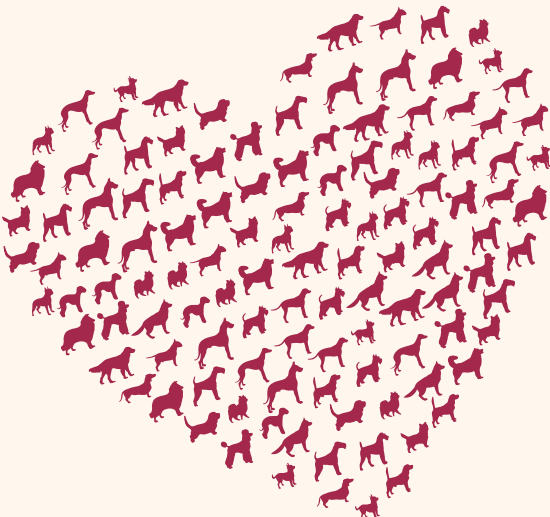
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**Because every dog is different.** That's why.

Dogs do not just differ in age, size or breed, but also in lifestyle, health, preferences...

A highly active dog needs more energy. A spayed or neutered dog has different dietary needs than an intact one. Also, health issues such as allergies or sensitivities may require dietary adjustments.

**A tailored food plan can ensure your dog gets exactly what they need** – plus consideration for your own preferences, like ingredient availability or budget.



With a tailored plan we can also **adjust to changes if needed**, so you're always prepared to meet your dog's and your evolving needs.

# NEXT STEPS

You've got the basics - now get ready!

## 1 GET YOUR OWN TAILORED PLAN

Your dog is unique - and their diet should be, too! A tailored food plan ensures your beloved companion gets the right balance of nutrients.

I am here to help!

- **New to raw feeding?**

I'll create a personalized plan that fits your dog's individual needs and your lifestyle.

- **Already feeding raw?**

Let me review and fine-tune your current plan to ensure it's spot on.

With a tailored plan, you'll feel confident, knowing your dog is getting everything they need - and you'll **save time and energy** figuring it out on your own.

**BOOK NOW**

# NEXT STEPS

## 2 GO SHOPPING TO BE ABLE TO START RIGHT AWAY

- Go through the ingredients list in this booklet and buy the ingredients. The places to go are

- **supermarkets**
- **butchers/meat shops**
- **B.A.R.F. shops**
- **foreign shops, e.g. Asian, Polish...**
- **slaughterhouses, farms**
- **pharmacies**
- **health shops**
- **online shops**

### TIP

In the first week you will use lean meat (<5%) and mix it with fattier meat as time passes to make sure your dog's body can adjust to the fat content. So buy a bit of both.

# DISCLAIMER

This ingredient overview is intentionally simplified to ensure easy understanding. It does not cover all aspects of raw feeding.

Adjustments may be necessary for puppies, old dogs and dogs with health issues, as some ingredients might not be suitable for them.

The listed ingredients are intended for healthy, adult dogs.

Always consult a qualified dog nutrition specialist to get a tailored food plan that meets your dog's unique needs.