

Food and amount	Weight Oz	Protein Grams	Fat	Carbs Grams	Moisture	Ash	Calories	Iron	Calcium	Servings
Chicken Leg Qtr w/ Skin	22.5	162.5	57.5	0			1187.5	40%	3%	2.5
Egg 1 Large No Shell	7	24	20	0			288	20%	8.80%	4
Flank Steak	12	93	27	0			652.5	33%	4.95%	1.5
Chuck Roast	0	0	0	0			0	0%	0.00%	0
Ground Chuck	0	0	0	0			0	0%	0.00%	0
Beef Heart	0	0	0	1			0	0%		0
Chicken Skin (Extra)	0	0	0	0			0	0.00%	0.00%	0
Egg Shell									100%	0.5
Fish Oil Capsule Softgel	0	0	36	0						4
FOS Inulin Powder 1 tbsp	0	0	0	13.5			7.5	0	0	1.5
Carrots	4.2	0	0	9.1			38.5			0.7
Apples	4.2	0	0	17.5			66.5			0.7
Blue Berry Yogurt	3	3.5	1	16			84		7%	0.5

Flintstones Complete

Total Calories	2324.5
Total Protein	283
Total Fat	141.5
Total Carbs	43.6
Total Fiber	13.5
Total Ounces	52.9
Total Grams	468.1

Percentage Protein	60.46	Percentage Fat	30.23	Percentage Carbs	9.31	Percentage Fiber	2.88
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Total Pounds	3.31	Calories/LB	703.06
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USRDA Iron	93%
USRDA Calcium	124%

Dog Needs 20 Cal per Lb	Dog's Weight	20 lbs	Dog's Calories	400 calories	Lbs to Feed / Day	0.57
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Ounces 2x Daily 4.551516455