

THE SUMMIT AND HILLARY DIET

Their daily regimen includes a frozen, raw chicken leg for breakfast (it is when the chicken is cooked that bones can become brittle and can splinter), sometimes a marrow or rib bone later on, a breakfast bar (made of oatmeal, millet, kasha, molasses, eggs and shells, and banana), or a half bagel with peanut butter or almond butter. On some winter mornings they get a bowl of oatmeal with a raw egg broken into it, shell and all (for calcium). For additional snacks, I'll give them a boiled egg, with shell, or a marrow bone stuffed with peanut butter or yogurt, frozen.

Variety is key to ensure maximum amount of nutrients are obtained. Once a week dinner includes raw fish or canned tuna (on Fridays), raw ground beef, and beef liver or kidney (they should have organ meats once a week). Once or twice a week, their entire dinner consists of a huge beefy knuckle—frozen.

Here are the basics for their dinner—basics that I usually have on hand because I use them too! On occasion, I've had to stop myself from licking my fingers! When was the last time you had to do that when using canned dog food or kibble?! Amounts given are adequate for one day's feeding of a 55-75 pound dog (depending on age & activity level). Adjust amounts proportionally for your dog's weight and activity level. Starches/grains may be decreased or omitted in case of digestive problems or for weight loss.

CHOOSE ONE ANIMAL PROTEIN SOURCE:

(meat amounts given in raw weight, assuming meat was previously frozen 36-48 hours)

1/3 to 1/2 pound boneless raw chicken, chopped, ground, or minced

1/3 to 1/2 pound lean raw beef

1/3 to 1/2 pound of raw white fish

1 can of tuna or sardines

1-3 large eggs (Hillary doesn't like the texture of raw so I give her hard-boiled)

Optional: once a week, substitute 4-6 oz raw liver or raw kidney any meat source

CHOOSE ONE STARCH/GRAIN SOURCE:

(1/2-2 cups depending on size and energy level of your dog)

cooked brown rice

cooked potato, with skin, chopped or mashed

cooked sweet potato, with skin, chopped or mashed

cooked pasta

quick-cooking rolled oats

cooked millet

cooked kasha

cooked quinoa (a complete protein)

OPTIONAL – VEGETARIAN PROTEINS:

(if choosing a vegetarian source instead of an animal source, you must include a starch/grain source from above—or dairy—to ensure you are getting a complete protein)

1/2 cup tofu, firm

1 cup lentils, cooked

cooked black-eyed peas
cooked kidney beans
cooked black beans
cooked mixed beans
cooked quinoa (a complete protein)

If using a Vegetarian protein you may add:
(then you don't have to worry about a grain as dairy is a complete protein)
2 T to 1/2 cup plain yogurt (Greek preferred)
2 T to 1/2 cup cottage cheese

PLUS:

puréed veggie mix (up to 1 cup) or pulp from the juicer (remove apple seeds before juicing; no onions)
1 T olive oil, or 1/2 T olive and 1/2 T flaxseed oil or capsule
1 multiple vitamin-mineral supplement (human quality)
Calcium supplement (unless you are feeding bones, then they'll get calcium from them)
1 probiotic/digestive enzyme supplement can be added

**I also add some broth and extra water and serve in a pronged bowl to slow down their ravenous eating and ensure they get enough water.