



Westie Rescue of California

A service of West Highland White Terrier Rescue of California
A private not-for-profit organization

The Westie Diet™

Our successful Westie Diet recipe has been formulated and tested by Westie Rescue of CA. Special thanks to Dr. Craig Griffins, Dr. Richard Y. Uchimura, nutritionists, a PA registered nurse and most of all our rescues who allowed us 22 months of recipe testing and tasting. Many are positively touched by the commitment to dogs who suffer from skin conditions.

- Makes one bowl, which can be divided in half (½) to feed AM and PM.
- Do not make batches of this recipe.
- Measure each bowl individually.
- Do not substitute or omit ingredients.

STEP 1

¼ cup	93% fat-free ground sirloin hamburger. Brown and crumble into small pieces. Cook meat 1lb. at a time. Place in Tupperware or other sealed container (must refrigerate).
⅓ cup	Hot water
1 tsp.	Barley Dog
1 tsp.	Missing Link-Plus for Dogs (must refrigerate)
1 tsp.	Dream Coat (must refrigerate)
⅛ tsp.	Halo's Xtra-C Instant Vitamin Concentrate
Dash	Garlic powder (not salt, optional)

Instructions. Mix above items in a microwave-safe bowl. Place in microwave and heat on "defrost" for approximately 10-20 seconds, just enough to take the "chill" off and warm somewhat.

STEP 2

1 cup	Nutro Natural Choice Lamb and Rice dry kibble (green bag). Senior dogs use the same for "less active" (tan bag)
(1) 400mg.	Vitamin E capsule

Instructions. Into first mixture, prick vitamin E capsule and squeeze out the liquid. Drop in vitamin casing. Add kibble and mix well. Serve warm.

If unfinished after 30 minutes, take up bowl and refrigerate leftovers. Do not leave in bowl.

You should gradually change your dog's diet over a period of about two weeks to allow your dog's system to adapt to the new food. Initially, you should begin with a mix of ¾ of the old food and add ¼ of the new recipe. Stabilize their stools for 2-3 days then mix ½ old to ½ new. Stabilize again for 2-3 days longer if the stools are loose, then ¼ old and ¾ new. Finally, you can serve just the new food. Usually, in 4-6 weeks, you will see wonderful results.

Barley Dog, Missing Link or Missing Link Plus (with glucosamine for joint health), Dream Coat and Halo's Xtra-C can all be purchased from Rescue Pet Store. A donation of 10% of your total purchase is made to Westie Rescue of California.

Remember to follow the links from our website link first (www.westierescueca.com), which is the only way we receive the company's donations.