



BEEF FAT BOMB

Supplemental

	Amount		Ingredients
1	7.9 ounce	→ 224.50 gram	Ground Beef, 70% lean, 20% fat
2	0.7 ounce	→ 19.00 gram	Grass Fed Butter, unsalted
3	0.5 ounce	→ 15.00 gram	Almonds
4	3.2 ounce	→ 91.20 gram	Coconut Water
5	0.1 ounce	→ 2.00 gram	Nutritional Yeast
6	0.1 ounce	→ 1.50 gram	Chia Seeds
7	0.0 ounce	→ 0.75 gram	Psyllium Husk Powder
	0.8 lbs	→ 0.4 kg	

Step | Instructions

1 SOAK ALMONDS

Place raw almonds in a jar or bowl and cover with filtered water + 1/4 tsp of salt. Allow the almonds to soak for 24 hours.

2 PLACE BUTTER ON COUNTER

Butter will need to be at room temperature to easily mix with the other ingredients. Place the butter on the kitchen counter to allow the butter to become room temperature.

3 PREPARE ALMONDS

Remove almonds from the salted water and thoroughly rinse with water. Add the almonds into a food processor with the coconut water and blend thoroughly.

4 GRIND CHIA SEEDS

Add the chia seeds into a spice/coffee grinder or use a mortar and pestle to grind the chia seeds into a powder.

5 MIX DRY INGREDIENTS, NUTS, & SEEDS TOGETHER

Once the almonds are blended in the coconut water, mix in the ground chia seeds, nutritional yeast, and psyllium husk together.

6 **COMBINE ALL INGREDIENTS**

In a large mixing bowl combine the ground beef, butter, and liquid nut/seed blend and combine together evenly. It is recommended to wear gloves when mixing by hand to reduce mess. Additionally, a potato masher is useful to combine the ingredients together.

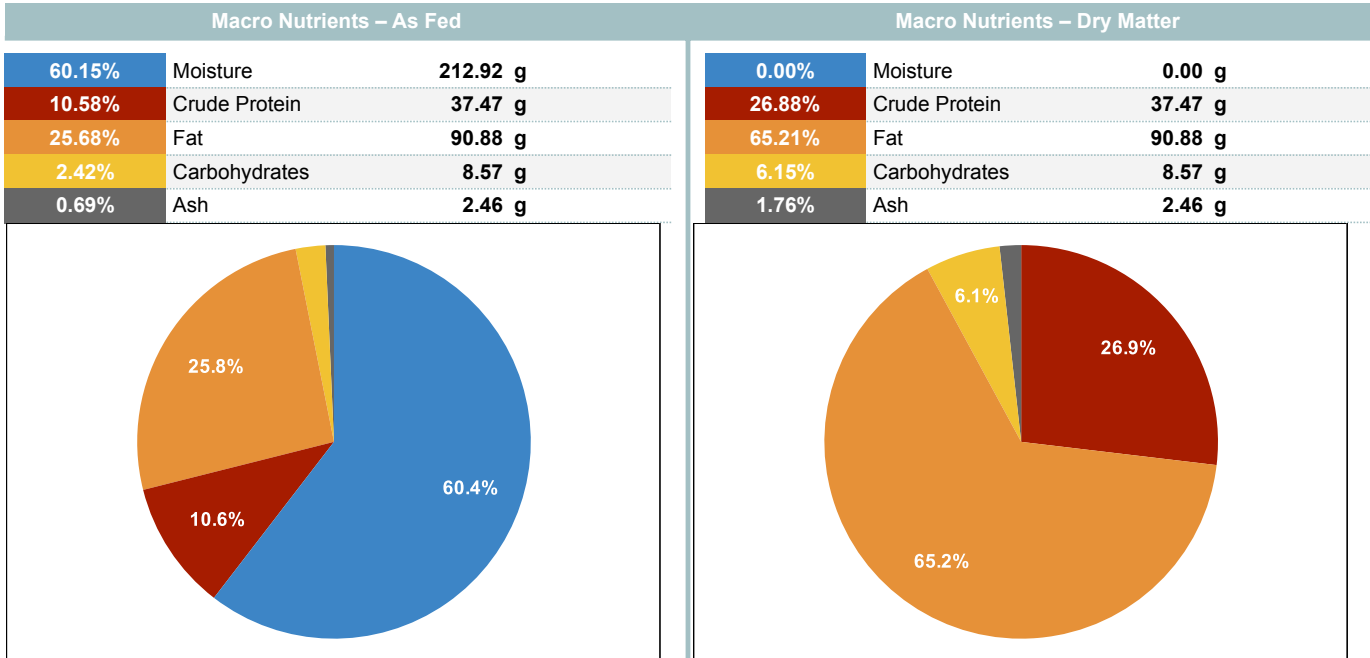
7 **CHILL & ROLL PORTIONS**

Place the beef fat bomb mixture into the refrigerator for 2-4 hours to chill. Once the mixture is chilled, roll into 1oz serving sizes by hand. Additionally, freezing into ice cube trays or silicone molds is acceptable as well.



BEEF FAT BOMB RECIPE ANALYSIS

Species	Dog
Formulation	Supplemental
Recipe Weight, in ounces	12.49 OZ
Recipe Weight, in grams	353.95 G
Recipe Calories	1,000 KCAL



Arginine (g)	Nutrients In Recipe
Crude Protein	37.5 g
Arginine (g)	2.7 g
Histidine (g)	1.1 g
Isoleucine (g)	1.6 g
Methionine (g)	0.8 g
Cystine (g)	0.4 g
Methionine & Cystine (g)	1.2 g
Leucine (g)	2.8 g
Lysine (g)	2.8 g
Phenylalanine (g)	1.5 g
Tyrosine (g)	1.1 g
Phenylalanine & Tyrosine (g)	2.6 g
Threonine (g)	1.3 g
Tryptophan (g)	0.2 g
Valine (g)	1.8 g
Glutamic Acid (g)	6.0 g
Glycine (g)	2.9 g
Taurine (g)	- g
Fats & Fatty Acids	Nutrients In Recipe
Saturated	35.9 g
Monounsaturated	38.2 g
Polyunsaturated	4.3 g
Trans	4.7 g

Linoleic Acid (g)	3.7 g
Alpha-Linolenic Acid (g)	0.5 g
Arachidonic Acid (g)	0.1 g
EPA & DHA (g)	- g
Vitamins	Nutrients In Recipe
Vitamin A	130.0 mcg
Vitamin D	0.3 mcg
Vitamin E	5.5 mg
Thiamin (B1) (mg)	1.4 mg
Riboflavin (B2) (mg)	1.7 mg
Niacin (B3) (mg)	15.3 mg
Pantothenic Acid (B5) (mg)	1.2 mg
Pyridoxine (B6) (mg)	1.9 mg
Biotin (B7) (mcg)	- mcg
Folic Acid (B9) (mcg)	59.5 mcg
Cobalamin (B12) (mcg)	5.7 mcg
Choline (mg)	117.5 mg
Minerals	Nutrients In Recipe
Calcium (g)	0.1 g
Phosphorus (g)	0.4 g
Magnesium (mg)	102.8 mg
Sodium (mg)	249.3 mg
Potassium (g)	0.8 g
Chloride (mg)	373.9 mg
Iron (mg)	4.7 mg
Copper (mg)	0.3 mg
Zinc (mg)	9.0 mg
Manganese (mg)	0.6 mg
Selenium (mcg)	32.6 mcg
Iodine (mcg)	- mcg
Nutrient Balance	Nutrients In Recipe
Calcium : Phosphorus (Ca:P)	0.32 : 1
EPA : DHA	-
LA : ALA	7.83 : 1