

The screenshot shows a Google Sheet with the following structure:

- Section 1 (Rows 2-7):** Dog information input fields.
 

Dog Name	
Dog's Ideal Weight	
Total Cups of Dry Dog Food Fed Per Day	CUPS
Calories Per Cup of Dry Dog Food	KCAL
Percentage of Fresh Food Additions	
Total Number of Feeding Weeks to Calculate	WEEKS
- Section 2 (Rows 9-24):** Shopping list table with columns: Ingredients, WEIGHTS, COSTS, Price /, and Notes.
 

Ingredients	WEIGHTS	COSTS	Price /	Notes
DAILY	0.0 CUPS	\$ -		Enter dry dog food brand name and price.
	0.0 CUPS	\$ -		For added moisture.
BUNDAY & WEDNESDAY	#N/A	#N/A		Lean muscle meat.
	#N/A EGGS	#N/A		DOZ Poultry egg.
	0.0	\$ -		Vegetable, optional.
MONDAY & THURSDAY	#N/A	#N/A		Fatty fish, raw or canned acceptable.
	#N/A	#N/A		Secreting organs.
	0.0	\$ -		Vegetable, optional.
TUESDAY & FRIDAY	#N/A	#N/A		Muscular organ.
	#N/A	#N/A		Shellfish, must be cooked or canned.
	0.0	\$ -		Vegetable, optional.

**Video Tutorial: <https://youtu.be/BMx9K03baZQ>**

Once you have opened the spreadsheet in Microsoft Excel or Google Sheets, you will notice there are 3 tabs at the bottom of the spreadsheet. The first tab is the main section that controls all of the calculations within the spreadsheet. This tab also functions as a shopping list of fresh food needed to feed your dog.

The sections outlined in red demonstrate the areas you will need to update with your dog's information. You will need to enter in your dog's name, your dog's ideal body weight, total number of cups of dry dog food fed in a day, the calories per cup of dry dog food, the percentage of fresh food additions, and the total number of weeks to calculate the shopping list.

Once your dog's information has been entered into the spreadsheet, you will need to select fresh food ingredients for the individual days of the week. Each section, raw outlined in red provides a drop down of ingredients to select from. Once an ingredient is selected, the spreadsheet will complete the feeding calculations.

If you wish to track the cost of food to calculate a budget, add in the price per pound (or kilogram) in the price column outlined in red.



Once all of the red sections have been filled in, the spreadsheet will calculate a weekly feeding rotation. The second tab in the spreadsheet shows the weekly feeding rotation using the ingredients selected on tab one.

The third tab is a nutritional report of the fresh food additions in comparison to AAFCO's minimum guidelines for adult maintenance, puppy development, and reproduction.

If you have purchased the desktop version, the spreadsheet is print ready. Click to print and be sure to select to print the workbook for all tabs to be printed.

Ingredient	Category	Data Link	Amount	Calories	Grams	Moisture	Protein	Fat	Carbs	Ash	Arginine (g)	Histidine (g)	Isoleucine (g)	Methionine (g)	Cystine (g)
Atlantic Mackerel, raw	Fish	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	75.00%	205	100	63.60%	18.60	13.9	0	1.35	1.11	0.548	0.857	0.551	0.199
Canned Mackerel, in water	Fish	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	75.00%	156	100	69.20%	23.20	6.3	0	1.73	1.39	0.683	1.07	0.686	0.249
Sardines, raw	Fish	<a href="https://www.checc">https://www.checc</a>	75.00%	84	100	0.00%	12.50	3.8	0	0	0	0.47	0.73	0.47	0.62
Canned Sardines, in water	Fish	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	75.00%	208	100	59.60%	24.60	11.4	0	3.38	1.47	0.725	1.13	0.729	0.264
Chicken Egg, large, no shell	Whole Food	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	25.00%	143	100	76.15%	12.56	9.51	0.72	1.06	0.82	0.309	0.671	0.38	0.272
Quail Egg, no shell	Whole Food	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	25.00%	158	100	74.35%	13.05	11.09	0.41	1.1	0.835	0.315	0.816	0.421	0.311
Duck Egg, no shell	Whole Food	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	25.00%	185	100	70.83%	12.81	13.77	1.45	1.14	0.765	0.32	0.598	0.576	0.285
Canned Oysters, in water	Shellfish	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	25.00%	68	100	85.14%	7.06	2.47	3.91	1.42	0.515	0.136	0.307	0.159	0.093
Blue/Black Mussels, cooked or canned	Shellfish	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	25.00%	172	100	61.15%	23.80	4.48	7.39	3.18	1.737	0.457	1.036	0.537	0.312
Beets, fully cooked	Vegetable	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	10.00%	44	100	87.06%	1.68	0.18	9.96	1.12	0.044	0.022	0.05	0.019	0.02
Red Cabbage, raw pureed or steamed	Vegetable	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	10.00%	31	100	90.39%	1.43	0.16	7.37	0.64	0.083	0.024	0.034	0.014	0.012
Broccoli, raw pureed or steamed	Vegetable	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	10.00%	34	100	89.30%	2.82	0.37	6.64	0.87	0.191	0.059	0.079	0.038	0.028
Green Beans, raw pureed or steamed	Vegetable	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	10.00%	31	100	90.32%	1.83	0.22	6.97	0.66	0.073	0.034	0.066	0.022	0.018
Butternut Squash, fully cooked	Vegetable	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	10.00%	40	100	87.80%	90.00	0.09	10.49	0.72	0.05	0.017	0.035	0.011	0.008
Carrots, fully cooked	Vegetable	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	10.00%	35	100	90.17%	76.00	0.18	8.22	0.67	0.075	0.033	0.063	0.017	0.068
Homemade Bone Broth, no sodium	Moisture	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	13.15%	6	100	98.01%	1.14	0.07	0.2	0.58	0	0	0	0	0
Coconut Water	Moisture	<a href="https://fdc.nal.us">https://fdc.nal.us</a>	13.15%	19	100	94.99%	72.00	0.2	3.71	0.39	0.118	0.017	0.028	0.013	0.014
Filtered Water, plain	Moisture	-	13.15%	0.01	100	100.00%	0.00	0	0	0	0	0	0	0	0
Chicken or Duck Feet	Raw Meaty Bone	<a href="https://www.mon">https://www.mon</a>	80.00%	216.7	100	61.53%	17.52	16.24	0.027	5.7	0	0	0	0	0
Chicken Neck, skinless	Raw Meaty Bone	<a href="https://www.mon">https://www.mon</a>	80.00%	16.4	100	68.66%	15.19	0.46	0.66	4.63	1.058	0.645	0.026	0.486	0.225

**Video Tutorial: [https://youtu.be/R2htG\\_K8tmg](https://youtu.be/R2htG_K8tmg)**

The spreadsheet provides the ability to add custom foods to expand on the ingredients available in the original spreadsheet. The tutorial above walks through the steps to add custom foods to the spreadsheet.

