

The screenshot shows a spreadsheet interface for 'Adult Maintenance'. The main title is 'CHICKEN MENU - DAY 1'. On the right, there are three input fields: 'Ideal Body Weight' (50.0 LB), 'Feeding Percentage' (2.50%), and 'Daily Intake by Weight' (20.00 OZ). Below this is a table of ingredients for Day 1, including Chicken Grind, Green Tripe, Salmon, Canned Oysters, Broccoli, and supplements like NOW Vitamin E and NOW Pure Kelp Powder. At the bottom, there are two pie charts: '80/10/10 Chicken Grind Guaranteed Analysis' and 'Day 1 Menu Ratio Breakdown'. The video player interface at the bottom shows a progress bar at 0:01 / 2:21 and navigation controls.

Video Tutorial: <https://youtu.be/zqgPP1no5iQ>

Once you have opened the spreadsheet in Microsoft Excel or Google Sheets, you will notice there are 4 tabs at the bottom of the spreadsheet. The first three tabs represent the daily menus that are to be fed in rotation with one another. The fourth tab provides a consolidated shopping list of all ingredients needed to be fed to your dog.

You will need to enter in your dog's weight and maintenance percentage on the first tab of the spreadsheet to update the calculations for your dog. You will also need to select an iodine source on the first tab as well.

The sections outlined in red demonstrate the areas you will need to update with your dog's information. The spreadsheet recalculates the daily menu to display how much of each ingredient your dog will need each day. The cells for weight and maintenance percentage are editable. Type in your dog's ideal weight and select a maintenance percentage from the drop down or type a percentage in the cell. Select one of the iodine supplements from the drop down and the spreadsheet will recalculate the amount needed for your dog.



By default the shopping list on the fourth tab will display how much of each ingredient is needed for 30 days. You can change the number of days to any number of your choosing and the spreadsheet will update accordingly.

Once your dog's information is added to the spreadsheet, you're done. All you will need to do is purchase the ingredients from Raw Feeding Miami and assemble the meals to feed your dog.

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.

