

**SHEVEGA Pets**  
**DIET PLAN**

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**SHEVEGA'S EASY TO CREATE  
TASTY & HEALTHY PLANT-BASED  
ADULT DOG MEALS**

CREATED BY EXPERTS IN VETERINARY NUTRITION, SUSTAINABILITY & ETHICS



# PREPARATION OF INGREDIENTS

## **RICE:**

Preferably use Basmati rice (does not absorb much water), wash, rinse until water runs clean, soak for a minimum of 15 minutes to get rid of the unwanted ingredients in the rice, or leave overnight in the fridge, rinse before cooking.

## **LENTILS:**

Wash lentils, rinse and soak for a minimum of 15 minutes or leave overnight in the fridge, rinse before cooking. Boil until soft.

## **FIRM TOFU:**

You can use plain firm tofu. Cut into pieces and prepare for stir frying with the rice and other ingredients.

## **VEGETABLES:**

They can be fresh or frozen.

### CARROTS:

These can be cooked / steamed and cut in small pieces or mashed. You can give carrots often preferably at every meal. It is a good source of beneficial form of vitamin A.

### POTATOES WHITE or SWEET POTATOES

or a mixture of both. Cooked or steamed – mash.

### MIXTURE OF DIFFERENT VEGETABLES:

Peas, white kidney beans (best to be canned), broccoli, cauliflower, spinach, silver beet, beetroot, shitake and button mushrooms, pumpkin (canned, fresh or frozen).

## **OIL**

It is important that you add essential Omega 6 fatty acids and Omega 3. The choice of oils: Omega 6 sources are olive oil or a mixture of grapeseed oil with coconut oil (for the cheese made of coconut oil) or Hemp oil.

Add Omega 3 source-marine algae 800mg/day for 23kg dog and increase or decrease with your dog's body weight. Eg give 1000mg for your 30kg dog and 400mg for your 12kg dog (10-15kg).



## SHEVEGA'S TASTY AND HEALTHY PLANT-BASED ADULT DOG MEALS

### MOCK MEAT, CHEESES, SPICES, SAUCES (for taste)

You can create gluten mock meat meals, or you can buy ready-made vegan duck.

NB: Do not use this for Irish Setters as they have genetic intolerance to gluten, or dogs known to have adverse reactions to gluten. It is very rare that dogs develop adverse reactions to gluten.

### PROTEIN POWDERS

The choice of Pea or Hemp protein powder. Use double amount of Hemp protein powder if that is your preference and only use one type of protein powder.

**SHEVEGA DAILY SUPPLEMENTS: These DIET PLANS can ONLY be used with our SHEVEGA Supplements and have been carefully formulated by our specialist Veterinary Nutritionist for this purpose.**

## QUANTITIES OF INGREDIENTS FOR PLANT-FUELLED HOME-MADE DIETS ACCORDING TO BODY WEIGHT

INGREDIENTS	ADULT DOG BODY WEIGHT				
	5kg	10kg	15kg	23kg	30kg
Cooked white rice, or another grain; and	120g	240g	300g	400g	500g
Cooked potatoes; and	60g	120g	150g	200g	250g
Cooked lentils; or	120g	240g	300g	400g	500g
Firm Tofu; or	120g	240g	300g	400g	500g
50% lentils / 50% Tofu; and					
Cooked carrots; and	60g	120g	150g	200g	250g
Pumpkin; or	90g	180g	225g	300g	375g
Broccoli; and	90g	180g	225g	300g	375g
PEA Protein Powder; and	2.5g	5g	6g	8g	10g
Mock Meat; or plant-based cheese; and	30g	60g	80g	100g	125g
Olive oil; or mixture of:	6ml	12ml	15ml	25ml	30ml
Grapeseed oil; and	1.5ml	3ml	4ml	5ml	6ml
Coconut oil; and	1.5ml	3ml	4ml	5ml	6ml
Hemp oil; and	3ml	6ml	8ml	10ml	12ml
<b>SHEVEGA Supplements</b>	<b>0.5tsp</b>	<b>1tsp</b>	<b>1.5tsp</b>	<b>2tsp</b>	<b>2.5tsp</b>
<b>TOTAL FOOD</b>	<b>489g</b>	<b>980g</b>	<b>1230g</b>	<b>1630g</b>	<b>2040g</b>

# SHEVEGA'S TASTY AND HEALTHY PLANT-BASED ADULT DOG MEALS

## PREPARATION OF INGREDIENTS Cont'd

### Please Note:

*If using plant-based cheese, decrease the amount of oil by half.*

*The total food quantities might seem more as compared with the commercial or meat based diets.*

*Plant-based diets contain more fluids and help hydrate the organs and tissues of your pet which promotes better overall health.*

### Warning:

No Onions, or onion powder including all types of onions eg fennels, spring onions, garlic.

No Avocados, macadamia nuts, grapes, raisins, sultanas, hot spices, chocolate, cacao.

No cooked bones or any hollow bones/s.



SHEVEGA ONE MEAL FEEDS ALL  
GOOD FOR PET, PEOPLE AND THE PLANET, NO ANIMALS HARMED  
SHEVEGA TASTY DIET PLANS  
ENJOY USING MEAT SUBSTITUTES FOR HUMANS AND DOGS

## CAN YOU USE WHEAT GLUTEN AND TOFU FOR PETS?

Absolutely, but make sure that your pet is NOT gluten intolerant – some dogs especially Red (Irish) Setters are known to have inherited allergies to gluten. Note that both wheat gluten and tofu are rich in amino acids. Gluten has the texture of meat when baked and can resemble the taste and texture of meat.

Tofu is considered the protein of choice in dogs (meat or plant-based) with inflamed and sensitive intestines and the best protein option to reduce reflux in dogs with gastritis (inflamed stomach). It also contains phytosterols that can inhibit tumour growth (in breast and colonic cancers).

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# COOKING PREPARATIONS

HOW TO COOK A MEAL USING OUR SHEVEGA TABLE BELOW AND WITH MOCK MEAT SUBSTITUTES – EG SEITAN

## ■ Prepare Seitan

You can use these amounts of Seitan that we have provided below and then apportion for your adult dog according to the SHEVEGA Table below.

NB: MOCK MEAT RECIPES ONLY TO BE USED WITH SHEVEGA SUPPLEMENTS



INGREDIENTS	ADULT DOG BODY WEIGHT				
	5kg	10kg	15kg	20kg	30kg
Steamed Seltan (wheat and tofu); and	240g	480g	600g	800g	1000g
Cooked potatoes; and	60g	120g	150g	200g	250g
Cooked carrots; and	60g	120g	150g	200g	250g
Pumpkin; and	90g	180g	225g	300g	375kg
PEA protein powder; and	2.5g	5g	6g	8g	10g
mock cheese; and	30g	60g	80g	100g	125g
SHEVEGA Supplements	0.5tsp	1tsp	1.5tsp	2tsp	2.5tsp
<b>Total Food</b>	<b>485.5g</b>	<b>971g</b>	<b>1220g</b>	<b>1620g</b>	<b>2025kg</b>

SHEVEGA Supplements as directed below by body weight above

## COOKING METHOD

MIX THOROUGHLY THE INGREDIENTS BELOW:

2 cups of wheat GLUTEN powder; 500g Tofu; 2 cups of boiling water;  
 2 tbs of Oil; 2 tbs of tomato paste or cherry tomatoes; 2 tbs of soy sauce; 1 tbs of Italian herbs  
 1 tbs smoke paprika powder; ¼ teaspoon turmeric powder, ¼ teaspoon salt.

If the TOFU is firm, blend all ingredients in blender. You can always add more gluten powder to get the right consistency of the dough.



## COOKING METHOD <sup>Cont'd</sup>



Wrap in baking paper, then in aluminium foil and steam for 45 minutes.  
The steamed SEITAN loaf (grain-Wheat and Legumes-Tofu) is then cut into slices.



Add the rest of the ingredients as per the above SHEVEGA TABLE re cooked potatoes, carrots and pumpkins, mock cheese, pea-protein powder, oil and SHEVEGA Supplements.



The food in the plate above left is to be combined for your dog. Dogs love the loaf like consistency of food. Please refer to the SHEVEGA TABLE above for your Dog's body weight regarding the amount of total food to be provided on a DAILY BASIS.

## COOKING METHOD <sup>Cont'd</sup>

For example if your dog's weight is 15kg, you will need to give 1220g of the combined / blended mixture, that is 600g of steamed seitan, 150g of cooked potatoes, 150g of cooked carrots, 225g steamed or roasted pumpkin, 80g of mock cheese and 6g of PEA protein powder with 1.5 teaspoon or 9g of our SHEVEGA Supplements. You will NOT need to add any extra oil as it is already in the dough.

And to make a thicker consistency you can add a few tablespoons of peanut butter (without xylitol) or almond butter. DO not use macadamia nuts (toxic for dogs). Ensure that no one with peanut allergies is in contact with the loaf.

Place the blended food in a container and leave it in the fridge for a few hours to form a firm loaf as shown below. You can make as many of these loafs and keep them in the fridge for up to three days or freeze them for up to three months.





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