

Opal Pets

thrive & shine

T H E C O O K B O O K



VETERINARY-NUTRITIONIST FORMULATED RECIPES
FOR NOURISHING, HOMEMADE DOG FOOD



Here at Opal, our goal is to make it easier than ever to feed your dog fresh, homemade meals. We partnered with veterinary nutritionists to formulate our nourishing recipes. Paired with our Perfect Powder supplement, these recipes create AAFCO balanced nutrition for your adult dog. We're passionate about animals, so everything we do is 100% vegan. We hope your pup loves these tasty meals!

Lots of love,

Lindsay

Opal's Founder & CEO



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Getting Started

THE TRANSITION:

Transition slowly by mixing your dog's old food with their new home-cooked meal. We recommend starting with 1/3 of the new food and 2/3 of the old food and gradually increasing to 100% new food over the course of 7-10 days.

STICK TO THE MEASUREMENTS:

It's important to follow all of our recipes exactly as outlined in our cookbook by our veterinary nutritionists. Preparing the meals as described will ensure your pup is getting the correct balance of nutrients each time they chow down.

WE'RE HERE TO HELP:

If any questions pop up along the way, don't hesitate to reach out to the Opal Pets team - we're here for you! [hello@opalpets.com]





The recipes in the Opal Pets cookbook were produced in collaboration with the Board Certified Veterinary Nutritionists at Veterinary Nutritional Consultations, Inc.

Recipe Ingredients & Measurements

For reference, see the household measurement of each ingredient used in our recipes below. In order to ensure each recipe is properly balanced, it's best to precisely measure each ingredient in grams using a kitchen scale.

INGREDIENT	GRAMS	CONVERSION
Black beans	172 g	1 cup
Tempeh	170 g	1 cup
Oats	234 g	1 cup
Carrots	156 g	1 cup
Zucchini	124 g	1 cup
Spinach	95 g	½ cup
Flaxseeds	7 g	1 TBSP
Peanut butter	16 g	1 TBSP
Chia seeds	3 g	1 tsp
White rice	174 g	1 cup
TVP (textured vegetable protein)	25 g	¼ cup
Kale	118 g	1 cup
Red cabbage	89 g	1 cup

INGREDIENT	GRAMS	CONVERSION
Cauliflower	180 g	1 cup
Pumpkin, canned	245 g	1 cup
Golden apples, raw	109 g	1 cup
Blueberries, raw	148 g	1 cup
Coconut oil	14 g	1 TBSP
Sunflower oil, 65% linoleic	218 g	1 cup
Quinoa	185 g	1 cup
Vitasoy USA, firm tofu	227 g	8 ounce
Lentils	198 g	1 cup
Almond butter	16 g	1 TBSP
Penne pasta	107 g	1 cup
Nutritional Yeast Bob's Red Mill	15 g	¼ cup
Opal Pets Supplement	9.9 g	1 TBSP



Super Greens & Quinoa

WITH ALMOND BUTTER DRIZZLE

A tasty bowl filled with nutrient-dense quinoa, tofu, lentils and healthy seeds.

INGREDIENTS

- ◆ 290 g quinoa, cooked (1 ½ cup + 1 TBSP)
- ◆ 136 g carrots, cooked (¾ cup + 2 TBSP)
- ◆ 129 g lentils, cooked (½ cup + 2 TBSP)
- ◆ 69 g spinach (frozen), cooked (¼ cup + 2 TBSP)
- ◆ 231 g firm tofu (Vitasoy), crumbled (1 8oz pkg)
- ◆ 3.5 g chia seeds (1 tsp)
- ◆ 9 g flax seeds (1 TBSP + 1 tsp)
- ◆ 18 g Opal Pets Perfect Powder (1 TBSP + 2 ½ tsp)
- ◆ 21 g almond butter (1 TBSP + 1 tsp)

See following page for nutritional information & daily serving sizes by dog's weight

METHOD

- ◆ **Step 1:** In a large bowl, combine cooked ingredients: quinoa, carrots, lentils, and spinach.
- ◆ **Step 2:** Add in the crumbled tofu, chia seeds, flax seeds and Perfect Powder supplement and mix thoroughly.
- ◆ **Step 3:** Drizzle the mixture with almond butter.
- ◆ **Step 4:** Portion the correct amount for your dog based on the feeding guidelines.

Finished recipe yields approximately 4.75 cups / 169 grams per cup

Super Greens & Quinoa

WITH ALMOND BUTTER DRIZZLE

Daily Feeding Guidelines

DOG'S WEIGHT	GRAMS	CUPS
5 - 14 lbs	150 g	1 & 1/4 cup
15 - 29 lbs	340 g	2 cups
30 - 49 lbs	565 g	3 & 1/3 cup
50 - 74 lbs	825 g	4 & 3/4 cup
75 lbs +	1,120 g	6 & 1/2 cup

Guaranteed Analysis

DRY MATTER		AS-FED	
Moisture	-	Moisture	92%
Crude Protein	25%	Crude Protein	5%
Crude Fat	14%	Crude Fat	3%
Crude Fiber	14%	Crude Fiber	4%

Energy Density

1.06 kcal/gram



Tempeh Black Bean Protein Bowls

WITH CHIA & FLAX

A protein-rich dish made with healthy beans, veggies and grains.

INGREDIENTS

- ◆ 181 g black beans, canned & rinsed (1 cup + 1 TBSP)
- ◆ 154 g tempeh, crumbled & cooked ($\frac{3}{4}$ cup + 3 TBSP)
- ◆ 145 g oats, cooked ($\frac{1}{2}$ cup + 2 TBSP)
- ◆ 136 g carrots, diced & cooked ($\frac{3}{4}$ cup + 2 TBSP)
- ◆ 116 g zucchini, chopped & cooked ($\frac{3}{4}$ cup + 3 TBSP)
- ◆ 100 g spinach (frozen), cooked ($\frac{1}{2}$ cup)
- ◆ 4.5 g chia seeds (1 $\frac{1}{2}$ tsp)
- ◆ 23 g flaxseeds (3 and $\frac{1}{4}$ tsp)
- ◆ 23 g peanut butter (1 TBSP + 1 $\frac{1}{4}$ tsp)
- ◆ 25 g Opal Pets Perfect Powder (2 + $\frac{1}{2}$ tsp)

See following page for nutritional information & daily serving sizes by dog's weight

METHOD

- ◆ **Step 1:** Drain and rinse the canned black beans, then mash them with a fork.
- ◆ **Step 2:** In a large bowl, combine black beans, crumbled & cooked tempeh, oats, carrots, zucchini and spinach.
- ◆ **Step 3:** Add chia seeds, flax seeds, peanut butter and Perfect Powder and mix everything together.
- ◆ **Step 4:** Portion the correct amount for your dog based on the feeding guidelines.

Finished recipe yields approximately 5.5 cups / 172 grams per cup

Tempeh Black Bean Protein Bowls

WITH CHIA & FLAX

Daily Feeding Guidelines

DOG'S WEIGHT	GRAMS	CUPS
5 - 14 lbs	140 g	3/4 cup
15 - 29 lbs	315 g	1 & 3/4 cup
30 - 49 lbs	530 g	3 cups
50 - 74 lbs	775 g	4 & 1/2 cups
75 lbs +	1,050 g	6 cups

Guaranteed Analysis

DRY MATTER		AS-FED	
Moisture	-	Moisture	87%
Crude Protein	28%	Crude Protein	6%
Crude Fat	18%	Crude Fat	4%
Crude Fiber	14%	Crude Fiber	5%

Energy Density

1.13 kcal/gram

Pasta Primavera

WITH PROTEIN CRUMBLES

A dog-friendly twist on the classic dish with a cheesy nutritional yeast topping.



INGREDIENTS

- ◆ 181 g pasta (penne), cooked (1 ½ + 3 TBSP)
- ◆ 109 g carrots, chopped & cooked (½ cup + 3 TBSP)
- ◆ 91 g broccoli, chopped & cooked (½ cup + 1 TBSP)
- ◆ 87 g black beans, canned & rinsed (1 cup)
- ◆ 76 g lentils, cooked (¼ cup + 2 TBSP)
- ◆ 73 g zucchini, chopped & cooked (½ cup + 1 TBSP)
- ◆ 27 g kale, chopped & cooked (¼ cup)
- ◆ 138 g textured vegetable protein (TVP), dry (1 ¼ cup + 2 TBSP)
- ◆ 64 g sunflower oil, 65% linoleic (¼ cup + 1 TBSP)
- ◆ 36 g nutritional yeast (Bob's Red Mill), (½ cup + 2 TBSP)
- ◆ 25 g Opal Pets Perfect Powder (2 TBSP + 1 ¾ tsp)

See following page for nutritional information & daily serving sizes by dog's weight

METHOD

- ◆ **Step 1:** Add black beans to a large bowl and mash with a fork. Then add in the cooked pasta, carrots, broccoli, lentils, zucchini and kale and stir to combine.
- ◆ **Step 2:** In a medium size bowl, prepare the TVP by rehydrating (mixing) it with 1 cup of water. Add the TVP to the large bowl of previously mixed ingredients.
- ◆ **Step 3:** Add in the sunflower oil, nutritional yeast and Perfect Powder and stir everything together.
- ◆ **Step 4:** Portion the correct amount for your dog based on the feeding guidelines.

Finished recipe yields approximately 7 cups / 130 grams per cup

Pasta Primavera

WITH PROTEIN CRUMBLES

Daily Feeding Guidelines

DOG'S WEIGHT	GRAMS	CUPS
5 - 14 lbs	85 g	3/4 cup
15 - 29 lbs	200 g	1 & 1/2 cup
30 - 49 lbs	330 g	2 & 1/2 cups
50 - 74 lbs	475 g	3 & 1/4 cups
75 lbs +	645 g	5 cups

Guaranteed Analysis

DRY MATTER		AS-FED	
Moisture	-	Moisture	68%
Crude Protein	28%	Crude Protein	11%
Crude Fat	18%	Crude Fat	7%
Crude Fiber	14%	Crude Fiber	8%

Energy Density

1.85 kcal/gram



Rice & Veggie Bowls

WITH PUMPKIN & COCONUT OIL

A flavor-packed bowl with fruits, veggies, and coconut oil — plus pumpkin for excellent digestion.

INGREDIENTS

- ◆ 168 g white rice, cooked (1 cup)
- ◆ 136 g carrots, diced & cooked (¾ cup + 2 TBSP)
- ◆ 91 g spinach, cooked (½ cup)
- ◆ 91 g zucchini, chopped & cooked (¾ cup)
- ◆ 73 g kale, chopped & cooked (½ cup + 2 TBSP)
- ◆ 54 g cauliflower, chopped & cooked (¼ cup + 1 TBSP)
- ◆ 83 g textured vegetable protein (TVP) (¾ cup + 1 TBSP)
- ◆ 54 g pumpkin (canned), (¼ cup)
- ◆ 54 g red cabbage, chopped (½ cup + 2 TBSP)
- ◆ 36 g golden apples, diced (¼ cup + 1 TBSP)
- ◆ 15 g blueberries (2 TBSP)
- ◆ 10 g coconut oil (2 ¼ tsp)
- ◆ 17 g sunflower oil, 65% linoleic (3 ¾ tsp)
- ◆ 1.9 g chia seeds (½ tsp)
- ◆ 23 g Opal Pets Perfect Powder (2 TBSP + ¾ tsp)

METHOD

- ◆ **Step 1:** In a large bowl, combine cooked ingredients: rice, carrots, spinach, zucchini, kale and cauliflower.
- ◆ **Step 2:** In a separate medium size bowl, prepare the TVP by rehydrating (mixing) it with 1 cup of water. Then add the TVP to the bowl with rice and veggies and stir.
- ◆ **Step 3:** To the large bowl, add the pumpkin, red cabbage, apples, blueberries, coconut oil, sunflower oil and chia seeds to the bowl and stir.
- ◆ **Step 4:** Add in the Perfect Powder, then portion the correct amount for your dog based on the feeding guidelines.

Finished recipe yields
approximately 6.5 cups / 108
grams per cup

Rice & Veggie Bowls

WITH PUMPKIN & COCONUT OIL

Daily Feeding Guidelines

DOG'S WEIGHT	GRAMS	CUPS
5 - 14 lbs	175 g	1 & 2/3 cup
15 - 29 lbs	400 g	3 & 3/4 cup
30 - 49 lbs	650 g	6 cups
50 - 74 lbs	960 g	9 cups
75 lbs +	1,300 g	12 cups

Guaranteed Analysis

DRY MATTER		AS-FED	
Moisture	-	Moisture	91%
Crude Protein	26%	Crude Protein	5%
Crude Fat	15%	Crude Fat	3%
Crude Fiber	15%	Crude Fiber	4%

Energy Density

0.91 kcal/gram

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