

# Opal Pets

## *thrive & shine*

T H E C O O K B O O K

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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

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## **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](mailto: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      |

| <b>INGREDIENT</b>                   | <b>GRAMS</b> | <b>CONVERSION</b> |
|-------------------------------------|--------------|-------------------|
| 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<br>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)

## 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.



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

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)

## 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)

### 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*

| <b>DOG'S WEIGHT</b> | <b>GRAMS</b> | <b>CUPS</b>  |
|---------------------|--------------|--------------|
| 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*

| <b>DRY MATTER</b> |     | <b>AS-FED</b> |     |
|-------------------|-----|---------------|-----|
| 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

# Opal Pets



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