



Transition Gradually

Mix a small amount of new food in with less old food and adjust proportions over 1-2 weeks. Digestive enzymes are especially beneficial during the transitional period.

Organic & Non-GMO Ingredients

Genetically modified ingredients and pesticides and herbicides, like glyphosate, commonly used on non-organic crops can cause gastrointestinal problems, food allergies, immune issues, and more. Soy, canola, and corn that is not organic is almost certainly genetically modified if grown in the USA. Compassion Circle strongly recommends organic food for you and your companion animals!

Digestive Enzymes

Almost every process in the body requires enzymes. Digestion is no different. The enzymes needed for digestion are found in plants and raw foods, but enzymes are heat sensitive. Cooking and processing food destroys them. We recommend adding plant-derived enzymes to any cooked or processed food. Amylase is particularly important for the digestion of carbohydrates. Compassion Circle resells Enzyme Miracle and Plant Enzymes & Probiotics. Both are great lactose-free digestive enzyme choices.

Vegetables

Vegetables add variety, vitamins, phytonutrients, antioxidants, and more. Pureed, lightly steamed vegetables are a wonderful addition to meals. You may also add cooked mushrooms, sweet potatoes, carrots, green beans, corn, greens, and squash. Uncooked, chopped zucchini, broccoli, and sweet peppers are also good additions. (This list is not exhaustive!) Dogs often enjoy chew toys of raw cauliflower florets, asparagus spears, or celery stalks. It is best to keep the amount of veggies in the diet to about 10% to ensure your dog is getting enough protein. If you prefer using more veggies in the diet, reduce grains in favor of legumes or organic soy protein sources. Never add onion or garlic to your dog's food. Both are toxic in large quantities.

VegeYeast

Food yeast adds high quality protein, B vitamins, and flavor. It might also deter fleas. Our VegeYeast is a modified brewer's yeast that is more acidic than other yeast powders, thus beneficial for the urinary health of dogs.

Food yeast is no longer necessary to meet B vitamin requirements in our recipes but is a good counterbalance to the alkalinity of a plant-based diet. It also increases the nutrient density of recipes and adds flavor.

Use up to the amount shown on the product label, or roughly 1 tablespoon per 1000-1500 calories of food.

Oils – EFAs are Important!

Essential Fatty Acids (EFAs) are particularly important. The omega-6 fatty acid, linoleic acid (LA), is crucial. Dogs produce arachidonic acid and other EFAs they need with enough linoleic acid in the diet.

When a recipe calls for sunflower oil, it is to meet the linoleic acid (LA) requirement. The following oils are a comparable substitute for sunflower oil: canola oil, safflower oil, olive oil, evening primrose oil, grape seed oil, and hemp oil.

Omega-3 fatty acid, alpha-linolenic acid (ALA), is provided by the flax ingredients in recipes. You may substitute 2/3 teaspoon of flaxseed oil for 1 tablespoon (7g) of ground flaxseed, or vice versa.

Flax ingredients keep the Omega-6 to Omega-3 ratio of recipes in ideal range but will not supply measurable DHA or EPA. No mammal is good at converting Omega-3s to DHA and EPA. The best choice is to include an algae oil supplement in the diet. If you do this, you may leave the flax ingredients out of recipes. Follow the algae oil directions for the correct amount.

Store oils in the refrigerator. Smell and taste them before use to be sure they are not rancid.

Seasonings

Imitation bacon bits or mock meat (with little or no onion or garlic), spirulina, pureed vegetables, watered down nut or seed butter*, nutritional yeast or VegeYeast, and some table scraps from your own meals increase palatability, although increasing palatability is rarely necessary.

*DO NOT use xylitol or nut or seed butter that contains xylitol. Xylitol is toxic to dogs.

Textured Soy Protein (TSP)

We highly recommend using organic, non-GMO soy products. Textured soy protein (TSP), also known as textured vegetable protein (TVP®) or soya chunks, is defatted soy flour. Measure the amount of TSP for our recipes before reconstituting with water. Flakes OR granules may be used. Add 1/2 cup boiling water or low sodium vegetable broth to each cup of TSP and let it absorb the liquid. Textured soy protein chunks (which are larger) may require brief simmering before they are fully reconstituted. Recipe cup measures are based on 1 cup of dry TSP weighing 105 grams.

Recipes & Feeding Notes

VegeDog™ is for adult dogs over 10-12 months of age. It can be used for pregnant dogs if they are allowed to eat more of the recipes, but it is ideal to use the Vegepup supplement for pregnant dogs. Lactating dogs and puppies should be given the Vegepup supplement.

The VegeDog™ supplement needn't be cooked or heated. It is best added after meals are prepared, mixed into warm food. Ingredients can be prepared separately, then mixed together, or you may come up with your own method.

Prepared meals may be stored in the refrigerator or

freezer, with or without the supplement added.

Ask your veterinarian how many calories per day your dog should eat, or use a calorie calculator like <http://vetcalculators.com/calories.html>. You'll find the amount of calories each of our recipes contain under the recipe title. Find out how many cups your prepared recipe yields to determine how many calories per cup your food contains, then feed accordingly.

How much VegeDog™ per day?

If you formulate your own recipes, it's ideal to add VegeDog™ to one day's worth of food, using the Daily Serving Amount chart on the label. Mix the recommended amount into the total amount of daily food, or divide the amount between daily meals. Alternatively, if you know how many calories your recipe contains, you can add 1-5/8 teaspoons (8.5g) of VegeDog™ for every 1000 calories in the recipe or 2 scant tablespoons (27g) of VegeDog™ for every 3000 calories.

New Formula VegeDog Changes

The 2025 VegeDog formula is new and improved! Amino acid levels of taurine and methionine are increased and L-carnitine is added. Please note that taurine and methionine are sulfur-containing and have a sulfur smell when exposed to the air. This is not dangerous and is unavoidable. In the new formula, the choline level is increased and an array of B vitamins are newly added. Consequently, food yeast is no longer required to add B vitamins to the diet. Raw material improvements include amino acid chelate mineral sources and, after much consideration, a return to bioavailable selenium yeast as our selenium source. **VegeDog is no longer yeast-free**, but it is the best human-grade, non-GMO, experience-backed formula it can be.

SOY KIBBLE

Protein 20% · Fat 12.5% · Calories 3705

The Soy Kibble recipe is roughly 6-days of food for a 20 lb (9kg) dog, 4-days for a 40 lb (18kg) dog, or 2-days for a 90lb (41kg) dog.

1. Preheat oven to 300°F (150°C).

Combine and mix dry Soy Kibble ingredients:

- 4 cups whole wheat flour (635g)
- 2 cups whole soy flour (180g)
- 1/3 cup corn meal (50g)
- 2 tbsp. ground flaxseed (14g)
- 3 tbsp. VegeYeast or yeast powder (25g)
- 1-2/3 tbsp. VegeDog™ (24g)
- 1/2 tsp. salt (1.9g) OR 2 tsp. soy sauce (12g) added with wet ingredients

Add wet Soy Kibble ingredients:

- 3-1/2 tbsp. sunflower oil (49g)
- 3 cups water, as needed (700mL)

2. Stir with a large strong spoon to form soft dough.

3. Flour hands and counter top to keep dough from sticking. Empty the bowl onto the counter top. Knead the dough by folding it on itself several times until smooth, proceeding as if making a pie crust.

4. Roll dough to no more than 1/2" (1.25cm) thick and smooth in place on a cookie sheet, kneading into corners.

5. Prick the dough, from end to end and side to side, with a fork to prevent bubbles.

You can make biscuits out of side strips.

Bake for 30 minutes. Don't bake so long that the edges get brown and brittle.

With a large chef's knife or pizza cutter, cut the newly baked slab into 9 or 12 parts on a cutting board. Cut twice horizontally, and then cut vertically 2 or 3 times. Cut each of the resulting rectangles into kibble sized pieces by cutting first in one direction and then the other. Piece sizes are determined by the size of your dog.

Separate kibble pieces onto two or more cookie sheets and place in a warm oven (at its lowest temperature) for two or three hours, until crunchy dry. Direct sunshine makes an energy efficient drier, too. Kibble is dry enough when you can't compress the pieces with finger pressure.

Refrigeration is unnecessary.

Fresh kibble and biscuits help keep teeth and gums healthy, but we recommend including wet food in the diet to add moisture and improve urine concentration.

NO SOY KIBBLE

Protein 30% · Fat 8.5% · Calories 4510

The No Soy Kibble recipe is roughly 7-1/2-days of food for a 20 lb (9kg) dog, 4-1/2-days for a 40 lb (18kg) dog, or 2-1/2-days for a 90lb (41kg) dog.

Preheat oven to 300°F (150°C).

Combine and mix dry No Soy Kibble ingredients:

- 1/2 cup VegeYeast or yeast powder (54g)
- 6-1/4 tsp. VegeDog™ (30g)
- 3 tbsp. ground flaxseed (21g)
- 5 cups whole wheat flour (778g)
- 1-2/3 cups wheat gluten flour (75% protein) (200g)
- 1/3 tsp. salt (1.3g) OR 1-1/2 tsp. soy sauce (9g) added with wet ingredients

Add wet No Soy Kibble ingredients:

- 1-1/2 cup tomato paste (340g)
- 4 tbsp. sunflower oil (56g)
- 3 or more cups water, as needed (700mL)

Follow Soy Kibble recipe from Step #2.

You can flavor kibble or biscuits using marinara sauce, tomato paste, or vegetable broth in place of some or all of the water used to make dough. Alternatively, you can add nut or seed butter for flavor. Be sure any ingredient you add for flavor is low in sodium and sugar. Also, be certain nut and seed butters DO NOT contain xylitol. Xylitol is toxic to dogs.

PINTOS - QUINOA - TOFU

Tofu: Protein 22.5% · Fat 9% · Calories 2990

Tempeh: Protein 25% · Fat 11% · Calories 3150

8 cups cooked pinto beans (1.36kg). Start with 3 cups dry beans (575g).

2 cups cooked quinoa (370g). Start with ¾ cups dry quinoa (114g).

7oz tofu OR tempeh (200g); roughly 1-¼ cups cubed.

1 tbsp. hemp, olive, OR organic canola oil (16g)

1 tbsp. ground flaxseed (7g)

3-¾ tsp. VegeDog™ (18g)

⅓ tsp. salt (1.5g) OR 2 tsp. soy sauce (12g)

Optional: Seasonings such as parsley, basil, spirulina, Green Mush,™ AND/OR up to 1 cup steamed or chopped veggies (150g).

Soak pinto beans 8 hours or overnight. The water level should be a few inches over the beans to allow for expansion. Cover the soaking dish with a clean towel.

A method of quick soaking is to boil the legumes for 5 minutes, then allow them to sit in the hot water for 1 hour. Rinse beans and change the water before cooking.

Legumes can be cooked with a potato or piece of kombu to increase digestibility.

Begin with 3 cups of dry beans. If your yield is not 8 cups, that's okay. The nutrients and calories in the recipe are based on the dry measure. Soak overnight and prepare.

Rinse quinoa. Simmer 2 cups quinoa in at least 4 cups of water for 15 minutes or follow package directions.

Cube or otherwise chop tofu or tempeh. Mix all ingredients together well.

You can omit the tofu or tempeh for a recipe that is 2845 calories with 8% fat and 21% protein. Okay to use 3 cups dry black or kidney beans in place of pinto beans.

GARBANZO

Protein 22% · Fat 9% · Calories 2865

10 cups cooked garbanzo beans (1.6kg). Start with 3-½ cups uncooked garbanzo beans (710g).

If using canned garbanzo beans, use 8 cups canned garbanzos (2.1kg). DO NOT add additional salt or soy sauce when using canned beans.

1 tbsp. hemp, olive, OR organic canola oil (14g)

1 tbsp. ground flaxseed (7g)

3-½ tsp. VegeDog™ (17g)

¼ tsp. salt (1.15g) OR ½ tsp. soy sauce (9g)

Optional: Seasonings such as parsley, basil, spirulina, Green Mush,™ AND/OR up to 1 cup steamed or chopped veggies (150g).

Soak garbanzos overnight. See soaking instructions in the previous recipe if needed.

Legumes can be cooked with a potato or piece of kombu to increase digestibility.

Begin with 3-½ cups of dry beans. If your yield is not 10 cups, that's okay. The nutrients and calories in the recipe remain unchanged.

Soak garbanzos overnight. See soaking instructions in the previous recipe if needed.

Legumes can be cooked with a potato or piece of kombu to increase digestibility.

Begin with 3-½ cups of dry beans. If your yield is not 10 cups, that's okay. The nutrients and calories in the recipe remain unchanged.

LENTIL

Protein 27.5% · Fat 9% · Calories 2868

10-¼ cups of cooked lentils (2kg). Start with 3-½ cups uncooked lentils (670g).

3-½ tsp. sunflower OR olive oil (49g)

2-½ tsp. ground flaxseed (17.5g)

4-¼ tsp. VegeDog™ (20g)

⅓ tsp. salt (1.4g) OR ½ tsp. soy sauce (10g)

Optional: Seasonings such as parsley, basil, spirulina, Green Mush,™ AND/OR up to 1 cup steamed or chopped veggies (150g).

Soak lentils in cold water for 2 hours before cooking. You may sprout lentils, but sprouted lentils need to be broken up in a food processor or blender. Sprouting lessens the protein content but increases other nutrients. Begin with the dry lentil measure; it's okay if the cooked volume is different than the above cooked measurement. The calories and nutrients will be the same.

DO NOT cook lentils with bay leaves. Bay leaves are toxic to dogs.

This recipe is high in phosphorous relative to calcium. It's okay to use as-is if you feed a variety of recipes. For long-term use, adding 850mg of calcium is recommended.

LENTIL & TOFU

Protein 34% · Fat 9% · Calories 2165

7 cups of cooked lentils (1385g). Start with 2-½ cups (475g) dry lentils. See cooking instructions in the previous recipe.

14oz extra firm tofu (400g); roughly one block or 1-¾ cups cubed.

1 tbsp. sunflower OR olive oil (14g)

1 tsp. flaxseed oil (5g) or algae oil

3-¾ tsp. VegeDog™ (18g)

⅓ tsp. salt (1.4g) OR ½ tsp. soy sauce (9g)

Optional: Seasonings such as parsley, basil, spirulina, Green Mush,™ AND/OR up to 1 cup steamed or chopped veggies (150g).

OAT & TOFU

Protein 23.6% · Fat 12.5% · Calories 3200

7-¼ cups uncooked oats (595g). This makes roughly 13-½ cups when cooked (3.17kg). Grams to cup measurements for oats vary. See the nutrition facts on your oats and begin with 595g of uncooked oats. 26oz. extra firm tofu (735g). About 3 cups; use ounce measure from package to be most accurate.

¾ cup tomato paste (198g)

1 tsp. flaxseed oil (5g) or algae oil

5-½ tsp. VegeDog™ (26g)

⅓ tsp. salt (1.4g) OR 2 tsp. soy sauce (10g)

Optional: Seasonings such as parsley, basil, spirulina, Green Mush,™ AND/OR up to 1-½ cups steamed or chopped veggies (225g).

Cook oats with 2 cups of water for every 1 cup oats. Mix in additional ingredients. You may add tofu into the cooking oats to warm.

The tomato paste is to add potassium. If you omit the tomato paste, cooked sweet potato or carrots are a good sources of potassium.

See website recipes for a recipe scaled to one 16oz block of tofu.

OAT & TSP

Protein 25% · Fat 9.4% · Calories 3380

8 cups uncooked oats (650g). Makes about 15 cups when cooked (3.5kg). Grams to cup measurements for oats vary. See the nutritional facts on your oats and begin with 650g of uncooked oats.

2-¼ cups dry textured soy protein (TSP) (240g)

1-½ tsp. ground flaxseed (10g)

1-½ tsp. hemp oil OR olive oil (21g)

6-½ tsp. VegeDog™ (31g)

½ tsp. salt (1.9g) OR 2 tsp. soy sauce (12g)

Optional: Seasonings such as parsley, basil, spirulina, Green Mush,™ AND/OR up to 1-½ cups steamed or chopped veggies (225g).

Various types of oats may be used. Cook oats with 2 cups of water for every 1 cup oats.

TSP should be reconstituted with hot water or low-sodium vegetable broth. The most accurate TSP measure is in dry grams. To reconstitute, use one scant cup of liquid for every cup of TSP. Add liquid to TSP, stir, and allow water to become fully absorbed. If using large chunks, you might need to simmer for complete absorption.

Combine all recipe ingredients and mix well.

RICE & TSP

Protein 25% · Fat 8% · Calories 3664

3 cups uncooked rice (540g). This makes roughly 9 to 9-½ cups when cooked (1.5kg).

3-½ cups dry textured soy protein (TSP) (360g)

1 tbsp. hemp oil (14g)

3 tbsp. sunflower, canola, OR olive oil (42g)

3 tbsp. VegeYeast (27g)

4-¾ tsp. VegeDog™ (22g)

⅓ tsp. salt (1.5g) or 2 tsp. soy sauce (10g)

Optional: Seasonings such as parsley, basil, spirulina, Green Mush,™ AND/OR up to 1-½ cups steamed or chopped veggies (225g).

Rinse and/or soak rice; change water. Cook rice with at least 2 cups of water for every 1 cup rice. Use one scant cup of liquid for every cup of TSP when reconstituting. The most accurate TSP measure is dry grams. Combine ingredients and mix well.

RECIPE NOTES

To increase fat in recipes, add nut/seed butters (with NO xylitol), hemp hearts, or oil. Hemp hearts and nut/seed butters are a wonderful source of protein and additional nutrients. To increase protein, you may use more legumes, soy protein, or seitan and fewer grains. Pure hemp, pea, or brown rice protein may be added to both wet food and kibble if desired. Recipes are nutritionally complete as they are, and needn't be modified, but changes to accommodate health or weight challenges are okay. We recommend consulting an animal nutritionist if you need to make sizable changes.

Oat Recipe Note: Oats retain a lot of water and are consequently less nutrient dense than other ingredients. Because there are fewer calories per cup, and extra water in the food, dogs need to eat more of these recipe than other recipes. You might consider adding one daily meal if you feed lots of oats. Otherwise, they are very healthy!

For information on Green Mush™ – a plant-based, pesticide free, green superfood for animals, and a wonderful addition to any of our recipes, visit the Compassion Circle website.

Find these VegeDog recipes online at:
<https://compassioncircle.com/vegedog/>



Compassion Circle

Las Vegas, NV 89126

1-800-370-PETS

www.CompassionCircle.com



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