

MBARQ SOLUTIONS

SAMPLE SHOPPING LIST (XX lb)

Includes the following items for a single dog...

- Monthly List (3)
- Weekly List (12)



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SHOPPING LIST TIPS

CREATING HEALTHY DOGS FROM THE INSIDE OUT



OVERVIEW

Due to the inexact nature of converting raw ingredients to cooked/prepped quantities, we have rounded up on some menu ingredients to avoid shortages. We've

also rounded up in cases where odd measurements may result, for example 1/2 fluid oz. No worries. Buy amounts listed below to avoid issues.

MONTHLY SHOPPING

Many people who prepare their dogs food will shop monthly. This grocery list includes all perishable and pantry items you'll need to buy to cover the menu plans for a one month period.

Buy in the quantities listed, or buy in larger volumes to save even more dollars on your grocery bill. This is especially true of many of the pantry items such as beans, grains or canned items (pumpkin, sardines, salmon). These items have a

longer shelf-life, and may not need to be purchased monthly depending on volume required and usage over the timeframe.

Perishable items such as chicken, ground turkey and eggs can also be found in larger quantities at discount retail stores. We recommend you buy according to your need, cook, process/chop, store in weekly portions, and immediately freeze for use throughout the month. DO NOT FREEZE FOR LONGER THAN 30 DAYS.

WEEKLY SHOPPING

If your preference is to buy weekly, this grocery list includes all perishable and pantry items you'll need to buy to cover the menu plans for next four weeks.

Same is true of weekly shopping, as in the monthly shopping guide...buy in bulk volumes if that works better for you and your budget.

INGREDIENTS KEY
(cn) = canned

pink = new ingredient

BUY QUANTITIES IN AMOUNT
AS LISTED (uncooked, raw)



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SHOPPING LIST

CREATING HEALTHY DOGS FROM THE INSIDE OUT



MONTH ONE

PERISHABLES

- XX Lbs Chicken Breast
- XX EA Eggs & Shells
- X OZ Baby Carrots
- X OZ Bananas

PANTRY ITEMS

- X OZ Quinoa
- X OZ Avocado Oil
- X OZ Beef Gelatin
- X Lbs Black Beans

MONTH TWO

PERISHABLES

- XX Lbs Chicken Breast
- X OZ Blueberries
- X OZ Bananas
- X OZ Broccoli
- X OZ Carrots
- X Lb Baby Spinach

PANTRY ITEMS

- X OZ Lentils
- X OZ Salmon (cn)
- X OZ Quinoa
- X OZ Old Fashion Oats
- X OZ Avocado Oil
- XX OZ Beef Gelatin
- X Lbs Black Beans

MONTH THREE

PERISHABLES

- XX Lbs Chicken Breast
- XX EA Eggs w/ Shells
- XX OZ Egg Whites
- X OZ Blueberries
- X OZ Probiotic Yogurt

PANTRY ITEMS

- X OZ Lentils
- XX OZ Salmon (cn)
- X Lb Quinoa

INGREDIENTS KEY
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SHOPPING LIST

CREATING HEALTHY DOGS FROM THE INSIDE OUT



WEEK FOUR

PERISHABLES

- X Lbs Chicken Breast
- X EA Eggs w/ Shells
- X OZ Bananas
- X OZ Carrots

PANTRY ITEMS

- X OZ Quinoa
- X OZ Avocado Oil
- X OZ Beef Gelatin
- X OZ Black Beans

WEEK FIVE

PERISHABLES

- X Lbs Chicken Breast
- X EA Eggs w/ Shells
- X OZ Bananas
- X OZ Carrots
- X OZ Baby Spinach

PANTRY ITEMS

- X OZ Quinoa
- X OZ Old Fashion Oats
- X OZ Avocado Oil
- X OZ Beef Gelatin
- X OZ Black Beans

WEEK SIX

PERISHABLES

- X Lbs Chicken Breast
- X EA Eggs w/ Shells
- X OZ Baby Spinach

PANTRY ITEMS

- X OZ Quinoa
- X OZ Old Fashion Oats
- X OZ Salmon (cn)
- X OZ Avocado Oil
- X OZ Beef Gelatin
- X OZ Black Beans

INGREDIENTS KEY
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pink = new ingredient

BUY QUANTITIES IN AMOUNT
AS LISTED (uncooked, raw)



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