

MBARQ SOLUTIONS

SAMPLE MENU PLAN (XX lb)



- X Week Program
- Fresh, Whole-Foods Only
- Affordable
- Easy to Prepare
- Nutritionally Sound





OUR FOOD PHILOSOPHY

Here at MBARQ Solutions we are strong believers in feeding your dog the freshest, whole-foods available in your region, and completely eliminating commercial dog foods. Our menu plans all include fresh, whole-foods that are minimally cooked to aid in digestion.

While raw is certainly an available option, we do not follow this thought process in our menu plans. With the exception of organ meats, egg whites, meaty bones, fish and oils we lightly steam or gently cook everything else in a pressure or rice cooker.

We prefer your dog gets their micronutrients (Vitamins, Minerals & Omegas) from food sources versus supplementation. Unless your dog has a disease or other condition that prevents proper absorption, we do not supplement minerals and vitamins. We prefer your dog receive everything they need through natural food sources which are more bio-available to your dog.

Why? Living beings are better able to utilize the micronutrients supplied via food sources versus supplementation. Should your dog require supplementation, we will gladly provide a list of products, and where to purchase.

THE TRANSITION

TO FRESH, WHOLE-FOODS

This [SAMPLE MENU PLAN](#) occurs over a X-week period. It is designed to slowly introduce your dog to a wide variety of fresh, whole-foods. We add up to two new ingredients every week to enable your dog's system to adapt to these new foods. As a result, we do not recommend you pre-mix raw menu ingredients together in advance. Instead, [store cooked menu ingredients separately in your refrigerator, and mix together at meal time](#). This enables you to remove a menu ingredient should your dog have a negative reaction to an ingredient.

Allow adequate time for your dog to adjust to these new foods. Your dog may not handle a new ingredient well, the first time it appears in their diet. No worries. This happens. Just remove that item for now, and we'll try again down the road.

Depending on your dog's physical signs (poop, vomiting, energy, etc) you can always repeat one of the weeks. This will add a week to the 12-week plan, but we recognize that not every dog will move forward at the same pace.

OFF COMMERCIAL DOG FOODS

During this X-week period we will be gradually transitioning your dog off commercial dog food. By WEEK X your dog will be completely off kibble. At the end of the X-week period, your dog's menu of ingredients will include everything they need to enjoy the benefits of a nutritionally sound fresh, whole-food diet. [\[CLICK FOR MORE INFO\]](#)

CHANGES TO EXPECT

Within twelve short weeks you'll see the positive impact of a fresh, whole-food diet on your dog's energy level, weight, medical conditions, and more. Keep in mind, it takes time for your dog's cells to regenerate new healthier tissues and structures.

ONE MONTH

Your dog's poop will look softer, and you may see undigested pieces of food. Your dog may even get diarrhea from the introduction of an item.

No worries. All normal. Fresh, whole-foods have a significantly higher water content than commercial dog food. As a result, your dog will most likely drink significantly less water too. [\[CLICK FOR MORE INFO\]](#)



602.549.9508 | info@mbarqsolutions.com | www.mbarqsolutions.com

Information provided in our Sample Menu Plan is not intended to replace the care of your veterinarian. Information contained in this report is specific to large, healthy dogs (XX lbs +/- 10). ©2019 MBARQ Solutions



THE VALUE OF FRESH, WHOLE-FOODS

Constructing a solid foundation for your dog, starts with a diet filled with high-quality proteins, supported by carbohydrates that are rich, functional, super foods minimally cooked to aid in digestion, and the right kind of fats.

To keep it affordable, this particular plan is heavily composed of poultry products; chicken and eggs. Chicken is relatively easy to digest for most healthy dogs, thus a great place to start introducing your dog to this healthier way of eating.

Super foods are perfect for your dog's diet because they are jammed packed with micronutrients essential to the proper health of your dog. In other words, they

provide a big bang for your buck, and minimize the addition of processed vitamin and mineral supplementation. Our menu plans include many of the bright, bold colorful super foods you've probably enjoyed yourself, such as spinach, blueberries, carrots, pumpkin and more.

Because dogs need fat in their diet, we aim to provide quality fats in the right balance (Omega-6 to Omega-3). We remove much of the extra fats from the chicken, so we can add quality fats, such as Avocado Oil, Coconut Oil, Salmon, Sardines, etc.

MACRONUTRIENTS

TO FRESH, WHOLE-FOODS

Macronutrients are most commonly known as Protein, Carbohydrates and Fats. It is our belief that dogs eating fresh, whole-foods should incorporate carbohydrates in their diets as a means to deliver many the vital minerals and nutrients (micronutrients) to their systems.

We aim to keep it affordable to feed your dog fresh, whole-foods. Thus, we utilize not only poultry, but legumes (beans) as a protein source. Fats, specifically keeping Omega's in the right balance, are crafted thoughtfully in our meal plans. We prefer to remove unhealthy fats and replace with fats that supply your dog with all the essential amino acids they need in their diets.

PROTEIN

Protein is an essential building block of your dog's diet. We utilize a variety of animal and plant proteins, primarily chicken, fish and beans, in our plans.

CARBOHYDRATES

Carbohydrates are also an important element of your dog's diet. The highest used carbohydrate in our menu plans are beans, an economical protein source.

FATS

Dogs must have fat in their diets. Our menu plans remove inferior fat sources, and replace with high-quality fats, such as that found in Omega-3's & 6's

MICRONUTRIENTS

Micronutrients are better known as Vitamins & Minerals. Our plans are created to ensure your dog receive the proper amount of each nutrient over a 30-day period. Occasionally we may add a menu ingredient like meaty bones, as a way to add extra Calcium to your dog's diet.

WATER-SOLUBLE

B's, Thiamine, Riboflavin, Niacin, C, etc. Excess is excreted in urine.

FAT-SOLUBLE

A, D, E, & K. Excess is stored in liver, organs and fat cells.

MINERALS

Calcium, Iron, Phosphorus, Magnesium, Zinc, Sodium, Potassium, etc

*U.S.D.A. is source of nutritional data for menu ingredients



602.549.9508 | info@mbarqsolutions.com | www.mbarqsolutions.com

Information provided in our Sample Menu Plan is not intended to replace the care of your veterinarian. Information contained in this report is specific to large, healthy dogs (XX lbs +/- 10). ©2019 MBARQ Solutions



DETERMINING CALORIC NEED

FACTORS:

We calculated your dog's metabolic caloric needs based on the following factors;

- Weight - XX pounds (XX kg)
- Adult Dog (2-7 years)
- Altered (MER 1.6)
- Normal Activity Level

FORMULA:

We use the following to determine the specific caloric needs in 10 lb increments.

- Weight in Pounds/2.2 = Weight in Kilograms
- Weight (kg) x .3/4 Power (.75) x 70 Factor = XYZ (RER)
- RER x MER [1.6 (neutered), 1.8 (intact) or 2 to 3 (puppies)] = Total Calories

RER = Resting Energy Requirement MER = Maintenance Energy Requirement

*Source - Merck Manual Veterinary Manual Nutritional Requirements for Small Animals

TOTAL CALORIC NEEDS

X SIZE DOGS (XX POUNDS)

This menu plan covers altered (MER 1.6), adult dogs weighing approximately **XX lbs (+/- 10 lbs)**, Unaltered dogs, seniors, puppies, pregnant or lactating dogs may have a higher or lower energy level than normal, requiring more or less than X,XXX calories a day.

It's important for you to understand calories are not an exact science. Thus, we aim to get close to their actual needs on a day-to-day basis, with the idea that over a 30-day period they will receive all the nutrients they need. You may need to adjust your dog's calories up or down, depending on how they look as you progress through this X-Week Plan.

[See guidelines to help you eyeball your dog's correct weight.]

GAINING WEIGHT???

If your dog is gaining weight using the X,XXX kcals (XX lb), we recommend you cut back calories. Cut back in 50 kcal increments bi-weekly until you find the right caloric intake for your dog.

XX lbs = X,XXX kcals

- $XX/2.2 = XX \text{ kg}$
- $(XX \text{ kg} \times .75^{\wedge}) \times 70 = XX \text{ (RER)}$
- $RER \times 1.6 = X,XXX \text{ calories}$

LOSING WEIGHT???

If your dog is losing weight using the X,XXX kcals (XX lb), we recommend you add calories. Add 50 kcal increments bi-weekly until you find the right caloric intake for your dog.

ADJUSTING CALORIC NEED

Add or subtract the following menu ingredients to find the right caloric requirement for your dog. Limit additions or subtractions to 50-150 calories or you'll inadvertently shift the balance of nutrients.

CHICKEN BREAST

Two ounces of shredded, cooked chicken equals 50 calories. Add or subtract calories using two ounces (50 calories).

BLACK BEANS

A quarter cup of black beans equals 58 calories. Add or subtract calories using 1/4 cup (58 calories).

QUINOA

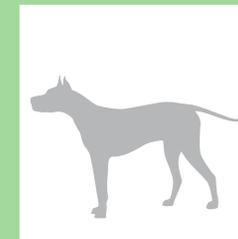
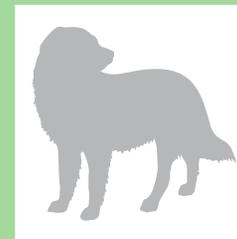
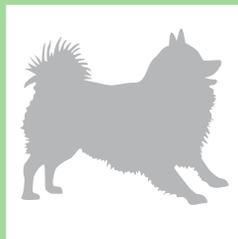
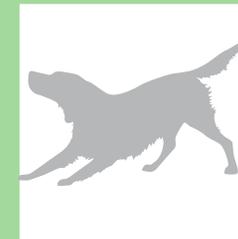
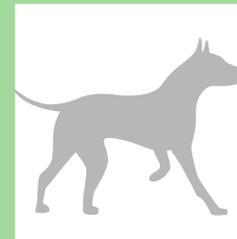
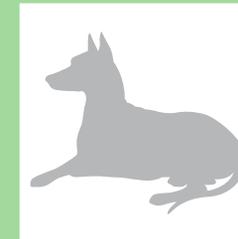
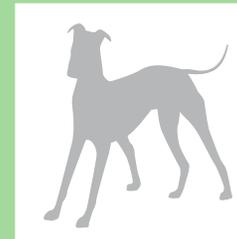
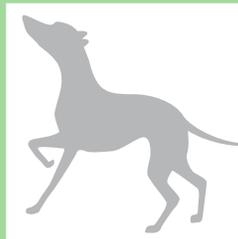
Two tablespoons of cooked quinoa equals 28 calories. Add or subtract calories using two tablespoons (28 calories)



MONTH ONE

Size Dog
(XX lbs +/- 10)

SAMPLE MENU PLAN





MONTHLY GOALS

This is the beginning of your dog's path to a long, healthy and happy life. Thank you for taking your dog's health seriously, and committing to their nutritional needs.

This menu plan covers large dogs weighing **XX lbs** (+/- 10 lbs) and may require adjustments in total calories should your dog be unaltered or have a higher energy level than normal. See page 4 for detailed information.

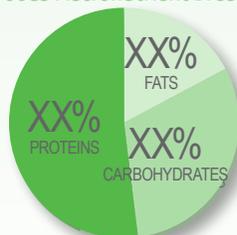
TOTAL CALORIES - X,XXX KCALS

Commercial Food to Fresh Food Breakdown

Week 1 - XX% to XX% **Week 2** - XX% to XX%

Week 3 - XX% to XX% **Week 4** - XX% to XX%

Fresh, Whole-Foods Macronutrient Breakdown (avg)



[\[CLICK HERE TO SEE FULL NUTRITIONAL BREAKDOWN\]](#)

* U.S.D.A. is source of nutritional data for menu ingredients

COMMERCIAL DOG FOOD

Starting with Week One we progressively cut down the food your dog is currently eating by 10% each week. Should your dog transition well, by Week XX your dog will be completely off commercial dog food.

MONTHLY FOOD COST

[\$XX.XX OR \$X.XX/DAY]

Week 1 - \$X.XX **Week 2** - \$XX.XX

Week 3 - \$XX.XX **Week 4** - \$XX.XX

Pricing is based on buying in bulk from stores like Costco, Costco Biz, Walmart, Cash-n-Carry. Your local prices may vary slightly depending on time of year and your geographic location.

[\[CLICK HERE TO SEE SHOPPING TIPS\]](#)

PREPARATION & COOKING

BOIL/STEAM - we recommend the use of a pressure cooker (PC) to most efficiently cook the following ingredients.

- **Chicken Breast** (boneless/skinless)
- **Black Beans** - no pre-soak require in PC
- **Baby Carrots** - steam to minimize loss of nutrients
- **Whole Eggs** - steam, de-shell, grind shells, chop eggs

SHRED/MASH - helps your dog break down and utilize nutrients and fiber in ingredients

- **Poultry** - shred in food processor
- **Black Beans** - mash with fork or in food processor
- **Bananas** - mash with fork

STORING -

- **Poultry (cooked)** - 2-3 days refrigerated or 30 days frozen
- **Legumes/Grains/Vegetables (cooked)** - 3-5 days refrigerated

NEW FOOD ITEMS

The following ingredients are being introduced to your dog for the first time. The following ingredients are typically well accepted by most healthy dogs. New items appear pink in weekly menus.

- **PROTEINS**
 - Chicken Breast, boneless/skinless
 - Eggs & Shells
 - Beef Gelatin, powder
- **GRAINS, LEGUMES & SEEDS**
 - Black Beans
 - Quinoa, organic
- **FRUITS & VEGETABLES**
 - Baby Carrots, organic
 - Bananas
- **FATS**
 - Avocado Oil

GROCERY LIST

We have provided a printable grocery list for the exact quantity of menu ingredients you'll need. Whether you decide to shop and cook weekly or monthly, use this list to ensure you have all the items you need to feed your dog for the next month.

[\[CLICK HERE TO PRINT GROCERY LIST\]](#)



SERVE AS CLOSE TO ROOM TEMPERATURE AS POSSIBLE, WITHOUT COMPROMISING FOOD SAFETY.

MONTHLY TIPS

- Pressure cookers save time.
- Cook in advance & store in refrigerator or freezer.
- Buy containers that stack, it'll save room.
- Have a few cans of beans in cupboard, just in case.

[\[CLICK FOR MORE INFO\]](#)

WHAT TO EXPECT

- Your dog may act like he's starving. That's normal.
- Your dog may have a renewed interest in meals.
- Your dog's poop will loosen up. That's normal.
- Your dog may get diarrhea. That's normal.
- You'll wonder if you're doing it right. That's normal.
- You'll be scared. That's normal.

[\[CLICK FOR MORE INFO\]](#)





DAILY

X,XXX

kcal

BREAKFAST

- X/X Cup Black Beans
- X OZ Chicken Breast
- X TBSP Quinoa
- X TBSP Beef Gelatin (powder)
- XXX kcal Commercial Dog Food

DINNER

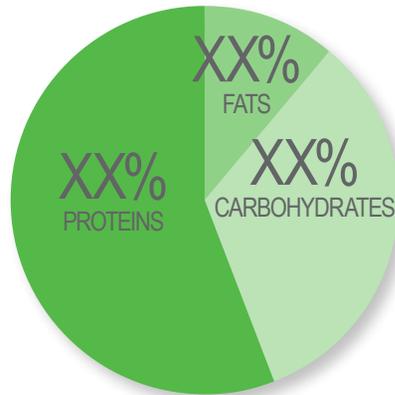
- X/X Cup Black Beans
- X OZ Chicken Breast
- X TBSP Quinoa
- XXX kcal Commercial Dog Food

"GIVE THE DOG A BONE"
Provide one non weight bearing bone this week.

WEEK ONE

MBARQ Solutions fresh, whole-foods are slightly cooked, typically with the pressure cooker, to aid in digestion. We introduce unfamiliar foods one or two items per week. You'll see these items in pink in subsequent weeks. DO NOT PRE-MIX MEALS IN ADVANCE!

FRESH, WHOLE-FOODS XXX KCALS



\$X.XX U.S.



XXX CALORIES



HIGH

DOG FOOD
FRESH, WHOLE FOOD

[\[Click Here To See Full Nutritional Breakdown\]](#)



WHY USE A PRESSURE COOKER

We use the pressure cooker to steam almost every cooked food item. Pressure cookers can be purchased for \$60 and up. We highly recommend you buy an electric versus a stove-top version.

BENEFITS:

- Significant reduction in cooking time (up to 70%)
- Maintains more nutrients, flavor & color
- Saves energy

INGREDIENTS:

Beans – 40 minutes cooking time versus pre-soaking and four hours cooking time

Chicken – cooks in 15 minutes

Vegetables & Fruits – steams in 3 minutes

Eggs – Hard Boils in 3 minutes

WEEKLY TIPS

- Slightly mash the beans to prevent your dog from picking them out & increase digestibility.
- Save the chicken broth, skim the fat and use to add moisture to meals.

- Shred chicken using food processor and store in refrigerator or freezer.

[\[CLICK FOR MORE INFO\]](#)

WHAT TO EXPECT

- Your dog's poop becomes softer, possibly diarrhea, until they adapt to new ingredients.

- Your dog may experience gas as they adapt to new menu items.

- Your dog may temporarily have more bowel movements than usual.

[\[CLICK FOR MORE INFO\]](#)



S/T/T/S **X,XXX** kcals

- BREAKFAST**
- X Cup Black Beans
 - X OZ Chicken Breast
 - X TBSP Old Fashion Oats
 - X Whole Egg & Shells
 - X/X Cup Egg Whites_(raw)
 - X TBSP Almond Butter**
 - X TBSP Probiotic Yogurt
 - X TBSP Beef Gelatin_(powder)
 - Zero Commercial Dog Food

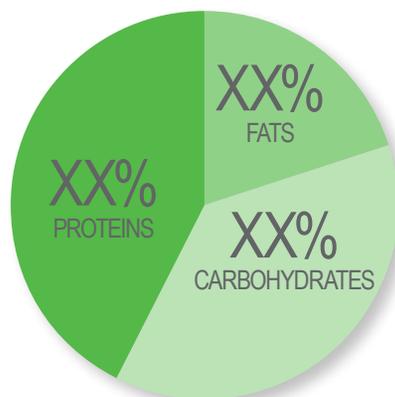
- DINNER**
- X Cup Black Beans
 - X OZ Chicken Breast
 - X TBSP Lentils
 - X TBSP Quinoa
 - X TBSP Chia Seeds
 - X/X Cup Egg Whites_(raw)
 - X TBSP Baby Spinach
 - Zero Commercial Dog Food

*Pink entries designate "new" food items

WEEK TWELVE

The final week of this Sample Menu is a split days program that alternates. Our final ingredient introduced in this plan is Almond Butter. Almond Butter provides valuable fats essential to a healthy coat. We recommend you buy organic, no-salt version. Do not substitute Peanut Butter due to concerns over mold.

FRESH, WHOLE-FOODS X,XXX KCALS



FRESH, WHOLE FOOD

[Click Here To See Full Nutritional Breakdown]

M/W/F **X,XXX** kcals

- BREAKFAST**
- X Cup Black Beans
 - X OZ Chicken Breast
 - X TBSP Old Fashion Oats
 - X Whole Egg & Shells
 - X/X Cup Egg Whites_(raw)
 - X TBSP Probiotic Yogurt
 - X TBSP Beef Gelatin_(powder)
 - X TBSP Avocado Oil
 - Zero Commercial Dog Food

- DINNER**
- 1 Cup Black Beans
 - X OZ Chicken Breast
 - X TBSP Lentils
 - X TBSP Quinoa
 - X TBSP Chia Seeds
 - X/X Cup Egg Whites_(raw)
 - X TBSP Baby Spinach
 - X TBSP Canned Pumpkin
 - X TBSP Avocado Oil
 - Zero Commercial Dog Food

WEEKLY TIPS

- It's time to clean your refrigerator and freezer. Use hot water & bleach to kill pathogens.
- Buy more than one set of measuring cups and spoons. You use them twice daily.
- Maximize your freezer and fridge space by using Ziploc bags. Bags can be squeezed in the nooks and crannies along side plastic containers.

[CLICK FOR MORE INFO]

WHAT TO EXPECT

- Going forward you can continue to feed your dog Week 12 for a nutritionally sound diet.

[CLICK FOR MORE INFO]



WHO IS MBARQ SOLUTIONS

We are animal lovers, and like you, we've experienced the highs and lows of pet ownership. The lows often include frequent vet visits, medications, treatments and special foods for our sick furry friend. Those treatments are successful sometimes, but often our pets are no healthier, and our wallets thinner. These disappointments helped us realize there must be a better way to keep our pets healthy.

MBARQ Solutions is a quality of life company designed to help you raise healthy and

happy pets that live long lives. We're creating healthy pets from the inside out with fresh, whole-foods.

Introducing high-quality dog food made by you, at home, with fresh, whole-foods. The benefits are visible within a few weeks, and in just 12 Weeks your dog will be well on its way to building a strong body, coat and immune system. You'll wonder why you didn't make the change sooner.

OUR TEAM

Your MBARQ Solutions leadership team works diligently to create nutritionally sound menu plans designed to promote health in your dog. Our two co-founders, have 15 animals between the two of them. Nobody wants to see healthy, disease-free pets more than our team. We're giving you the health of your dog back with our easy-to-create and follow menu plans for both the healthy and disease-compromised animal. [\[CLICK FOR MORE INFO\]](#)



KAREN LOOMIS, BS & MS

With 18 years in the fitness industry, Karen applies her nutritional knowledge and experience to ensure the menu plans we provide are nutritionally sound. Karen is continually finding ways to advance the health of your dog through fresh, whole-foods and holistic power boosts.



DARCEL FOGERTY, BA

With extensive operations and management experience, Darcel delivers systems (menu plans) that are user-friendly, efficient and economical. It's these systems that enable you to make fresh, whole-foods from the privacy of your home kitchen, in no time at all.

OUR VISION

We aim to help pet owners raise healthy and happy pets that live long lives!

OUR MISSION

Healthy pets start with a healthy diet. MBARQ Solutions provides pet owners with the tools needed to improve the quality of their dog's life.

YOUR COMMITMENT

Your dog needs your commitment to this plan. Pay attention to your dog's physical signs, and adjust accordingly. And once you're in, you can't go back and forth with fresh, whole-foods and commercial dog food. It's just not healthy.



WHAT'S NEXT

Oh happy days for you and your dog. You've transitioned your dog off commercial dog food. By doing so you've immensely improved the quality of your dog's life going forward. To maintain these positive benefits, we recommend you continue to explore fresh, whole-foods with your dog.

We've got a few programs you might be interested in to build on these first 12 Weeks. The programs listed below are intended to continue to expose your dog to new foods

(Premium or Refreshed), or accommodate any medical issues your dog might have (Customized).

MBARQ Solutions is your one-stop shop for healthy diet plans. Let us know, if you have some needs we are not currently addressing. Our programs continue to build, providing you the options you need to keep your dog healthy, regardless of what may come up.

OUR PREMIUM PROGRAM*

We're making it easy for you to stay committed to your dog's health with our exclusive annual Premium Program. This is a 12-Month program with tremendous value for the health of your dog, and to make it easy for you to continue on this path.

MENU REFRESH

You'll get nine 30-day menu "refresh" plans over the next year to keep your dog's diet varied and balanced. Each new 30-day menu takes into account seasonality and availability of menu ingredients. (\$XXX Value)

MULTIPLE DOG MATH

More than one dog, same weight? Let us do the calculations for you to determine what you need to buy weekly or monthly. (\$XX Value)

SHOPPING TIPS & MORE

Our goal is to make it as easy as possible for you to keep your dog healthy, and on a fresh, whole-food diet.

We'll provide tips via email on ingredient sales, cost-savings, ways to be more efficient, cooking, breaking health news, preventative care and more. (Priceless)

PRINTED COPY

For those who'd prefer to receive a printed copy of the menu plan, we'll happily provide for a small fee. (\$XX Value)

SUPPORT

For those questions you can't find the answer to in our menu plans, you can ask us directly via phone (1-15 minute call per month) or email (5 per month).

We also provide the opportunity for you to share and learn from like-minded individuals via our customer-only portal, Facebook Groups and YouTube videos.

GET REFRESHED MENUS*

Not ready for our Premium Program quite yet? No worries, we also provide monthly refresher menus for your dog. Each 30-day menu continues to build menu ingredients by incorporating new proteins, carbohydrates and fats. Get a fresh menu plan, and take your dog's health to a new level. (\$XX Value)

[\[CLICK FOR MORE INFO\]](#)

CUSTOMIZED PROGRAMS*

Does your dog have some medical issues you'd like a diet plan to help decrease their symptoms? Or even decrease their need for medications? We can help.

Our customized menu plans are specifically designed around your dog's needs. Choose from a 12 week, 6 month or 12 month program. (Starts at \$XXX)

[\[CLICK FOR MORE INFO\]](#)

SEE WEBSITE FOR CURRENT PRICING

602.549.9508 | info@mbarqsolutions.com | www.mbarqsolutions.com

Information provided in our Sample Menu Plan is not intended to replace the care of your veterinarian. Information contained in this report is specific to large, healthy dogs (XX lbs +/- 10). *Pricing subject to change.