

# DITCH THE BOWL RAW EDITION



**Absolute Dogs®**

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**HUNGRY?  
I'M FLIPPING  
STARVING!**







# DITCH THE BOWL RAW EDITION

 Absolute Dogs

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# TURBO CHARGE

## YOUR Relationship Bank Account

If you are a regular follower of absoluteDogs then you will have heard us talk frequently about ditching the bowl, the life changing concept where you throw out routine and use the value of your dog's food to turbo charge your Relationship Bank Account.

Our dogs wake up every morning with a big pot of value for that day - i.e. food. We can decide where and how that pot of value is divided and feed our dog as and when we want to around our busy lifestyle.

By playing games we pour all that value into the Relationship Bank Account instead of a bowl. The benefits are HUGE and it really is massive for long-term relationship investment with your dog.

It is without a doubt the biggest change you can make to boost your overall relationship - you become the centre of everything FUN!

We've created a fantastic, jam-packed ebook filled with ideas on how you can ditch the bowl so be sure to check that out.

### [Ditch the Bowl eBook](#)

Sounds awesome, buuuutttt....

#### **What if you feed raw?**

Surely it is impossible to ditch the bowl if you feed raw!?!

#### **WRONG!**

It is 100% possible to ditch the bowl even as a raw feeder and that is why we have created this ebook: **Ditch the Bowl - RAW edition!**



# FLEXIBILITY & CREATIVITY!

Get yourself tooled-up for ditching the bowl

The keys to ditching the bowl, raw style, are flexibility and creativity! You need to figure out what is going to work for you and understand that not every solution is going to work for everyone.

“  
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”

## Tools for ditching the bowl:

*(use as many as work or are needed for you)*

### ✓ Stuffable/freezable items:

Kongs  
Hooves  
Marrow bones  
Snake  
Toppl  
Silicon moulds  
Ice trays etc

### ✓ Spreadable items:

K9 Calm Mat,  
Pyramid pans

### ✓ Squeezable tubes

### ✓ Washable snuffle mat - made with fleece and dish mat can be hand washed

### ✓ Puzzle toys

### ✓ Cardboard boxes

### ✓ Spoons

### ✓ Nitrile gloves, disposable or coated garden gloves

### ✓ Non breakable containers, silicone treat pouch, plastic baggies

*The possibilities are endless. Be creative!*



# DEHYDRATING

- ✓ Hand-Made Mince Balls
- ✓ Pyramid Pan and 160 Moulds
- ✓ Longer lasting Chews

Dehydrating is a really flexible way to ditch the bowl with raw food. For example, mince dehydrates really easily whether shaped into balls or used in a pyramid pan.

You have the option to fully dehydrate the food, or even semi-dehydrate.

Semi-dehydration is where you have harder skin on the outside (for mess free handling), but the food inside is raw.

Whilst you can buy a dehydrator if you feel so minded, special equipment is not necessary - you can simply dehydrate your dog's food using your oven on a low setting!

We have dehydrated everything from chicken to kangaroo mince - your only limit is what

“  
**You can simply dehydrate your dog's food using your oven on a low setting!**  
”

you can get your hands on! You can even dehydrate larger items such as trachea and ears for longer lasting chews.

## TOP TIP

If you want to use a Pyramid pan: - these come in two sizes and also make great licki mats, but be sure that you buy a mat that you can heat or freeze. (Freezing will allow you to easily remove any leftover mince before popping the mat in the dishwasher to clean!)

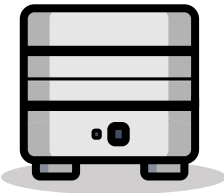




# DEHYDRATING OPTIONS

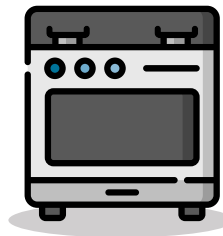
Options on how to dehydrate food for your dog, from a dehydrator to oven or even the fridge freezer

## DEHYDRATED:



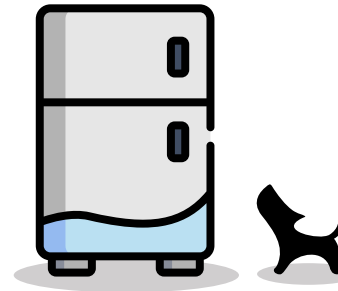
- 1.)** Set your dehydrator at 155°F/68°C
- 2.)** Slice desired meat thin. The thicker the slices the longer they will take. Try no larger than a 1/4" slice. Small bits don't need to be sliced, just give them some extra time.
- 3.)** To begin place slices/pieces on to trays and put in the dehydrator. The amount of time it takes to dehydrate can take anywhere from just 3 hours to a couple of days depending on the items.
- 4.)** Store either in an air tight container or in the freezer.

## OVEN DRY:

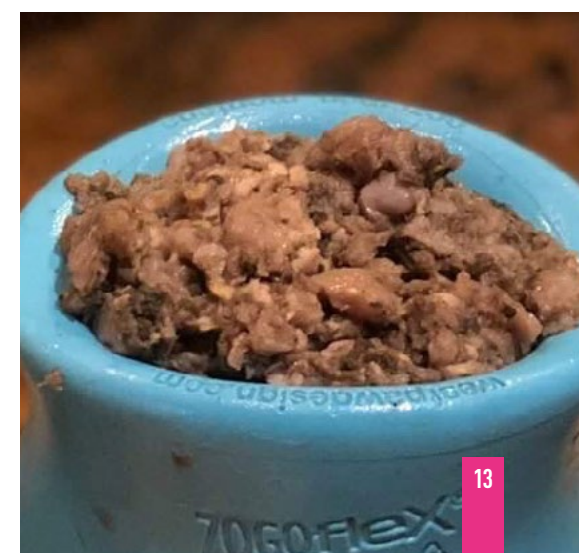
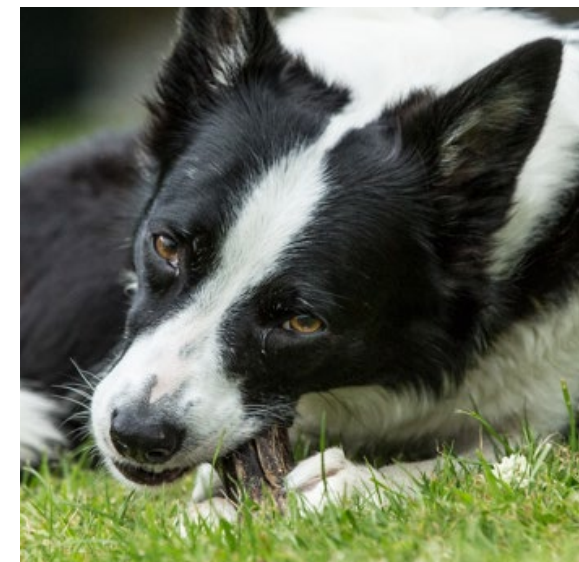


- 1.)** Set your oven to its lowest temperature. If you have a convection option turn that on to allow air flow. Keep the door slightly ajar so as to not allow heat to build up in the oven.
- 2.)** Slice to desired thinness. Line cookie tray with parchment paper and line up slices. You can also put larger items directly on the rack with something below to catch the drippings.
- 3.)** Oven drying is often fast, as little as 3 hours. Some items may take longer than others. Check every hour. Flip items and rotate the tray regularly to get even drying. Keep checking until you reach desired dryness/texture.
- 4.)** Store either in an air tight container or in the freezer.

## FRIDGE DRY:



- 1.)** Slice to desired thinness. The thinner the better.
- 2.)** Line cookie tray with parchment paper, use a cooling rack if you have one available, or just a plate.
- 3.)** Place in the fridge (not the freezer) for 4 days up to a week until they are completely dry like jerky. Flip and check every day ensure even dryness. Keep checking until desired dryness/texture is reached.
- 4.)** Store either in an air tight container or in the freezer.





# RAW DIY & WHOLE PREY

Raw feeding brings huge opportunities for ditching the bowl

**Chopped Neck (Chicken, Duck, Turkey), Wings / Wing Tips (Chicken, Pheasant, Quail, Turkey), Minces & Chunks (most commonly fed prey are available in both these), Portioned or whole animals/fish (with or without fur/feathers/scales).**

Do It Yourself “DIY” raw feeding brings huge opportunities for ditching the bowl as you can chop the food into various sizes / chunks.

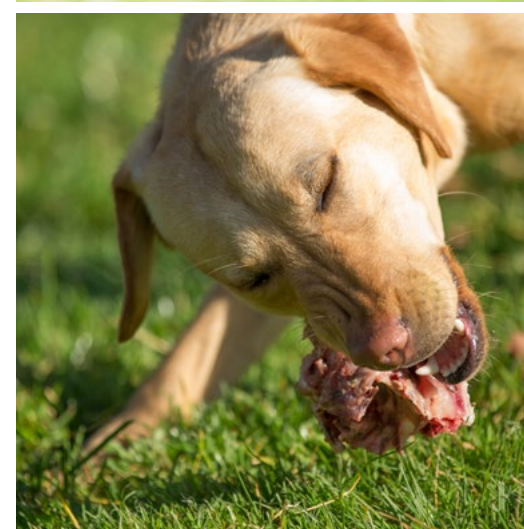
You can use this food to play games that teach the concepts and skills that you are working on. Think of games like magic hand, orientation game, etc. Check out our Optimism Rocks eBook for loads of game inspiration.

 [\*\*Optimism Rocks eBook\*\*](#)

“DIY” raw feeding brings huge opportunities for ditching the bowl as you can chop the food into various sizes / chunks

**TOP TIP:**

If you are taking the food out and about on walks, etc. then have a training pouch that can be cleaned and washed well! You want one that is large enough to carry a decent volume of chunks and that is secure (not only from inquisitive noses but also so that nothing falls out when playing games!) Ideally, you are also looking for one that can be turned inside out for thorough washing!





# RAW FOOD PRE-PREPARED

## Mince, Wing Tips, Chunks

Pre-prepared completes are most often “balanced” 80/10/10 for you with the advantage that if you use the allotted amount of mince or chunks, you’re already feeding a balanced diet.

However, it leaves you fewer options in terms of splitting the different value that organ vs muscle meat vs offal might have for your dog.

**If you use the allotted amount  
of mince or chunks, you’re already  
feeding a balanced diet**

It can also be a little confusing as some pre-prepared raw foods contain offal while others contain veg!

It’s definitely worth getting to know what you are buying, especially if you are getting “pet mince” from a butcher which doesn’t have the offal/muscle/bone content labelled clearly.

Some minced completes are “free flow” so they literally come as a huge bag of tiny pieces of reinforcement! SO EASY!

As with DIY, use pre-prepared completes to play cool games that will not only teach key life skills, but boost your relationship with your dog.





# SPECIAL TIPS FOR MINCES!

Minces (whether DIY or pre-packed) are incredibly flexible and they can be used in a variety of ways:

- In Kongs and to fill other natural products such as trachea or hooves
- On K9 Calm Mats, silicone moulds and ice cube trays
- K9 connectables
- Given on a spoon, coffee scoop or butter knife
- In squeeze tubes
- Dehydrated as mentioned above

As you can see from this list, minces really do give you options, whether it's promoting calmness through Kongs, or playing games using squeeze tubes!

## TOP TIP:

If you're going to buy puzzle toys like the "K9 connectables" then stick to plastic or other easily cleaned materials that are food safe and are OK with going in the dishwasher. Avoid wooden toys which can soak up the blood and are difficult to clean well.

“  
If your mince is too thick to use in a squeeze tube or moulds you can blitz it in a blender/food processor with a bit of water or bone broth to thin it out a bit  
”





# FREEZE DRIED & AIR DRIED

What does each of these mean and how could they fit into your dog's raw fed diet? Remember with these options, they are moisture free so your dog will need additional water. They are great "mess free" options which are also easily portable for "real life" games.

## Freeze Dried

Moisture is removed from raw food using a low temperature and pressure process. Some of these foods are recommended to be reconstituted before serving which allows for similar flexibility to minces/pates and others allow for dry feeding making them a substitute for kibble in many of the games.

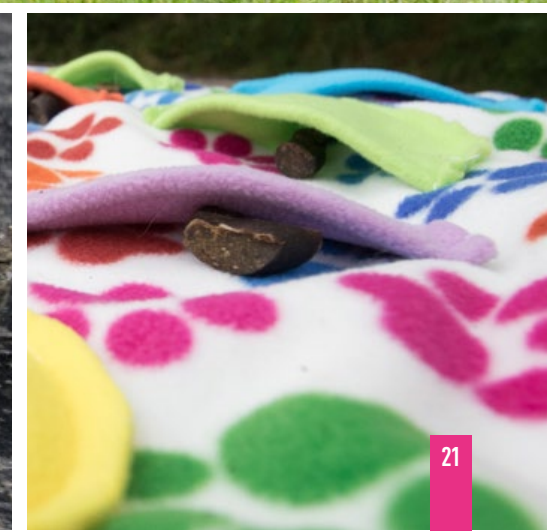
## Air Dried

Moisture is removed from the raw food by drying in air, without adding heat (as in dehydration). This can also be reconstituted but tends to be very sloppy – perhaps another one for squeeze bottles!

“

**Moisture is removed from raw food using a low temperature and pressure process. Some of these foods are recommended to be reconstituted before serving**

”





# NON-RAW OPTIONS

## Kibble

(extruded, baked, cold pressed, semi-moist)

These are all cooked foods at varying different temperatures and pressures. Cold pressed and semi-moist are generally cooked at lower temperatures and retain more original nutrients than extruded or baked foods.

Why might you add kibble to a raw-fed dog's diet? Well, again this is giving you options if you think they could be suitable for your setup. Kibble can be used in 'gadgets' like the treat n train (manners minder) and pet tutor which are super flexible pieces of kit for teaching so many of the concepts.

Kibble is easy to use, easy to move, and easy to store, and is a **good option if you are out and about all day.**

## Wet Food

(cans, pates, pouches, trays)

Wet food is useful to put in Kongs for those days where you forget to defrost or various situations where you might struggle to keep things cold. Wet food is perfect for stuffing Kongs, trachea, hooves as a "one off" if you're lacking time or resources that day! Good on licki mats or moulds.

“**Wet food is perfect for stuffing Kongs, trachea, hooves as a “one off” if you're lacking time or resources that day!**”

## Home cooked

There are many good recipe books and online resources for "home cooked" meals and treats for dogs. As with the above, these can be used to stuff Kongs, hooves etc... to create baked biscuit morsels and blended, it can be put into squeeze sauce bottles and used directly or baked in a tin and cut up as treats. Frozen, it can be put into ice cubes or silicone moulds. Many of the "mince games" can also be adapted to being played with home cooked diets.

## Semi-moist food rolls

Semi moist rolls are made using a lower temperature cooking process to retain more vitamins, minerals, and nutrients. Semi-moist foods usually have a mid-range moisture percentage from about 30-50%. These are very useful and convenient to ditch the bowl with. It is quite easy to cut into varying size rewards to use in games and puzzle toys.

Most dogs love this type of food so it can be used as a high value reward.





# VEGETABLES, FRUIT & OTHERS...

This is such an emotive area of raw feeding but for the purposes of this, we are giving your options to increase your rewards without increasing too many calories....

## Chopped raw vegetables

- Cabbage
- Sweet Potatoes
- Broccoli
- Carrot
- Peas\*
- Spinach

Vegetables make great “treats” and a frozen carrot can be a refreshing cool chew on a warm day. \*feed peas with care as they contain purines. Watch out for them – they may also be part of pre-packaged foods.

“  
**Increase your rewards without  
increasing too many calories....**  
”

## Fruit

- Blueberries
- Strawberries
- Apple
- Bananas

Fruit can also be given to dogs, as can eggs and pumpkin seeds (ground has different benefits to whole), pate (perfect for pills), cheese, hotdog sausages, sandwich meats, even ice cubes for those that really enjoy them.

Don't forget ditching the bowl is not just playing games. It includes passive calming activities like scatter feeding, long lasting chews, snuffle and lick mats.





TO THE GAME PLAYERS, THE FUN MAKERS  
THE OWNERS WHO INSPIRE RATHER THAN FORCE OR DEPRIVE

# THE JOY FINDERS

TO THOSE WHO WHEN FACED WITH A STRUGGLE SCREAM  
**THERE'S A GAME FOR THAT**  
WHO REACH OUT & GRAB REAL-LIFE RESULTS  
& NEVER (NEVER) STOP TRANSFORMING  
**THROUGH GAMES**

 Absolute Dogs.





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