

Go to: [www.hilarysblend.ca](http://www.hilarysblend.ca)

Hilary's Blend  
Supplement for home-made meals

About Hilary's Blend Contact Us For Pet Owners For Veterinarians Create Account Login

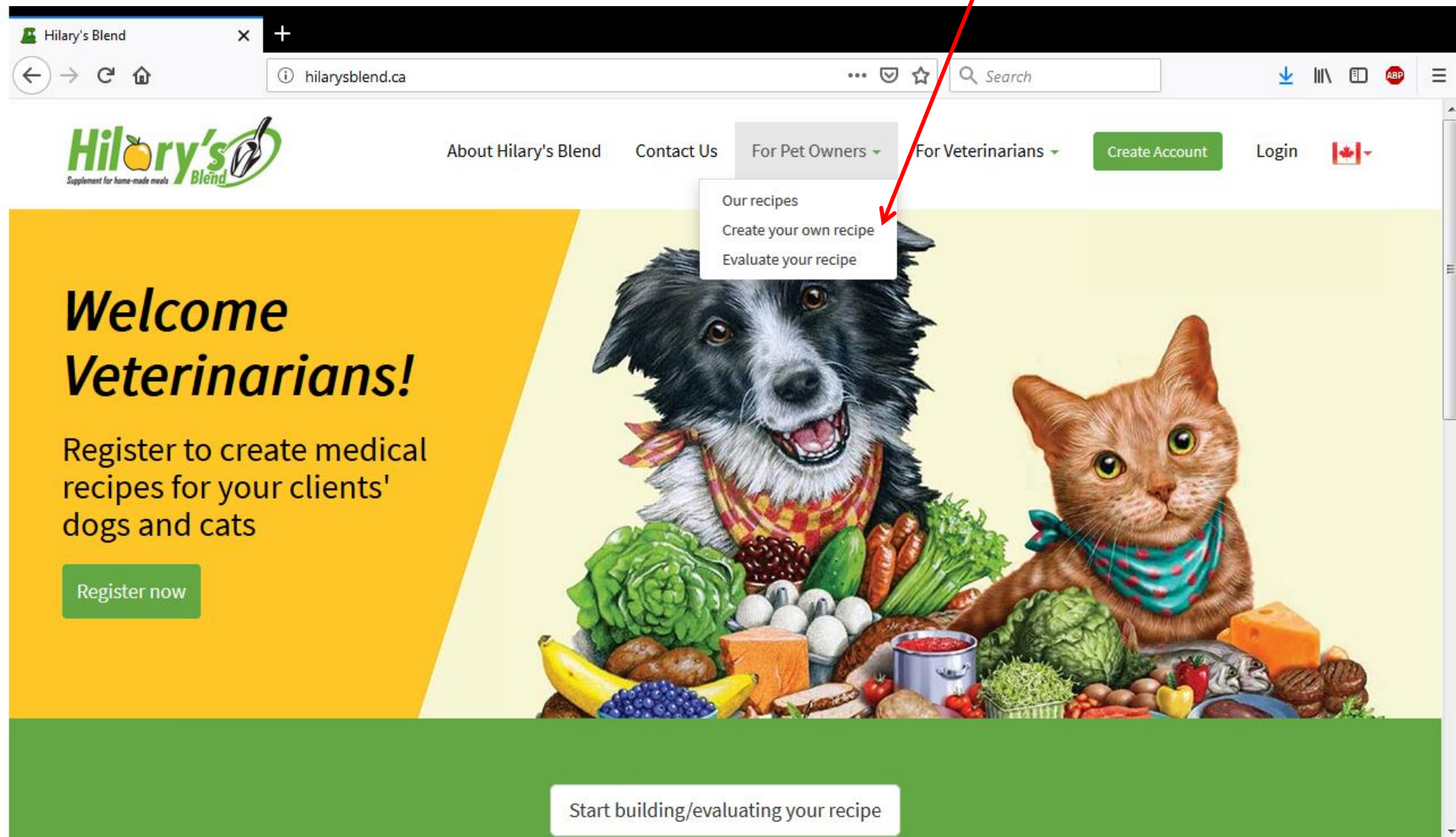
**Welcome Veterinarians!**

Register to create medical recipes for your clients' dogs and cats

Register now

Start building/evaluating your recipe

# Under “For Pet Owners” tab, pick “Create your own recipe”



The screenshot shows the Hilary's Blend website interface. The browser address bar displays 'hilarysblend.ca'. The navigation menu includes 'About Hilary's Blend', 'Contact Us', 'For Pet Owners', and 'For Veterinarians'. A dropdown menu is open under 'For Pet Owners', listing 'Our recipes', 'Create your own recipe', and 'Evaluate your recipe'. A red arrow points to the 'Create your own recipe' option. The main content area features a large image of a dog and a cat surrounded by various fresh ingredients like vegetables, fruits, and fish. On the left, a yellow banner reads 'Welcome Veterinarians!' and 'Register to create medical recipes for your clients' dogs and cats', with a 'Register now' button. At the bottom, a green banner contains the text 'Start building/evaluating your recipe'.

Hilary's Blend  
Supplement for home-made meals

About Hilary's Blend Contact Us For Pet Owners For Veterinarians Create Account Login

Our recipes  
Create your own recipe  
Evaluate your recipe

**Welcome Veterinarians!**

Register to create medical recipes for your clients' dogs and cats

Register now

Start building/evaluating your recipe



# Fill in the pet information

(Use Health condition "Healthy")

## Click green button to build a new recipe

Recipe Builder | Hilary's Blend

hilarysblend.ca/RecipeBuilder-Step1.aspx

**Dog's Name** fluffy

**Age** Adult

**Breed** (Other)  
*Note: Leave breed blank if not sure*

**Gender** Male

**Health Condition** Healthy

Kgs  Lbs

**Ideal Weight** 5

**Current Weight** 5

**EVALUATE MY RECIPE** **BUILD NEW RECIPE**

# For pancreatitis

We want less than **20g of fat per 1000 kcal**

(typically that means less than 18% of calories from fat)

- Pick a low fat meat
  - Turkey breast or thigh
  - Chicken breast or thigh
  - Cod
  - Sole
  - Halibut
  - Crab
  - Goat
  - Elk
- Or get some protein from plant
  - Peas
  - Soy
  - Kidney beans
  - Lentils

**fluffy**

Male, Adult

5 kgs / 5 kgs

(Other)

Health Adult

[Change profile](#)

- [Change ingredients](#)
- [Adjust Ingredient Quantities](#)

Approx. Volume	Ingredients	Weight	Ingredient category
2 7/8 cups, chopped or diced	Chicken, broilers or fryers, breast, meat only, cooked, roasted	400g	Protein
1 1/4 cups	Rice, brown, long-grain, cooked	250g	Carbohydrate
1 1/8 tsp	Oil, sunflower, linoleic, (approx. 65%)	5g	Oils
1/4 tsp	Fish oil, menhaden	1g	Oils
1 5/8 cups 1/2" pieces	Beans, snap, green, raw	160g	Vegetable
1 1/2 cups chopped (1/2" pieces)	Cauliflower, raw	160g	Vegetable
2 scoops	Hilary's Blend	20g	Vitamins and minerals

#### Feeding guide:

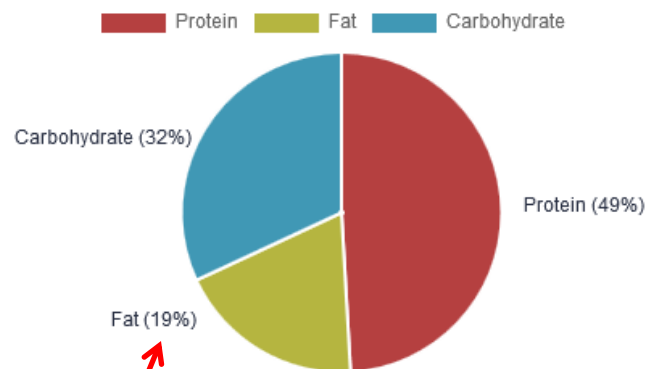
Your pet requires **317 kCals per day**.

This recipe contains **111 kCals per 100g**.

Your pet requires **283 grams/day** of this recipe.

#### Select the recipe yield:

per 1 kilograms of ingredients



I picked chicken, brown rice, sunflower oil, fish oil, beans and cauliflower from the “kitchen cupboard” then clicked “Next” to get a recipe.

The software gave me the above recipe which is balanced but too high in fat

The pie shows it contains 19% of calories from fat

For pancreatitis, we need < 18% of calories from fat

**fluffy**

Male, Adult

5 kgs / 5 kgs

(Other)

Health Adult

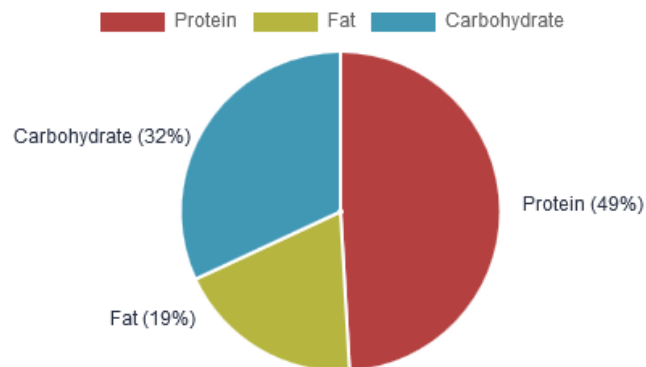
[Change profile](#)

- [Change ingredients](#)
- [Adjust Ingredient Quantities](#)

Approx. Volume	Ingredients	Weight	Ingredient category
2 7/8 cups, chopped or diced	Chicken, broilers or fryers, breast, meat only, cooked, roasted	400g	Protein
1 1/4 cups	Rice, brown, long-grain, cooked	250g	Carbohydrate
1 1/8 tsp	Oil, sunflower, linoleic, (approx. 65%)	5g	Oils
1/4 tsp	Fish oil, menhaden	1g	Oils
1 5/8 cups 1/2" pieces	Beans, snap, green, raw	160g	Vegetable
1 1/2 cups chopped (1/2" pieces)	Cauliflower, raw	160g	Vegetable
2 scoops	Hilary's Blend	20g	Vitamins and minerals

**Feeding guide:**Your pet requires **317** kCals per **day**.This recipe contains **111** kCals per **100g**.Your pet requires **283** grams/day of this recipe.**Select the recipe yield:**

per 1 kilograms of ingredients



Use "Adjust ingredient quantities" link to modify the recipe

**tlutty**  
Male, Adult  
5 kgs / 5 kgs  
(Other)  
Health Adult  
[Change profile](#)

Modify ingredient quantities:

Ingredient	Quantity (grams)
Chicken, broilers or fryers, breast, meat only, cooked, roasted	<input type="text" value="400"/> - 2 7/8 cups, chopped or diced
Rice, brown, long-grain, cooked	<input type="text" value="250"/> - 1 1/4 cups
Oil, sunflower, linoleic, (approx. 65%)	<input type="text" value="5"/> - 1 1/8 tsp
Fish oil, menhaden	<input type="text" value="1"/> - 1/4 tsp
Beans, snap, green, raw	<input type="text" value="160"/> - 1 5/8 cups 1/2" pieces
Cauliflower, raw	<input type="text" value="160"/> - 1 1/2 cups chopped (1/2" pieces)
Hilary's Blend	<input type="text" value="20"/> - 2 scoops

Cancel

Evaluate Recipe

**Want to modify this recipe?**

- [Change ingredients](#)
- [Adjust Ingredient Quantities](#)

“Adjust ingredient quantities” link takes you to this screen which shows the previous recipe.

To decrease fat, you need to decrease the meat and/or oils, and increase the carb (rice).

**fluffy**

Male, Adult

5 kgs / 5 kgs

(Other)

Health Adult

[Change profile](#)

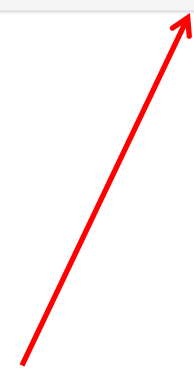
Modify ingredient quantities:

Ingredient	Quantity (grams)	
Chicken, broilers or fryers, breast, meat only, cooked, roasted	<input type="text" value="254"/>	- 1 7/8 cups, chopped or diced
Rice, brown, long-grain, cooked	<input type="text" value="400"/>	- 1 7/8 cups
Oil, sunflower, linoleic, (approx. 65%)	<input type="text" value="5"/>	- 1 1/8 tsp
Fish oil, menhaden	<input type="text" value="1"/>	- 1/4 tsp
Beans, snap, green, raw	<input type="text" value="160"/>	- 1 5/8 cups 1/2" pieces
Cauliflower, raw	<input type="text" value="160"/>	- 1 1/2 cups chopped (1/2" pieces)
Hilary's Blend	<input type="text" value="20"/>	- 2 scoops

[Cancel](#) [Evaluate Recipe](#)

**Want to modify this recipe?**

- [Change ingredients](#)
- [Adjust Ingredient Quantities](#)



I decrease chicken and increase rice and then I ask the software to evaluate the new recipe



• [Adjust Ingredient Quantities](#)

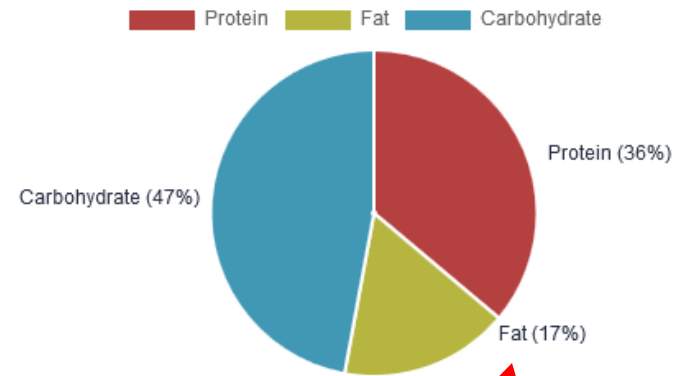
Approx. Volume	Ingredients	Weight	Ingredient category
1 7/8 cups, chopped or diced	Chicken, broilers or fryers, breast, meat only, cooked, roasted	254g	Protein
1 7/8 cups	Rice, brown, long-grain, cooked	400g	Carbohydrate
1 1/8 tsp	Oil, sunflower, linoleic, (approx. 65%)	5g	Oils
1/4 tsp	Fish oil, menhaden	1g	Oils
1 5/8 cups 1/2" pieces	Beans, snap, green, raw	160g	Vegetable
1 1/2 cups chopped (1/2" pieces)	Cauliflower, raw	160g	Vegetable
2 scoops	Hilary's Blend	20g	Vitamins and minerals

**Feeding guide:**

Your pet requires **317** kCals per **day**.  
This recipe contains **106** kCals per **100g**.  
Your pet requires **298** grams/day of this recipe.

**Select the recipe yield:**

per 1 kilograms of ingredients



The software gives me a new recipe using the numbers I put in. For pancreatitis, we need < 18% of calories from fat and this recipe is 17% which meets the requirements. This is a low fat recipe.



**fluffy**

Male, Adult  
5 kgs / 5 kgs  
(Other)  
Health Adult  
[Change profile](#)

This recipe is prepared for: Dog (Health Adult) AAFCO

[Recipe details](#)

[Nutritional details](#)

[How can you purchase Blend?](#)

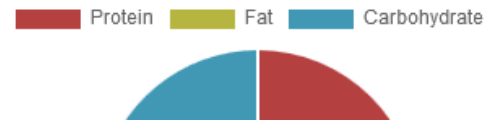
**Want to modify this recipe?**

- [Change ingredients](#)
- [Adjust Ingredient Quantities](#)

Approx. Volume	Ingredients	Weight	Ingredient category
1 7/8 cups, chopped or diced	Chicken, broilers or fryers, breast, meat only, cooked, roasted	254g	Protein
1 7/8 cups	Rice, brown, long-grain, cooked	400g	Carbohydrate
1 1/8 tsp	Oil, sunflower, linoleic, (approx. 65%)	5g	Oils
1/4 tsp	Fish oil, menhaden	1g	Oils
1 5/8 cups 1/2" pieces	Beans, snap, green, raw	160g	Vegetable
1 1/2 cups chopped (1/2" pieces)	Cauliflower, raw	160g	Vegetable
2 scoops	Hilary's Blend	20g	Vitamins and minerals

**Feeding guide:**

Your pet requires **317** kCals per **day**.  
This recipe contains **106** kCals per **100g**



We can double check that there are less than 20g of fat per 1000 kcal by clicking the “Nutritional details” tab



**fluffy**

Male, Adult

5 kgs / 5 kgs

(Other)

Health Adult

[Change profile](#)

This recipe is prepared for: Dog (Health Adult) AAFCO

[Recipe details](#)

[Nutritional details](#)

[How can you purchase Blend?](#)

**Note:**

For healthy dogs, we ideally target an omega-6 to omega-3 ratio of between 5:1 and 20:1. This recipe meets this target and is ideal for long term feeding.

**RATIOS**

**Calcium to Phosphorus ratio** 1.3906:1

**Omega-6 to Omega-3 ratio** 14.8759:1

	<b>Per 100g As fed</b>	<b>Per 100g Dry matter</b>	<b>Per 1000 kCal</b>
<b>SUMMARY</b>			
<b>Protein</b>	9.58 g	36.64 g	90.17 g
<b>Total lipid (fat)</b>	1.97 g	7.56 g	18.60 g
<b>Fiber, total dietary</b>	1.89 g	7.24 g	17.82 g
<b>Calcium, Ca</b>	278.45 mg	1065.49 mg	2622.14 mg
<b>Phosphorus, P</b>	200.23 mg	766.19 mg	1885.57 mg

Nutritional details tab shows this recipe has 18.60 g fat per 1000 kcal (target less than 20g of fat per 1000 kcal), so this recipe is good choice for pancreatitis.