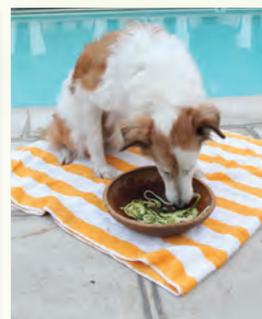


THE LATEST REVOLUTION IN CARING FOR OUR TAIL-WAGGING FRIENDS?

PLANT-BASED DOG FOOD

Eating organic, quality food has become a major component of a healthy lifestyle for many humans—which begs the question: why don't we apply this same practice to feeding our dogs? Commercial dog food is full of additives, fillers, and other processed ingredients that can have negative impacts on a dog's overall health—and, for vegans, feeding meat to their dogs can feel unsustainable or cruel.

From mother-daughter duo Mimi and Lisa Kirk, *The Plant-Based Dog Food Revolution* is an eye-opening guide to feeding dogs a nutritious vegan diet of ingredients that are not only pet-safe, but also human-grade. Lentils, sweet potatoes, quinoa, kale, herbs, and spices—all of these healthy human favorites have their place in the dog bowl! Here are dozens of Fido-approved recipes from quick and easy meals to special treats, as well as an overview of what dogs need to stay healthy and tips on food prep and storage.



Mimi Kirk is the author of numerous books including *Raw-Vitalize* and *The Ultimate Guide to Modern Juicing*. Voted PETA's sexiest vegetarian over 50, she has appeared on *Dr. Oz*, *The Doctors*, *The Steve Harvey Show*, and *The Rachael Ray Show*, and has been featured by *Thrive*, *Edible Communities*, *Huffington Post*, *VegNews*, and other outlets. She lives in Ramona, California.

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MIMI KIRK & LISA KIRK

The PLANT-BASED DOG FOOD REVOLUTION

WITH 50 RECIPES



MIMI KIRK author of *The Ultimate Book of Modern Juicing*, and LISA KIRK