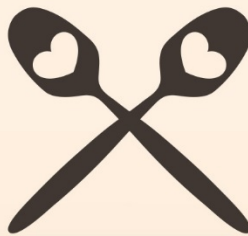




Patsy's Stuffin' Recipes™

Patsy McCray

Easy Stuffin' Recipes and Tips
Your Dogs Will Love



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Your Pet's Local
Farmers Market®

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on Mason Rd. at Highland Knolls

1644 S. Mason Rd.

Katy, TX 77450

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Patsy's Stuffin' Tips™

1. Add all ingredients into a plastic resealable bag. Make sure to seal your bag and press out any air. Mash the closed bag full of ingredients with your hands until all the lumps are gone and the consistency is smooth.
2. Cut off one corner tip of the bag. Keep the hole fairly small about a quarter of an inch. You'll squeeze the stuffin' out of the bag similar to an icing bag.
3. Hold your Kong® or bone upright. An easy way to do this is to place the Kong® or bone inside a coffee cup, glass or jar with the largest opening at the top.
4. Put a few pieces of kibble inside the Kong® to seal the smaller opening.
5. Squeeze the ingredients slowly inside the Kong® or bone and fill it up to the top.
6. You can add a few more pieces of kibble or wedge a mini carrot, a dog biscuit, or something similar inside the Kong® to plug up the larger opening.
7. You can offer this to your dog immediately; however, we highly suggest you place the entire coffee mug inside your freezer for 2 hours or overnight. You can also create a week's worth at a time and place them inside a gallon sized plastic bag. That way when you leave for the day you can toss your dog a special treat to ensure they will have hours of entertainment inside their crate.
8. If you are worried about food getting on your rugs or couch please have your dog enjoy their stuffed Kong® on tile floor.
9. Another great thing about a Kong® is you can toss them in the dishwasher.

****Bonus Tip** – keep a plastic bag in your fridge for any healthy leftovers such as spinach, fruit, veggies, meats, Cheerios that drop on the counter, and canned tuna juice, etc. These items can be used when stuffing your Kong® or a bone.

Patsy says, "There is nothing wrong with offering your dog people food – just don't add it to their dog food bowl, and choose items you would find on a salad bar."



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SOLUTIONS



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SOLUTIONS - Sensitive Stomach

Pumpkin Spiced Latte

Patsy's Stuffin' Recipe™



Ingredients:

$\frac{1}{4}$ cup Fruitables Canned Pumpkin

Dash of cinnamon

1 tsp of honey

3 tbsp of Primal Goat Milk



The Tummy Pleaser

Patsy's Stuffin' Recipe™



Ingredients:

- 1 Primal FD Chicken Nugget
- 2 tbsp Fruitables Canned Pumpkin
- $\frac{1}{2}$ cup cooked plain white rice
- 3 tbsp of Primal Goat Milk or Fruitables Chicken Broth Bowl



SOLUTIONS – Hip and Joint

Healthy Hips

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal Turkey & Sardine Nugget

1 Zuke's Hip Action Treat

4 Vital Essentials FD Minnows

Dash of turmeric

1 pump of Grizzly Salmon or Pollock Oil

3 tbsp of Primal Goat Milk

Top it off by stuffing it with Stay on
the Porch Shark Bark to seal the ends



SOLUTIONS – Skin and Coat

Skin So Soft

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Turkey & Sardine Nugget

4 Vital Essential FD minnows

$\frac{1}{4}$ tsp organic coconut oil

3 tbsp of Primal Goat Milk

Top it off by stuffing it with one fresh
Capelin fish to seal the ends



Allergy Buster

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Duck Nugget

$\frac{1}{4}$ cup of Fruitables Canned Pumpkin

1 tsp of local honey

3 tbsp of Primal Goat Milk

Top it off by stuffing it with a Honey & Garlic Duck Foot to seal the ends



Waist Watchers

Patsy's Stuffin' Recipe™



Ingredients:

Zuke's Mini Reward Treats (Just 3 calories or less each)

Leftover veggies

$\frac{1}{2}$ cup of non-fat yogurt or $\frac{1}{2}$ cup unsweetened applesauce

Top it off by stuffing it with Old Mother Hubbard Low Fat Treats to seal the ends



VEGETARIAN



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Spinach Soufflé

Patsy's Stuffin' Recipe™



Ingredients:

$\frac{1}{4}$ cup of raw spinach leaves

1 organic scrambled egg

1 tbsp of cottage cheese

Dash of turmeric

3 tbsp of Primal Goat Milk

Top it off by stuffing it with Old Mother Hubbard Vegg'n Treats to seal the ends



Green Machine

Patsy's Stuffin' Recipe™



Ingredients:

$\frac{1}{4}$ cup of raw spinach leaves or any
leftover green salad (without dressing)

$\frac{1}{2}$ cup unsweetened applesauce

3 tbsp of Primal Goat Milk

Top off each end with a celery slice
and seal the ends with $\frac{1}{4}$ tsp peanut
butter



Sweet Potato Soufflé



Patsy's Stuffin' Recipe™

Ingredients:

Slice/dice a leftover sweet potato
from last night's dinner

Dash of cinnamon

3 tbsp of Primal Goat Milk

Top off with two Sam's Yams

Sweet Potato Bichon Fries to seal
the ends



Apple Cheese Blintz

Patsy's Stuffin' Recipe™



Ingredients:

$\frac{1}{4}$ cup of your dog's favorite kibble

1 tbsp of cottage cheese

$\frac{1}{2}$ cup unsweetened applesauce

Dash of cinnamon

3 tbsp of Primal Goat Milk

Top it off by stuffing it with apple slices to seal the ends



AUNTIE OXIDANTS



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AUNTIE OXIDANTS

Bahama Mama

Patsy's Stuffin' Recipe™



Ingredients:

$\frac{1}{4}$ scoop Stella & Chewy's Meal Mixer
SuperBlends - any recipe

$\frac{1}{4}$ cup of Fruitables Canned Pumpkin

$\frac{1}{4}$ cup of unsweetened canned pineapple

$\frac{1}{2}$ tbsp of organic coconut oil

2 tbsp of unsweetened coconut



AUNTIE OXIDANTS

Banana Popsicle

Patsy's Stuffin' Recipe™



Ingredients:

$\frac{1}{4}$ scoop Stella & Chewy's Meal Mixer
SuperBlends - any recipe

$\frac{1}{2}$ banana

1 tsp of local honey

Dash of cinnamon

3 tbsp of Primal Goat Milk



AUNTIE OXIDANTS

Honey & Oats

Patsy's Stuffin' Recipe™



Ingredients:

$\frac{1}{4}$ scoop Stella & Chewy's Meal Mixer
SuperBlends - any recipe

$\frac{1}{4}$ cup cooked plain oatmeal

1 tsp of local honey

Dash of cinnamon and turmeric

3 tbsp of Primal Goat Milk



AUNTIE OXIDANTS

American Pie

Patsy's Stuffin' Recipe™



Ingredients:

$\frac{1}{4}$ scoop Stella & Chewy's Meal Mixer
SuperBlends - any recipe

$\frac{1}{4}$ cup of healthy unsweetened cereal

3 tbsp of Primal Goat Milk

Top off each end with an apple slice
and seal with $\frac{1}{4}$ tsp peanut butter



Fruity Tootie

Patsy's Stuffin' Recipe™



Ingredients:

$\frac{1}{4}$ scoop Stella & Chewy's Meal Mixer
SuperBlends - any recipe

$\frac{1}{2}$ banana

$\frac{1}{4}$ cup of fresh strawberries and blueberries

A tsp of local honey

$\frac{1}{2}$ cup organic plain yogurt or 3 tbsp of Primal
Goat Milk

Top it off by stuffing it with Old Mother
Hubbard Bacon Treats to seal the ends



Blueberry Hill

Patsy's Stuffin' Recipe™



Ingredients:

$\frac{1}{4}$ scoop Stella & Chewy's Meal Mixers
SuperBlends - any recipe

$\frac{1}{4}$ cup plain (unsweetened) yogurt

$\frac{1}{4}$ cup blueberries

3 Brother Barkery Bandit's Blueberry
Treats, crushed

Top it off each end with $\frac{1}{2}$ Brother
Barkery Bandit's Blueberry Treat to
seal the ends



PROTEIN PACKED



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PROTEIN PACKED

Hawaiian Luau

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Pork Nugget

$\frac{1}{4}$ cup Fruitables Canned Pumpkin

$\frac{1}{4}$ cup unsweetened applesauce

$\frac{1}{4}$ tsp organic coconut oil

3 tbsp of Primal Goat Milk



PROTEIN PACKED

Pork Chops & Applesauce

Patsy's Stuffin' Recipe™



Ingredients:

- 1 Primal FD Pork Nugget
- $\frac{1}{2}$ cup unsweetened applesauce
- Leftover steamed vegetables
- Dash of cinnamon
- 3 tbsp of Primal Goat Milk
- Top it off by stuffing it with apple slices to seal the ends



PROTEIN PACKED

1 Smell Bacon!

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Pork Nugget

$\frac{1}{4}$ cup of your favorite healthy kibble

3 tbsp of Primal Goat Milk

Top off each end with Dog Bark
Naturals Bacon Bark



PROTEIN PACKED

Green Eggs & Ham

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Pork Nugget

1 boiled organic egg cut into slices

$\frac{1}{4}$ cup of raw spinach leaves

3 tbsp of Primal Goat Milk

Top it off by stuffing it with Stay on the Porch Bacon Bark to seal the ends



Rise & Shine

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Pork Nugget

$\frac{1}{4}$ cup unsweetened applesauce

1 scrambled organic egg

3 tbsp of Primal Goat Milk

Top it off by stuffing it with Old Mother Hubbard Bacon & Cheez to seal the ends



Frank & Beans

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Pork Nugget

$\frac{1}{4}$ cup garbanzo beans

Dash of turmeric

$\frac{1}{4}$ cup Fruitables Broth Bowls Gravy

1 small all beef hot dog, cut into slices

Top it off by stuffing it with Stay on the Porch Bacon Bark to seal the ends



Blue Plate Special

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Chicken Nugget

$\frac{1}{4}$ cup Fruitables Canned Pumpkin or
leftover mashed potatoes

Handful of leftover green beans

3 tbsp of Primal Goat Milk

Top it off by stuffing it with Old
Mother Hubbard Chicken & Apple
Treats to seal the ends



Chicken Pot Pie

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Chicken Nugget

K9 Granola FD Green Beans or Carrots
and/or leftover steamed veggies

3 tbsp of Primal Goat Milk

Top off each end with a mini carrot to
seal the ends



Chicken & Biscuits

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Chicken Nugget

$\frac{1}{4}$ cup Fruitables Chicken Broth Bowls

$\frac{1}{4}$ frozen or canned peas

Dash of turmeric

Top it off by stuffing it with Stay on the Porch Chicken Bark to seal the ends



Deviled Egg

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Chicken Nugget

1 boiled egg cut into slices

Dash of turmeric

3 tbsp of Primal Goat Milk

Top it off each end with $\frac{1}{2}$ Chicken or Duck Sausage to seal the ends



Friday Fish Fry

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Turkey & Sardines Nugget

4 Vital Essential FD Minnows

$\frac{1}{4}$ cup leftover mashed potato

3 tbsp of Primal Goat Milk

Top it off by stuffing it with one fresh Capelin fish



Omega's A Plenty

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Turkey & Sardine Nugget

4 Vital Essential FD Minnows or
leftover fish from last nights dinner

1 pump of Grizzly Salmon or Pollock Oil

$\frac{1}{4}$ tsp organic coconut oil

3 tbsp of Primal Goat Milk

Top it off by stuffing it with one fresh
Capelin fish or Salmon Skins



Cajun Turducken

Patsy's Stuffin' Recipe™



Ingredients:

- 1 Primal FD Duck Nugget
 - 1 Primal FD Chicken Nugget
 - 6 Vital Essentials FD Turkey GIBLETS
 - 3 tbsp of Primal Goat Milk
- Top it off by stuffing it with Old Mother Hubbard Chicken & Apple treats to seal the ends



Duck Duck Goose

Patsy's Stuffin' Recipe™



Ingredients:

1 Stella & Chewy's Duck Patty

$\frac{1}{4}$ cup Primal Goat Milk

$\frac{1}{2}$ smashed banana

Handful of Vital Essentials Duck Nibs

Top it off by stuffing it with Roasted Honey & Garlic Duck Feet to seal the ends



The Greek God

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Lamb Nugget

$\frac{1}{4}$ cup plain Greek yogurt or 3 tbsp of Primal Goat Milk

Seal with $\frac{1}{8}$ tsp of organic coconut oil at each end

Top off each end with thinly cut zucchini slices



PROTEIN PACKED

Lamb Kabob

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Lamb Nugget

$\frac{1}{4}$ cup Fruitables Canned Pumpkin

3 tbsp of Primal Goat Milk

Dash of turmeric

Top off each end with two steamed asparagus to seal the ends



Surf & Turf

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Beef Nugget

4 Vital Essentials FD Minnows

1 pump of Grizzly Salmon or Pollock Oil

3 tbsp of Primal Goat Milk

Top it off each end with Stay on the
Porch Shark Bark to seal the ends



Where's the BEEF?

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Beef Nugget

$\frac{1}{4}$ can Fromm Gold Beef and Barley
Canned Food

Dash of turmeric

$\frac{1}{4}$ cup Fruitables Beef Broth Bowls

3 tbsp Primal Goat Milk

Top it off by stuffing it with Stay on
The Porch Beef Bark to seal the ends



Puppy Pasta

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Beef Nugget

$\frac{1}{4}$ cup plain cooked leftover pasta

$\frac{1}{4}$ cup cottage cheese

Top it off each end with Old Mother Hubbard Puppy Biscuit to seal the ends



PROTEIN PACKED

Sunday Night Pot Roast

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Beef Nugget

$\frac{1}{4}$ cup Fruitables Canned Pumpkin

Leftover steamed vegetables

3 tbsp of Primal Goat Milk

Top it off each end with Stay on the
Porch Beef Bark to seal the ends



PROTEIN PACKED

Venison & Pumpkin Platter

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Venison Nugget

$\frac{1}{4}$ cup Fruitables Canned Pumpkin

3 tbsp of Primal Goat Milk

Top off each end with an apple slice to seal the ends



Hunters Stew

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Venison Nugget

$\frac{1}{4}$ cup Primal Goat Milk

$\frac{1}{4}$ cup Fruitables Beef Broth Bowls

$\frac{1}{2}$ cup mashed potato

$\frac{1}{4}$ cup canned peas

Top it off each end with a freeze-dried turkey neck to seal the ends



FOR KICKS & PUPPY DOG LICKS



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FOR KICKS & PUPPY DOG LICKS

Game Night Slammer

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Beef Nugget

$\frac{1}{2}$ cup of your pup's favorite healthy kibble or 3 Brinkley's Better Beer Biscuits

1 Fruitsables Canned Pumpkin

$\frac{1}{4}$ cup of Bowser Beer or Fruitsables Broth Bowl

Top it off each end with $\frac{1}{2}$ of a turkey link to seal the ends



FOR KICKS & PUPPY DOG LICKS

Birthday Surprise

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Beef Nugget

3 tbsp of Primal Goat Milk

Top off each end with a carrot (to act as a candle)

Seal each end with $\frac{1}{4}$ tsp peanut butter



FOR KICKS & PUPPY DOG LICKS

Elvis Hound Dog

Patsy's Stuffin' Recipe™



Ingredients:

Crumble up 4 Brother's Barkery
Elvis Favorites Treats

$\frac{1}{2}$ Banana

3 tbsp of Primal Goat Milk

Seal each end with $\frac{1}{4}$ tsp peanut
butter



FOR KICKS & PUPPY DOG LICKS

Happy Holidays

Patsy's Stuffin' Recipe™



Ingredients:

1 Primal FD Beef Nugget

$\frac{1}{4}$ cup mashed potatoes

$\frac{1}{4}$ cup left over vegetables

6 fresh cranberries

Dash of cinnamon

$\frac{1}{4}$ cup applesauce

Top it off by stuffing it with roasted turkey to seal the ends



About Patsy and Patsy's Pet Market

Patsy left the corporate environment in search of her dream, to strengthen the lifetime bond between pet owners and their BFF's - best furry friends by providing wholesome, healthy dog and cat foods and creating fun and entertaining experiences to share. For more than 20 years, this guiding principal has allowed her to assist thousands of pet owners with pet's nutritional and dietary needs.

Previously, Ms. McGirl was the co-owner of Camp Woof, a luxury dog daycare and boarding facility in Atlanta, Georgia. The facility covered 13,000 square ft. and included not only dog day care, dog boarding, dog walking and pet sitting services, cat boarding, but also included a full retail store offering natural pet foods and provisions.

Intrigued by and finding herself passionate about nutrition and its vital role in a pet's health, Patsy decided to open CityDog Market offering natural cat and dog food to health conscious pet owners in the metropolitan Atlanta area.

In 2014, she married Alex, a 5th generation Texan, and moved to Texas where her family lives. Patsy loves being a Texan and shares the spirit of Texas Strong!

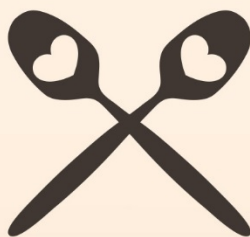
In 2015, Patsy and Alex opened their first store in Katy, TX, Patsy's Pet Market. Patsy's Pet Market is Your Pet's Local Farmers Market® filled with wholesome, healthy dog and cat foods and unique specialty items. We also offer Professional Grooming Services, Self-Serve Dog Wash Spas, Online Ordering and Express Local Delivery Service.

We provide our customers and their furry family members a thoughtful, fun and interactive shopping experience where convenience meets community. At Patsy's you'll find a 'downhome and welcoming' atmosphere unlike any other pet store which is why everyone says Patsy's is Your Pet's Local Farmers Market®. Every Friday we host our Bark 'N Wine and we always celebrate holidays with unusual flair and fun.

Come on in and let us help you find the perfect selection of foods, chews, treats, and toys for your special furry family member!

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