Chance's Raw Journal: Month 3

Day 1	Meat	Amount	Bone
Tuesday	Pork Rib	6.800	1.500
May 8, 2012	Salmon	1.900	0.000
	Pork	4.600	0.000
	Beef	2.000	0.000
	Beef Kidney	1.700	0.000
		17.000	1.500

Day 2	Meat	Amount	Bone
Wednesday	Chicken Thigh	6.200	0.527
May 9, 2012	Beef	8.900	0.000
	Salmon	1.900	0.000
		17.000	0.527

Day 3	Meat	Amount	Bone
Thursday	Chicken Necks	3.200	1.888
May 10, 2012	Beef	8.700	0.000
	Salmon	1.900	0.000
	Lamb Liver	0.100	0.000
	Chicken Liver	3.100	0.000
		17.000	1.888

Day 4	Meat	Amount	Bone
Friday	Pork Rib	8.200	2.000
May 11, 2012	Salmon	1.900	0.000
	Beef	4.900	0.000
	Beef Kidney	2.000	0.000
Before Dinner: Loose poop with gas, clean-up required.		17.000	2.000

Day 5	Meat	Amount	Bone
Saturday	Pork Rib	4.500	1.000
May 12, 2012	Beef	10.700	0.000
	Salmon	1.050	0.000
2 S&C Beef Patties		16.250	1.000
Too much liver & too much kidney next day combined.			
Gave lots of slippery elm bark, restricted food intake, gave extra water.			
2:30 a.m.: on AM walk: Loose poop w/gas + diarrhea, clean-up required.			
6:30 p.m.: 1 tiny formed piece w/mucus, gas & straining, clean-up required.			

Day 6	Meat	Amount	Bone
Sunday	Chicken Breast (skinless)	15.000	1.360
May 13, 2012			
AM walk - some gas w/mucus; later tiny formed		15.000	1.360
pieces w/mucus but no gas. Mucus looked like slippery elm.			
No clean-up required like the previous days. No straining.			

Day 7	Meat	Amount	Bone
Monday	Chicken Breast (skinless)	7.900	1.580
May 14, 2012	Chicken Thigh	8.200	0.697
	Salmon	1.050	0.000
Started multi-dophilus capsules - 2 per day		17.150	2.277
AM walk: Poop soft but formed. Gassy like has to poop.			

Day 8	Meat	Amount	Bone
Tuesday	Chicken Breast (skinless)	6.900	1.380
May 15, 2012	Chicken Thigh	7.200	0.612
	Beef	1.900	0.000
	Salmon	1.050	0.000
3:00 AM: Pooped soft but formed.		17.050	1.992
AM walk: Poop soft but formed, likely due to hot wx.			

Day 9	Meat	Amount	Bone
Wednesday	Chicken Thigh	6.800	0.578
May 16, 2012	Chicken Breast (skinless)	7.000	1.400
	Beef	1.200	0.000
	Salmon	2.100	0.000
Gave 12 drops fish oil		17.100	1.978

Day 10	Meat	Amount	Bone
Thursday	Chicken Breast (skinless)	7.300	1.460
May 17, 2012	Beef	7.600	0.000
	Salmon	2.100	0.000
Gave 1 fish oil capsule		17.000	1.460

Day 11	Meat	Amount	Bone
Friday	Chicken Thigh	8.200	0.697
May 18, 2012	Beef	6.800	0.000
	Salmon	2.000	0.000
Gave normal 1.5 fish oil caps		17.000	0.697

Day 12	Meat	Amount	Bone
Saturday	Pork Rib	9.000	2.000
May 19, 2012	Beef	6.000	0.000
	Salmon	2.000	0.000
		17.000	2.000

Day 13	Meat	Amount	Bone
Sunday	Pork Rib	9.200	2.000
May 20, 2012	Beef	4.600	0.000
	Salmon	2.000	0.000
	Lamb Liver	0.200	0.000
	Chicken Liver	1.000	0.000
2 S&C Lamb patties		17.000	2.000

Day 14	Meat	Amount	Bone
Monday	Pork Rib	7.900	1.000
May 21, 2012	Beef	6.500	0.000
	Chicken Heart	0.600	0.000
	Salmon	2.000	0.000
		17.000	1.000

Day 15	Meat	Amount	Bone
Tuesday	Chicken Wings	2.600	1.600
May 22, 2012	Beef	11.300	0.000
	Salmon	2.000	0.000
	Lamb Liver	0.400	0.000
	Chicken Liver	1.200	0.000
		17.500	1.600

Day 16	Meat	Amount	Bone
Wednesday	Chicken Wing	0.600	0.400
May 23, 2012	Beef	14.200	0.000
	Salmon	2.200	0.000
		17.000	0.400

Day 17	Meat	Amount	Bone
Thursday	Pork Rib	9.100	2.000
May 24, 2012	Beef	3.900	0.000
	Salmon	2.200	0.000
	Lamb Liver	0.600	0.000
	Chicken Liver	1.200	0.000
		17.000	2.000

Day 18	Meat	Amount	Bone
Friday	Chicken Thigh	7.200	0.612
May 25, 2012	Pork Rib	5.000	1.000
	Beef	1.600	0.000
	Chicken Heart	1.000	0.000
	Salmon	2.200	0.000
Liquid poop but no gas.		17.000	1.612

Day 19	Meat	Amount	Bone
Saturday	Chicken Thigh	7.700	0.655
May 26, 2012	Chicken Neck	1.600	0.944
	Pork	5.200	0.000
	Salmon	2.200	0.000
	Lamb Liver	0.200	0.000
	Chicken Liver	0.100	0.000
2 S&C Lamb patties		17.000	1.599
Mucus in poop but poop firm.			

Day 20	Meat	Amount	Bone
Sunday	Pork Rib	4.600	1.000
May 27, 2012	Pork	2.200	0.000
	Turkey	8.000	0.000
	Salmon	2.200	0.000
2 S&C Lamb patties		17.000	1.000
Mucus in poop but poop firm.			

Day 21	Meat	Amount	Bone
Monday	Pork Rib	6.200	2.000
May 28, 2012	Chicken Thigh	6.100	0.519
	Pork	2.200	
	Salmon	2.200	
	Lamb Liver	0.200	
	Chicken Liver	0.150	
Mucus in poop but poop firm.		17.050	2.519

Day 22	Meat	Amount	Bone
Tuesday	Chicken Back	3.000	1.320
May 29, 2012	Beef	11.800	0.000
	Salmon	2.200	0.000
		17.000	1.320

Day 23	Meat	Amount	Bone
Wednesday	Chicken Back	3.000	1.320
May 30, 2012	Pork	10.400	0.000
	Beef	1.100	0.000
	Salmon	2.200	0.000
	Lamb Liver	0.200	0.000
	Chicken Liver (0.1 oz co-op liver)	0.200	0.000
		17.100	1.320

Day 24	Meat	Amount	Bone
Thursday	Pork Rib	6.700	2.000
May 31, 2012	Pork	8.100	0.000
	Salmon	2.200	0.000
		17.000	2.000

Day 25	Meat	Amount	Bone
Friday	Pork Rib	7.800	2.000
June 1, 2012	Pork	6.500	0.000
	Salmon	2.200	0.000
	Lamb Liver	0.200	0.000
	Chicken Liver	0.300	0.000
		17.000	2.000

Day 26	Meat	Amount	Bone
Saturday	Chicken Thigh	6.400	0.544
June 2, 2012	Beef	8.400	0.000
	Salmon	2.200	0.000
		17.000	0.544

Day 27	Meat	Amount	Bone
Sunday	Pork Rib	6.900	2.000
June 3, 2012	Beef	7.400	0.000
	Salmon	2.200	0.000
	Lamb Liver	0.300	0.000
	Chicken Liver	0.300	0.000
2 S&C Lamb patties		17.100	2.000

Day 28	Meat	Amount	Bone
Monday	Chicken Thigh	8.600	0.731
June 4, 2012	Pork	5.400	0.000
	Beef	1.000	0.000
	Salmon	2.000	0.000
		17.000	0.731

Day 29	Meat	Amount	Bone
Tuesday	Pork Rib	8.300	2.000
June 5, 2012	Pork	6.000	0.000
	Salmon	2.000	0.000
	Lamb Liver	0.400	0.000
	Chicken Liver	0.300	0.000
		17.000	2.000

Day 30	Meat	Amount	Bone
Wednesday	Chicken Back	3.000	1.320
June 6, 2012	Beef	12.000	0.000
	Salmon	2.000	0.000
		17.000	1.320

Protein Breakdown	Ttl Oz.	
Chicken	135.3	
Salmon	57.3	
Beef	142.5	
Pork	150.8	
Turkey	8	
Liver	10.7	
Lamb Liver		2.8
Chicken Liver		7.9
Kidney	3.7	
Beef Kidney		3.7

Protein Cuts
Chicken - Thigh * Breast * Neck * Wing * Back
Salmon - skin on fillets, mostly boneless
Beef - Round Eye * Chuck Pot Roast * London Broil * Top Round * Round Tip
Pork - Shoulder * Sirloin * St. Louis Style Spare Ribs * Top Loin
Turkey - Misc. White Meat
Liver - Lamb * Chicken
Kidney - Beef

30-Day Target Amounts @ 2%	OUNCES	Actual
Total Amount of Food	518.4	508.3
Meat	414.7	448.2
Bone	51.8	45.7
Liver	25.9	10.7
Organ	25.9	3.7