

Diet Plan

DO NOT OVERFEED

We want the birds to eat 90% of their food, decrease amounts if this is not happening.

Each meal, per bird, should be around:

1-2 TBS for small birds

2-4 TBS for medium birds

4-6 TBS for macaws

Daily Nuts:

2 for small birds

3-4 for medium birds

4-5 for macaws

Mon, Wed, Fri, Sat

AM sprouts

PM dry seed with nuts

Tues

AM ½ sprouts with 4 boxes organic firm tofu

PM dry seed with nuts

Thurs

AM ½ sprouts with 2 dozen eggs/shells/turmeric

PM dry seed with nuts

Sun

AM 4 dozen eggs/shells/turmeric

PM dry seed with nuts

Ok to give highly nutritious, raw treat foods a couple times per week:

Greens

Carrots

Squash

Apple

Corn

Do not feed too much of these and rotate what you offer. Severely limit all other treat foods.

Estimate of cost

- 3lbs of dry kamut = ~8 cups = \$4.00, using this as an average, the sprouts are 50 cents per dry cup, so sprouts should cost about \$2.50/day or ~\$20/week
- Eggs
- Nuts
- Flax oil
- Fresh Addition should be between 50 cents - \$1 per TBS (BL is 50 cents, JC is \$1), this should be \$21-42 per week
- Dry seeds should run about \$10-12 per day with Fresh Addition added, \$70-84 per week
- Total diet should be ~\$150-200 per week

Sprouts

Ingredients (order from Sun Organic):

(rice, 1 pound)
Brown Rice – long or short

(grain, 1 pound of each)
Sprouting Millet
Whole Kernel Corn
Whole Kernel Buckwheat
Wheat Berry – Hard Red Winter
Oats – Sprouting
Barley – Sprouting
Rye Berries
Quinoa
Triticale
Kamut
Amaranth

(seeds, 1 pound of each)
Hulled Sunflower Seed
Fenugreek
Pumpkin Seed Hulled
Sesame Seed
Radish Seed – Daikon
Mustard Seed
Red Clover Seed
Flax

(beans/lentils/peas, 2 pounds of each)
Lentils - green
Mung Bean
Garbanzo
Whole Green Pea

For Sprout supplement use China Prairie's Fresh Addition Universal
(<http://www.chinaprairie.com/fasup.html>)

Directions:

- Morning- use two half-gallon jars
 - Put 2.5 cups of dry sprouts in each jar
 - Rinse dry sprouts 4-5 times and drain fully
 - Add enough water to fill jar
 - Add 50 drops of GSE
 - Store in cool place out of direct sunlight, do not refrigerate
- Evening- After a 12 hour soak
 - drain the sprouts, then rinse thoroughly 4-5 times, draining fully each time
 - Leave drained sprouts in cool place out of direct sunlight, do not refrigerate
- Next morning-
 - rinse thoroughly 4-5 times, draining fully each time
 - When fully drained, add in 3* TBS of Fresh Addition Universal supplement to each half-gallon jar and mix well
 - Serve: 1-2 TBS for small birds, 2-4 TBS for medium birds, 4-6 TBS for macaws

*After 2-6 months, depending on birds' condition, decrease to 2 TBS Fresh Addition Universal.

Notes: If we average each bird at 3 TBS, we get a total of: ~ 9.5 cups finished sprouts =
~ 4.5 cups dry seed/grain and 6 TBS Fresh Addition Universal for 4%.

Baby & PB each get approximately 1 TBS of sprouts as 1 meal, but they eat two meals and a snack total each day, also they do not fly.

Dry Seed Mix

Ingredients adapted from Alicia McWatter's raw organic seed mixture:

- 75% (15 pounds) whole millet
- 5% (1 pound) pumpkin seeds
- 5% (1 pound) shelled peanuts
- 5% (1 pound) hull-less oats (SunOrganic calls these sprouting oats)
- 5% (1 pound) whole buckwheat
- 5% (1 pound) milk thistle seeds

(a good price on organic whole milk thistle seeds:

<http://gallery.bcentral.com/Gallery/ProductDetails.aspx?GID=4982669&PID=3054441&page=2&sortOrder=0>)

Everything can be ordered from SunOrganic except the milk thistle.

Directions:

- Mix seed with flax oil (1 TBS per pound of seed) in a jar and shake to disperse oil
- Add FA Universal (1 TBS per pound of seed) and shake again to coat seeds
- REFRIGERATE unused portion for up to 3 days
- Serve: 1-2 TBS for small birds, 2-4 TBS for medium birds, 4-6 TBS for macaws

No more than six weeks worth should be purchased in advance.

Cost is approximately \$2.10 per pound

hulled millet	\$15.00
pumpkin	\$ 6.50
shelled peanuts	\$ 3.70
hull-less oats	\$ 2.25
buckwheat	\$ 2.00
<u>milk thistle</u>	<u>\$12.64</u>
Total for 20 pounds	\$42.09

Nuts

Feed only 1 type of nut each day and rotate type of nut daily

Nuts to include:

Almonds	Hazlenut
Brazil Nut	Macadamia
Walnuts	Pecan
Pistachio	Pine Nuts
Cashew	NOT peanuts as these are in the seed mix

If you need to use a nut more than once within a week, go with almonds.

Serve Daily with dry seed mix: 2 for small birds, 3-4 for medium birds, 4-5 for macaws

Resources

Supplies to order:

Half gallon jars: <http://www.polsteins.com/alcorbal6pkw.html>

You will be using 4 at a time for sprouts (2 to start new sprouts, 2 with sprouts for serving). You might also want to mix and store the dry seed with supplements in these, so I think 6 is the minimum you need.

Stainless sprout screens: <http://www.sproutpeople.com/devices/jar/jar.html#jarlids>

Order at least 4, so you can have 2 clean and 2 dirty at all times.

The 304 stainless screen you bought from TWP is food safe, so you can make your own lids.

GSE: <http://www.nutriteam.com/GSEorder2.htm>

Food to order:

Seeds, grains, sprouts, nuts: <http://www.sunorganic.com>

Fresh Addition Universal supplement: <http://www.chinaprairie.com/fasup.html>

Milk Thistle Seed: I found a good price at

<http://gallery.bcentral.com/Gallery/ProductDetails.aspx?GID=4982669&PID=3054441&page=2&sortOrder=0>