

Raw Fed and Nerdy
Puppy Formulation Sheet (v1)
Manual

Written by Jenny Ryoo



Table of Contents

[Customer Support](#)

[Tech Support](#)

[Help Desk](#)

[Tutorial Videos](#)

[Formulation Help](#)

[Setup and Authorization](#)

[Downloading the RFN Add-on](#)

[Create a Pet Profile](#)

[Recipe Builder](#)

[Adding Ingredients](#)

[Nutrient Columns](#)

[Batch Ingredients List](#)

[Nutrient Contributor List](#)

[Saving Recipes](#)

[Using the Add-on](#)

[Manually \(Without the Add-on\) in Recipe Builder](#)

[Loading Recipes into Recipe Builder](#)

[Using the Add-on](#)

[Manually \(Without the Add-on\) in Recipe Builder](#)

[Add More Ingredient Columns - Recipe Builder](#)

[Clearing Recipe Builders with Add-on](#)

[Recipe Report](#)

[Feeding Chart](#)

[Ingredient List](#)

[Recipe Analysis](#)

[Creating a PDF or Printing](#)

[Food Database](#)

[How to Enter New Foods](#)

[How to Enter New Foods with the Add-on](#)

[How to Enter Foods from a Previous RFN Sheet \(Standard v3 or Pack v1\)](#)

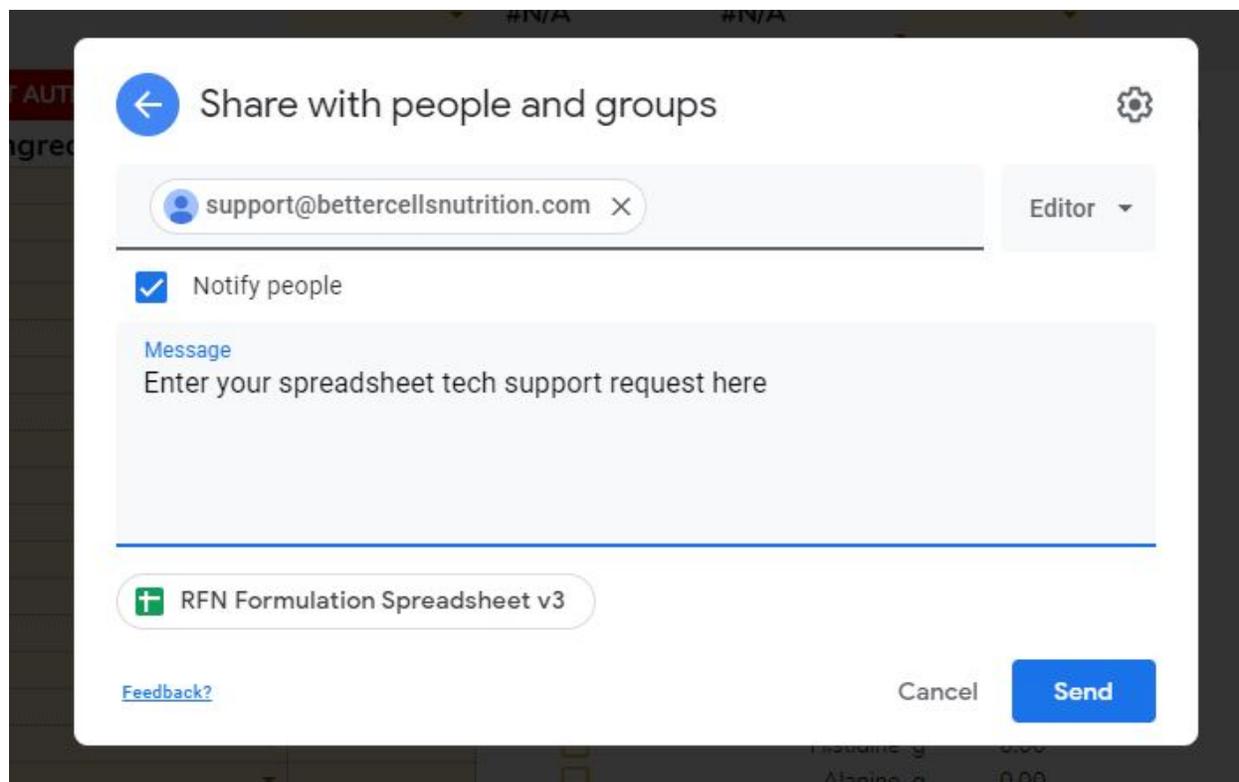
[Entering Raw Meaty Bones, Premades and Fatty Acids](#)

[RFN Formulation Sheet and Add-on Terms of Service](#)

Customer Support

Tech Support

Need tech support? Add "support@bettercellsnutrition.com" to your spreadsheet. When sharing, add your request/bug in the notes section.



Help Desk

You can also start a conversation with us right in the Raw Fed and Nerdy Puppies group [here](#).

Tutorial Videos

Check out the tutorial videos [here](#).

Includes videos for:

- Setup and authorization
- RFN Sheet basic use

- Google Sheets and Drive 101
- How to use the Add-on

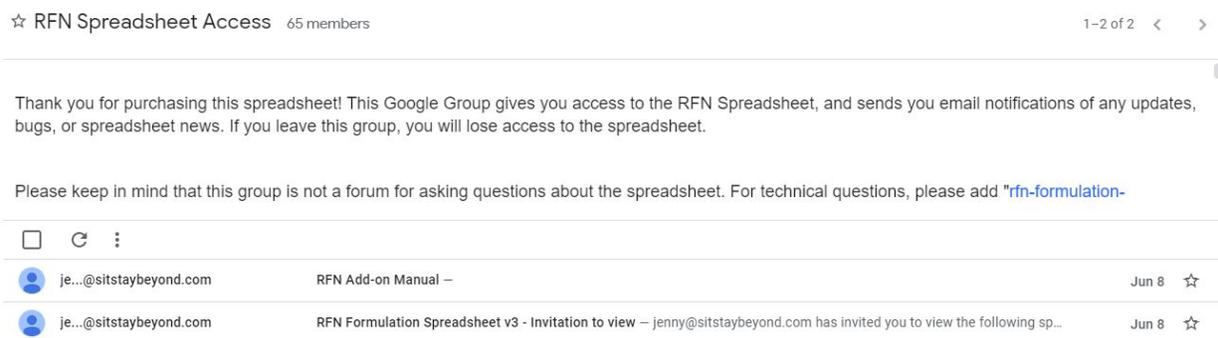
Formulation Help

Have formulation questions? Post on the Raw Fed and Nerdy Puppies group [here](#). If you are wanting feedback on your recipe, be sure to follow the guideline on the “Submitting Your Recipe” tab in your RFN Sheet for submitting screenshots.

Setup and Authorization

Once you purchase the spreadsheet, you will receive an email from Raw Fed and Nerdy immediately. This email frequently goes to your spam or junk mail so make sure you check there. If you did not receive this email, please email Jenny at jenny@bettercellsnutrition.com.

The order email will include a link to a Google Group that contains the master copy of the RFN Sheet.

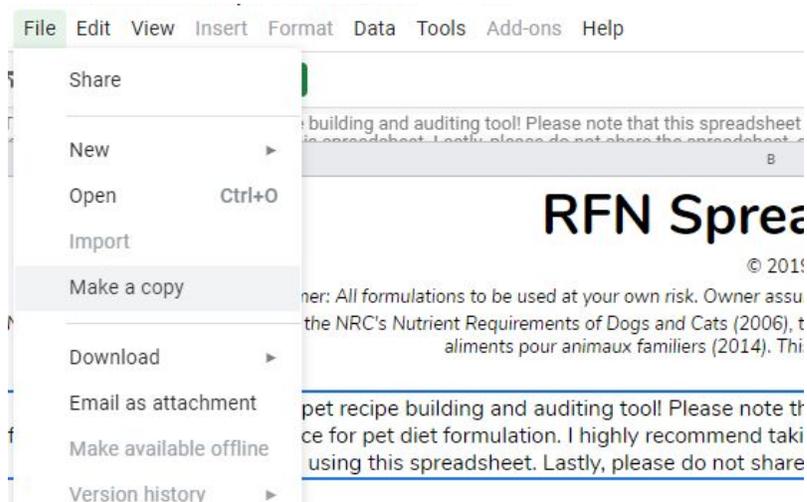


Please note that the copy of the spreadsheet linked in the Google Group is the master copy that is available to everyone who purchases the spreadsheet. It is view only and you will not be able to edit it.

To get your own copy of the spreadsheet:

1. Go to the post titled "RFN Puppy Formulation Spreadsheet v1 - Invitation to view" and click "Open in Sheets."

2. *This spreadsheet will be "view only".* Create a copy of it into your Google Drive in order to edit it. (Top bar -> File -> Make a copy)

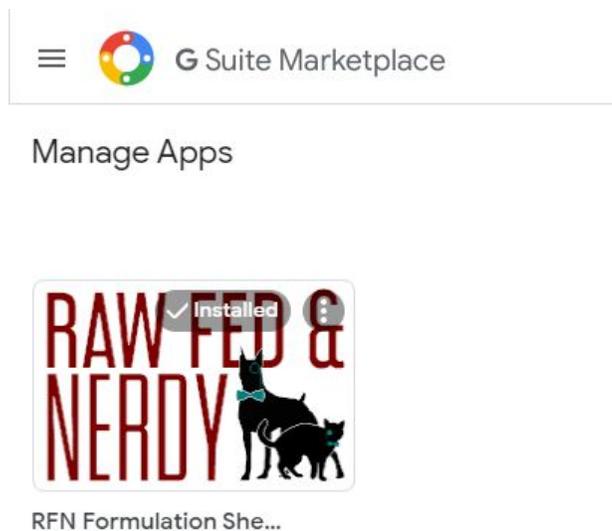


3. Once you have your own copy to edit, enter your RFN order number (make sure to check your spam folder for your order email from RFN) in the first box, then click on the green box and click "allow access." You should now be authorized and ready to use your spreadsheet!

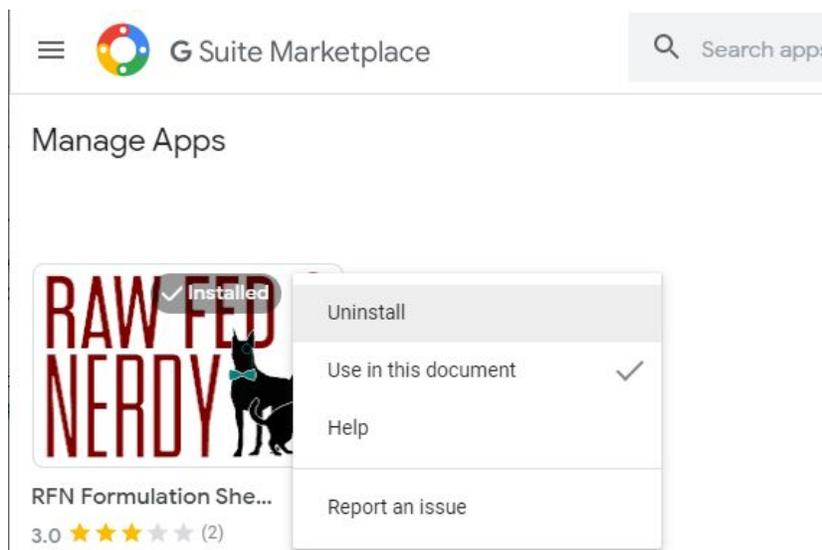
Downloading the RFN Add-on

To download the add-on, go to your spreadsheet.

1. Go to the top bar, and click on the Add-ons menu. Click "Get add-ons"
2. In the marketplace, search for "raw fed and nerdy".
3. Install the add-on.
4. Once installed, go to Add-ons -> Manage add-ons. You should see the RFN Add-on in your list of installed add-ons.
5. Click on the three dots on the upper right corner of the add-on.



6. Select "Use in this document."



7. Refresh the spreadsheet. You should now be able to use the add-on!

Create a Pet Profile

In order to formulate for a pet, you need to create and save a pet profile.

1. Go to the "Create a Pet Profile" tab.

2. Fill in the following options:

Pet Name - *required*: Your pet's name

Age - *optional*: Your pet's age

Breed - *optional*: Your pet's breed

Calcium Requirements - *required*: Choose your puppy's calcium requirements.

High: Puppies under 14 weeks old, or large breed dogs under 6 months old

Low: All others (puppies over 14 weeks old and large breed dogs over 6 months old)

Energy Needs

Current Weight (lbs) - *optional*: Enter your puppy's current weight in pounds.

Current Weight (kg) - *required*: Enter your puppy's current weight in kilograms. (If you entered your puppy's current weight in pounds, this will automatically convert for you.)

If you have written over the Current Weight(kg) cells so that it does not automatically convert from pounds to kilograms, enter this formula into the Current Weight (kg) entry cell:

=C9*0.453592

Expected Adult Weight (lbs) - *optional*: Enter your puppy's expected adult weight in pounds.

Expected Adult Weight (kg) - *required*: Enter your puppy's expected adult weight in kilograms. (If you entered your pet's weight in pounds, this will automatically convert for you.)

If you have written over the Expected Weight(kg) cells so that it does not automatically convert from pounds to kilograms, enter this formula into the Expected Weight (kg) entry cell:

=C11*0.453592

Energy Number - *optional*: Enter your puppy's activity level to estimate your pet's daily caloric need. Energy number generally ranges from 110 to 130.

Active puppy breeds (springer spaniels, collies): 130

Great Dane puppy: 130*

All other breeds: 110 (periods of activity, but still plenty of sleeping)

*Great danes may require up to 1/3 more calories than any other breed of puppy.

It is uncommon for puppies under 6 months to need an energy number of under 110. Please contact a professional if your puppy is getting overweight eating a diet that uses the energy number 110, or if you think your puppy needs a higher energy number than 130.

Use the Body Condition Score charts at the bottom of the Pet Profile tab to see if this energy number is too high or low for your puppy. **Ideal BCS for puppies is 4.**

Daily Caloric Goal - *automatic*: This automatically calculates your puppy's daily caloric intake based on the current weight, expected weight and energy number chosen.

Macronutrient Goals - *optional*: Enter your pet's ideal macronutrient distribution per calorie. Details on how to decide on an ideal distribution [here for dogs](#).

Preferred Fiber (% DMB) - *optional*: Enter the percentage of fiber, on a dry matter basis, that is ideal for your puppy. Fiber is typically 1.5% - 5% DMB for homemade diets. More details on how to set your pet's ideal fiber intake [for dogs](#).

Maximize black hair color - *optional*: Checking this box updates your pet's requirements to include additional tyrosine requirements needed to maintain pigment in black fur.

Use non-heme iron? - *optional*: If you want to count non-heme iron found in plant matter toward iron requirements, check this box.

Diet Restrictions and Other Notes - *optional*: Type any other notes about the pet here to save it into the pet profile.

3. Once you are done filling in all the options, you need to save it. Copy the entire purple column on the right.

4. Go to the "Saved Pet Profiles" tab.

5. On an empty column, paste **values only**. If you see #REF or other errors, delete the column and try again, making sure to paste values only (right click to find more paste options)

Recipe Builder

This is where you can build your puppy's recipe.

Adding a Pet

Under the "Pet Profile" section, find your puppy's most recent profile under the drop down menu. If the correct profile is not available in the drop down menu, make sure you have saved the pet profile into the "Saved Pet Profiles" section.

Adding Ingredients

1. Add ingredients by selecting them in the drop down menus. You can scroll through the drop down menu to look at the available ingredients, or you can start typing the name of the ingredient to find it.
2. Add the quantity of the ingredient you want to add to the recipe. If this item is a supplement, enter the quantity per serving you want to add.
3. Select the unit. If the ingredient is categorized as a "supplement" in the food database, select "supplement", even if it is measured in grams or ounces.
3. Check the box to add the ingredient to your recipe. If you want to remove it, you can delete the quantity or the ingredient name, or uncheck the box.

Nutrient Columns

Nutrient Requirements - "Required" Column

Your puppy's nutrient requirements will populate under the "required" column next to the nutrient name.

Nutrients in Recipe - "Total" Column

This column shows you the total amount of the nutrient included in the recipe thus far.

Nutrient Safe Upper Limits - "SUL" Column

This column shows you the value of the SUL (safe upper limit). Once the total amount of the nutrient in your recipe surpasses this value, your percentage cell will turn red.

Percentage of Recommended Allowances - “% of Goal” Column

This column shows you the percentage of the nutrient content in your recipe, per your pet’s required amount.

For example, 150% for Calcium would mean the recipe contains 1.5 times the amount of calcium that is required for your pet.

KEY	
Do not need to meet RA	The percentage cell will turn different colors based on your recipe.
Has not yet met RA	White with black text: This means that there is no requirement for this nutrient.
Met RA or Goal	
Met RA but Low *	
Met RA but High *	Grey with black text: This means that you do not need to meet the required amount. View the note for the nutrient in the spreadsheet for information why.
Exceeded SUL	

Blue with black text: This means that there is a requirement and the recipe does not meet it.

Green with white text: This means that the recipe meets the requirement.

Green with yellow text - for minerals only: This means that the recipe meets the requirement for this mineral, but the value is lower than the average for the minerals.

Green with red text - for minerals only: This means that the recipe meets the requirement for this mineral, but the value is lower than the average for the minerals. *This is NOT the same as hitting SUL.*

Red with white text: This means that the recipe surpasses the SUL.

NOTE: You cannot change the name of nutrients in the Recipe Builder or in the Food Database.

Batch Ingredients List

You can use this section to multiply your recipe. Select the number to multiply by under “Servings” and the units you would like it displayed in.

Nutrient Contributor List

You can use this section to see which ingredients contribute the most to least of a particular nutrient.

Saving Recipes

Using the Add-on

1. Name the Recipe in the top left corner.
2. Go to the top bar -> Add-ons -> RFN -> Recipes -> Save -> Regular.

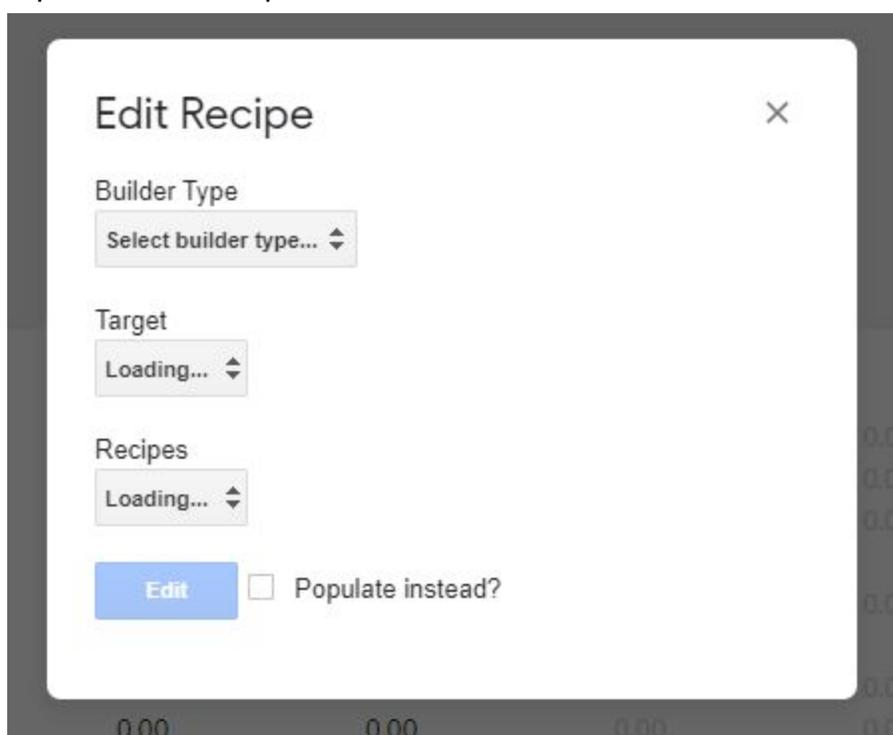
Manually (Without the Add-on) in Recipe Builder

1. Copy the first two rows of your ingredient section in your Recipe Builder.
2. Go to the Recipe Database.
3. In column C, paste transposed (right click->paste special->paste transposed).
4. Fill in the name of the recipe and the exact name of the pet profile. Make sure these are the same for all the ingredients of that recipe.
5. Go back to the Recipe Builder. Copy the “unit” row of the ingredient section in your Recipe Builder.
6. Go to the Recipe Database. In column G, paste transposed (right click->paste special->paste transposed).
6. Use the “Save Recipe as Ingredient” section to save the recipe to the Food Database. *You do not need to use this feature if you saved your recipe using the Add-on.*

Loading Recipes into Recipe Builder

Using the Add-on

1. Go to the top bar -> Add-ons -> RFN -> Recipes -> Edit
2. Select the options in the drop down menus:



Populate instead: Adds the recipe to the current recipe builder without removing the current ingredients and quantities.

Manually (Without the Add-on) in Recipe Builder

1. Go to the Recipe Database. Copy the "ingredient" and "quantity" columns of the recipe you want to edit.
2. Clear the Recipe Builder of all previous ingredients and quantities, if needed.
3. In the first ingredient column, on the ingredient cell, paste, transposed. (right click -> paste special -> transposed)
4. Go back to the Recipe Database. Copy the "unit" column.
5. In the "unit" row of the first ingredient column, paste, transposed. (right click -> paste special -> transposed)

Add More Ingredient Columns - Recipe Builder

1. Add as many extra columns you would like by right clicking on the column letter at the top -> Insert 1 left/right
2. Copy the entire column of another, previously existing ingredient. *If you skip this step, the new ingredient column will not calculate nutrient values for that ingredient.*
3. Paste into all the newly created columns.

Clearing Recipe Builders with Add-on

Go to the top bar -> Add-ons -> RFN -> Clear

This clears the recipe builder of all ingredients, quantities, units and checkboxes, as well as the recipe name and pet profile.

Recipe Report

Select a recipe from the drop down menu. The recipe has to be saved into the Recipe Database in order for it to show up here.

If you edit your recipe, make sure to save in order to see the changes reflected in the Recipe Report.

Show Dog Weight in - *required*: Enter the unit you want to see your puppy's weight in.

Show Ingredients in - *required*: Enter the unit you want to see the ingredient weights in.

Feeding Chart

The feeding chart displays the calories and weight of food you should feed for that weight of the puppy. You can enter a number in the yellow box of the leftmost column to calculate the amount of food per meal.

Batch Caloric Intake Per Day - *required*: Enter the Daily Caloric Intake per day you want to use to base your batch calculations on.

For example, if your puppy eats 500kcal per day, enter 500kcal here. If a month later, your puppy now eats 750kcal per day, enter 750kcal here.

Batch Quantity (days) - *required*: Enter the number of days you want to calculate batch quantities in.

Expected weight for x days at x kcal - *automatic/optional*: This number calculates the expected total weight of your batch. This number calculates automatically and defaults to grams. You can change the unit to g, kg, oz or lbs.

Actual Batch Weight - *recommended*: Once you have made your batch food, enter the total weight of the batch here. In reality, the total weight of the food may differ than the expected batch weight. Entering the true batch weight will recalculate your Feeding Chart with updated, more accurate weights.

Per Ingredient - optional: Select a specific ingredient from the recipe to see the daily ingredient amount. This can be used if there are ingredients you are feeding separately at each meal, rather than mixing into the batch.

Ingredient List

The ingredient list displays the total daily and batch quantity of ingredients for the recipe selected.

Estimate Raw Weights of Cooked Ingredients - optional: If you are using a cooked food in your recipe, you can use this section to determine how much of the raw ingredient you need to get the cooked amount used in your recipe. In the first yellow column, select the raw version of the ingredient. The second column automatically updates with the estimated raw weight.

This is an estimated weight for planning purposes only. Cooked food should always be reweighed when making meals to use the exact amount used in formulating the recipe.

Recipe Analysis

Compare Against: Select if you want to see the nutrient requirement as a percentage, or as an absolute number.

For example, absolute total would be: 750mg Ca; relative total would be: 200% Ca

Non-Essential Nutrients

To see the full list of non-essential nutrients, unhide rows 105-144 by clicking on the arrows on the left bar of Google Sheets (where the row numbers are).

Creating a PDF or Printing

1. Hide any empty ingredient rows you didn't use. You can do this by highlighting the rows, right click on the row numbers on the left -> hide. You can also hide the instructions column so that it doesn't show up on your printing.

2. File -> print to go to the print settings.

3. Print settings:

- Current sheet
- Portrait
- Fit to width
- Optional: Set custom page breaks

4. Print to your preferred printer or print to PDF to create a PDF.

Food Database

This is the database of all the ingredients you can add to your recipes.

How to Enter New Foods

1. Go to an empty column or create an empty column.
2. At the top, row "Item Name", type in the item name.
3. For row "type", select the type of item it is.

Animal - Animal derived ingredients

Cooked Starches - Cooked starches such as quinoa, rice, sweet potato, oatmeal and buckwheat

Other plants - Other plant matter

Supplement - Ingredients measured units other than grams.

Recipe - to be used for recipes saved as ingredients

4. For serving size, enter the quantity in grams, the nutritional analysis is for. If the item is not measured by grams, enter the full quantity and unit of the serving size in the cell.

For example, ground beef's analysis is per 100 grams. Serving size is "100". For a calcium tablet, analysis is per 2 tablets. Serving size is "2 tablets".

5. Fill in the nutritional analysis of the item. Make sure to double check conversions to the appropriate unit.

How to Enter New Foods with the Add-on

1. Go to FoodData Central to search for and find the ingredient you want to import. *We recommend you use "SR Legacy" type foods.*
2. Find the item's 6 digit FDC ID.
3. At the top bar, go to RFN -> USDA -> Get Report.
4. Go to the last filled column in the Food Database.

5. Fill in the item name and type.

Animal - Animal derived ingredients

Cooked Starches - Cooked starches such as quinoa, rice, sweet potato, oatmeal and buckwheat

Other plants - Other plant matter

Supplement - Ingredients measured units other than grams.

Recipe - to be used for recipes saved as ingredients

How to Enter Foods from a Previous RFN Sheet (Standard v3 or Pack v1)

Use the "Convert Food Database" tab to import ingredients one at a time.

You can also import multiple ingredients quickly by:

1. Go to your previous RFN Sheet.
2. Above Row 55 (Vitamin D3 (cholecalciferol)), enter a new row. Vitamin D3 (cholecalciferol) should now be Row 56.
3. Below Row 112 (EPA + DHA undifferentiated), enter 2 new rows. Tryptophan should now be Row 117.
4. You can now copy and paste items directly from your previous Food Database to your Puppy Food Database.

Entering Raw Meaty Bones, Premades and Fatty Acids

For some common estimations of raw meaty bones based on reliable analysis, see the RMB Estimates post [here](#) in the RFN Puppies group.

These analyses can be copied and pasted directly into the Food Database.

For more information on how to enter bone-in values, premades and unspecified fatty acids, see [the full guide here](#).

RFN Formulation Sheet and Add-on Terms of Service

The term "Product" includes all copies of documents, digital data, software, and other materials, physical and digital, both distinct parts and composite packages, which comprise the Raw Fed and Nerdy Formulation Sheet, Raw Fed and Nerdy Pack Formulation Sheet and Raw Fed and Nerdy Puppy Formulation Sheet.

The term "Vendor" refers to One Ryoof LLC DBA Better Cells, hereinafter referred to as Better Cells. The term "User" refers to the person or entity that is agreeing to be bound by this Agreement, and employees and third party contractors that provided services to the User. The User shall be liable for any failure by such employees and third party contractors to comply with the terms of this Agreement.

User desires to purchase this product under the terms and conditions stated below.

License

1. Under this Agreement, the Vendor grants the User non-exclusive and non-transferable access to use the Product.
2. The Vendor warrants and represents that it is the copyright holder of the Product. The Vendor warrants and represents that by granting a license to use this Product is not in violation of any other agreement, copyright or applicable statute.

Intellectual Property

1. Title, copyright, intellectual property rights and distribution rights of the Product remain exclusively with the Vendor. Intellectual property rights include the look and feel of the Product. This Agreement constitutes a license for use only and is not in any way a transfer of ownership rights of the Product.
2. User shall not modify, distribute or sell the Product, or use or modify the Product code or application of formulas, to do so. The Product may not be modified, reverse-engineered or de-compiled in any manner through current or future available technologies.
3. The User retains the right to distribute a byproduct of the Product, hereby referred to as a "Report". The definition of a "Report" refers to a digital or physical document or image that portrays the result of using the Product, but does not contain the

functionality of the Product itself, and in accordance to the restrictions of modification, distribution, and sale of the Product or Product code as noted previously in the Agreement. Each copy of each Report, whether distributed commercially or non-commercially, is to include the following notification visibly and prominently: “The Raw Fed and Nerdy Formulation Spreadsheet © Better Cells was used in the creation of this work (<https://rawfedandnerdy.com/formulate>).”

Disclaimer of Warranty

1. The Product is provided by the Vendor and accepted by the User “as is.” Liability of the Vendor will be limited to a maximum of the original purchase price of the Product. The Vendor will not be liable for any general, special, incidental or consequential damages due to the User’s use of the Product. When using the Product, User assumes all risk associated with verifying values contained in the Product.
2. The Vendor makes no warranty expressed or implied regarding the fitness of the Product for a particular purpose or that the Product will be suitable or appropriate for the specific requirements of the User.
3. The Vendor does not warrant that the use of the Product will be uninterrupted or error-free. The User accepts the Product in general is prone to bugs and flaws within an acceptable level as determined in the industry.

RFN Formulation Sheet Add-on Agreement

The term “Add-on” includes all copies of documents, digital data, software, and other materials, physical and digital, both distinct parts and composite packages, which comprise the RFN Formulation Sheet Add-on.

The term “Owner” refers to Anh Pham, creator of the Add-on. The term “User” refers to the person or entity that is agreeing to be bound by this Agreement, and employees and third party contractors that provided services to the User. The User shall be liable for any failure by such employees and third party contractors to comply with the terms of this Agreement.

User desires to use this Add-on under the terms and conditions stated below.

License

1. Under this Agreement, the Owner grants the User non-exclusive and non-transferable access to use the Add-on.
2. The Owner warrants and represents that it is the copyright holder of the Add-on. The Owner warrants and represents that by granting a license to use this Add-on is not in violation of any other agreement, copyright or applicable statute.

Intellectual Property

1. Title, copyright, intellectual property rights and distribution rights of the Add-on remain exclusively with the Owner. Intellectual property rights include the look and feel of the Add-on. This Agreement constitutes a license for use only and is not in any way a transfer of ownership rights of the Add-on.

2. User shall not modify, distribute or sell the Add-on, or use or modify the Add-on code or application to do so. The Add-on may not be modified, reverse-engineered or de-compiled in any manner through current or future available technologies.

Disclaimer of Warranty

1. The Add-on is provided by the Owner and accepted by the User "as is." The Owner will not be liable for any general, special, incidental or consequential damages due to the User's use of the Add-on. When using the Add-on, User assumes all risk associated with verifying values contained in the Add-on.

2. The Owner does not warrant that the use of the Add-on will be uninterrupted or error-free. The User accepts the Add-on in general is prone to bugs and flaws within an acceptable level as determined in the industry.

Remedies

User agrees that should a court of competent jurisdiction find that User has violated or breached any part of this Agreement, then it shall be understood and agreed that Vendor shall be entitled to injunctive relief against User with respect to any breach of said Agreement and, in addition, Vendor shall be entitled to any and all other applicable remedies at law and in equity which are appropriate and necessary to prevent User from further breaches of said Agreement, or to compensate or make Vendor whole with respect to any damages experienced by it as a result of the action of User, including a reasonable attorney's fee for the enforcement of this Agreement.

All terms, conditions and obligations of this Agreement will be deemed acceptable by the User upon signing this Agreement. The term of this Agreement will begin when User

agrees and is perpetual. This Agreement will be terminated and the license forfeited where the User had failed to comply with any of the terms of this Agreement or is in breach of this Agreement. Upon termination of this Agreement for any reason, the User will promptly destroy their Product and any materials provided with the Product by the Vendor. Failure to comply with any of the terms will be considered a material breach of this Agreement.