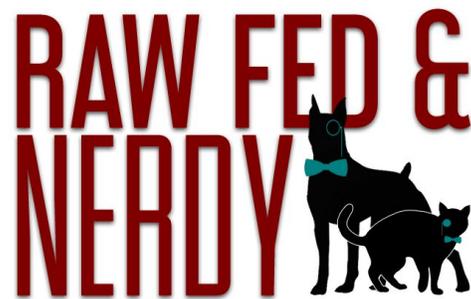
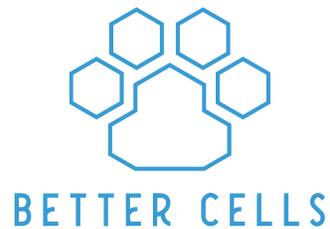


# Raw Fed and Nerdy Formulation Sheet (v3) Manual

Written by Jenny Ryoo



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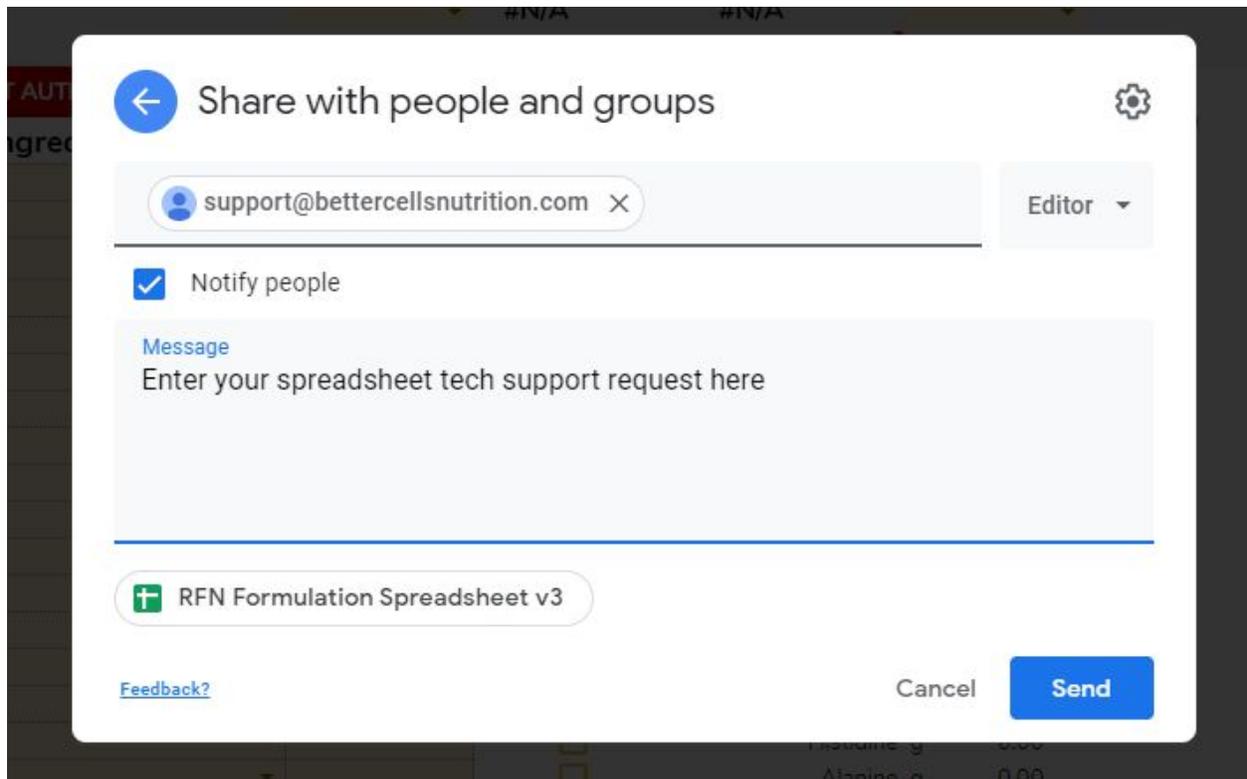
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# Customer Support

## Tech Support

Need tech support? Add "[support@bettercellsnutrition.com](mailto: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 group [here](#).

## Tutorial Videos

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

Includes videos for:

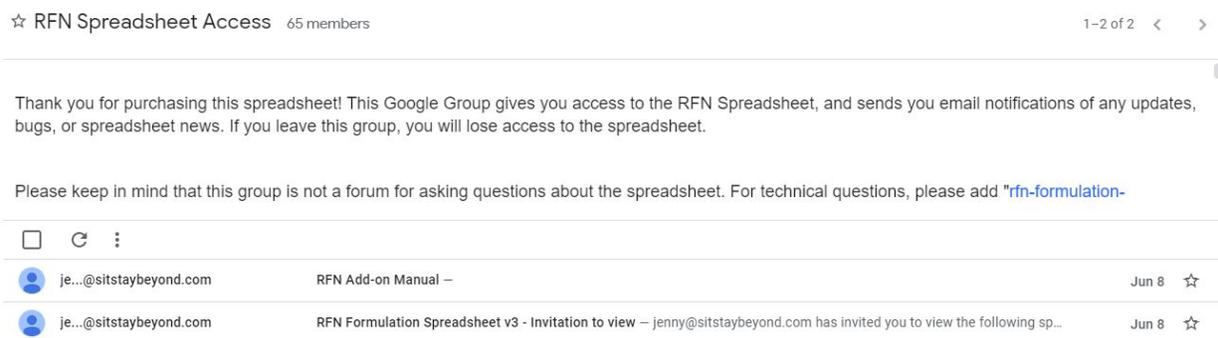
- Setup and authorization
- RFN Sheet basic use
- Google Sheets and Drive 101

- How to use the Add-on

# 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](mailto:jenny@bettercellsnutrition.com).

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

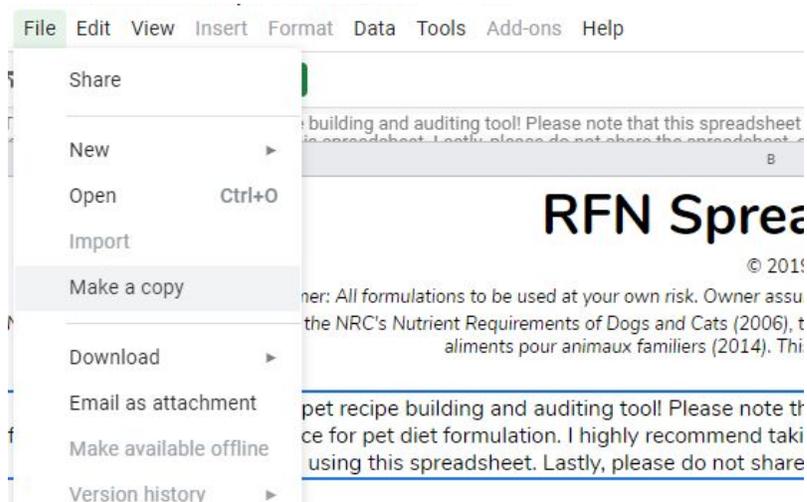


Please note that the copy of the spreadsheet linked in the Google Group is the master copy that is available to everyone who purchases the spreadsheet. It is view only and you will not be able to edit it.

## To get your own copy of the spreadsheet:

1. Go to the post titled "RFN Formulation Spreadsheet v3 - 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)

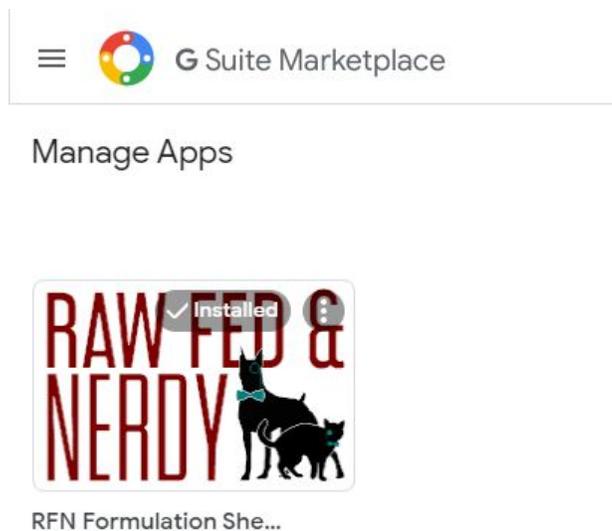


3. Once you have your own copy to edit, enter your RFN order number (make sure to check your spam folder for your order email from RFN) in the first box, then click on the green box and click "allow access." You should now be authorized and ready to use your spreadsheet!

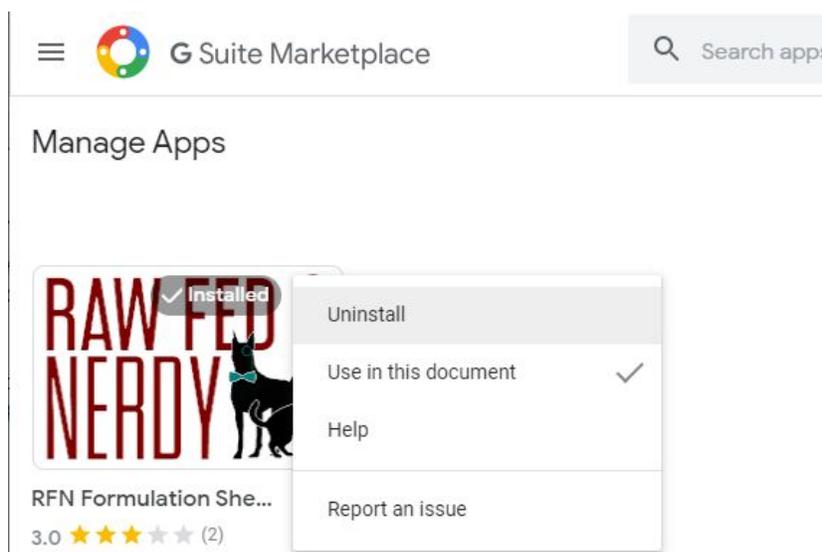
# Downloading the RFN Add-on

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 to the “Create a Pet Profile” tab.

2. Fill in the following options:

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

**Pet is a** - *required*: Your pet’s species

**Age** - *optional*: Your pet’s age

**Nutritional Guidelines** - *required*: Choose the nutritional standard to formulate to. There are three options, AAFCO, FEDIAF and NRC. More information about each of the three standards [here](#).

## Energy Needs

**Weight (lbs)** - *optional*: Enter your pet’s weight in pounds.

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

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

`=C9/2.20462`

**MW** - *automatic*: This calculates your pet’s metabolic weight. This is automatically calculated.

**Energy Number** - *optional*: Enter your pet’s activity level to estimate your pet’s daily caloric need. Energy number can range from 90 to 130.

95 - Inactive pet dogs

105 - Older active pet dogs

130 - Active dog

100 - Cats (indoor)

**Estimated Energy Need** - *automatic*: This automatically estimates your pet's daily caloric intake based on the weight and energy number chosen.

**Daily Caloric Goal** - *required*: Enter your pet's daily caloric goal here. If you already know the ideal amount of calories your pet should eat per day, enter it here. If you used the energy number to estimate it, enter the calories calculated under "Estimated Energy Need".

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

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

**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.

**Bio-availability of Cooked Starches and Bio-availability of Other Plants** - *required*: If you want to account for minerals from plant matter, you can use these settings to decrease the values of minerals from plant sources. More information on how to set these charts here [for dogs](#) (guide for cats coming soon). These charts default at 100%.

**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 (Including Condensed Recipe Builder)

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

## Adding a Pet

1. Under the "Pet Profile" or "Add a Pet" section, find your pet under the drop down menu. If your pet is not available in the drop down menu, make sure you have saved the pet profile into the "Saved Pet Profiles" section.
2. Select the number of days you want the recipe to be for under "Recipe For".

## 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 faster.
2. Add the quantity of the ingredient you want to add to the recipe, in grams. If this item is a supplement, enter the quantity per serving you want to add. The unit or serving size of the ingredient will automatically populate in the "unit" row. *This cannot be edited.*

For example, for ground beef, "100" would be 100g. For calcium capsules, "100" would be 100 capsules.

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 pet's nutrient requirements will populate under the "required" column next to the nutrient name. This requirement is set according to the standard you chose for the pet and will differ between the three standards.

**Note:** Currently, AAFCO and FEDIAF are set using dry matter basis, which means that the requirements will change every time you change the quantity of ingredients.

### 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 standard’s set 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
Has not yet met RA
Met RA or Goal
Met RA but Low *
Met RA but High *
Exceeded SUL

The percentage cell will turn different colors based on your recipe.

**White with black text:** This means that there is no requirement for this nutrient.

**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.

**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.

## Save Recipe as Ingredient

You can use this section to save your recipe as an ingredient into the Food Database. You do not need to use this feature if you saved your recipe using the Add-on.

## 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

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

1. Copy the first two rows of your ingredient section.
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, the pet's name, the number of days the recipe is for. Make sure these are the same for all the ingredients of that recipe.
5. Use the "Save This Recipe as an Ingredient" section to save the recipe to the Food Database.

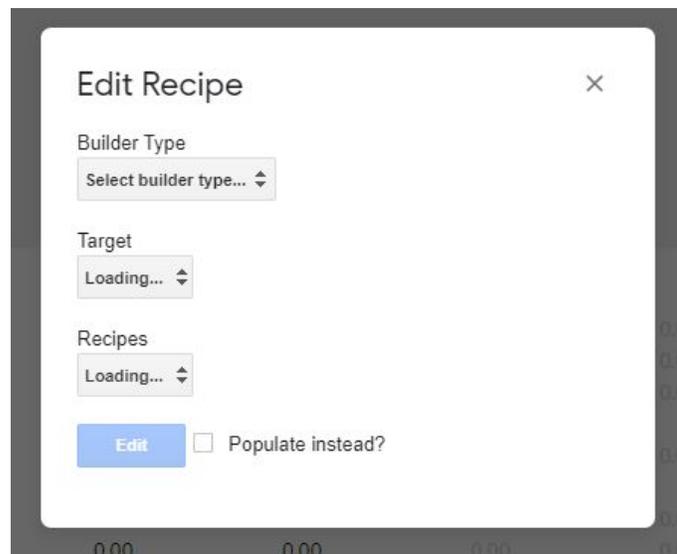
## Manually (Without the Add-on) in Condensed Recipe Builder

1. Copy the first two columns of your ingredient section.
2. Go to the Recipe Database.
3. In column C, paste values only. (right click -> paste special -> values only)
4. Fill in the name of the recipe, the pet's name, the number of days the recipe is for. Make sure these are the same for all the ingredients of that recipe.
5. Use the "Save This Recipe as an Ingredient" section to save the recipe to the Food Database.

## 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)

## Manually (Without the Add-on) in Condensed 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, values only. (right click -> paste special -> values only)

## 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.

## Ingredient List - "Change Quantity"

If you want a batch list of ingredients for your recipe, you can enter a number here to multiply your ingredients.

For example, if your recipe is for 1 day and you enter "30", you will see the list of ingredients for 30 days. If your recipe is for 7 days and you enter "4", you will see the list of ingredients for 28 days.

## 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 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 - ingredients with full bio-availability, such as most animal derived ingredients

Cooked Starches - ingredients with lowered bio-availability, such as cooked starchy plants

Other plants - ingredients with the lowest assumed bio-availability

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 - ingredients with full bio-availability, such as most animal derived ingredients

Cooked Starches - ingredients with lowered bio-availability, such as cooked starchy plants

Other plants - ingredients with the lowest assumed bio-availability

Supplement - ingredients measured units other than grams.

Recipe - to be used for recipes saved as ingredients

## Entering Raw Meaty Bones, Premades and Fatty Acids

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 Spreadsheet and Raw Fed and Nerdy Pack Formulation Spreadsheet.

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.