

Reef Food

8 ounces raw oysters, Fresh
8 ounces raw shrimp, Frozen
then slack
8 ounces raw scallops, Fresh
Bay Scollops
4 each nori, sheets 1/4 diced
8 ounces Mysis shrimp, Frozen
then slack
8 ounces plankton , Frozen
then slack
8 ounces krill, Frozen then
slack
8 ounces raw white fish, Fresh
1 1/2 each raw carrots, diced

I grind mine with a food grinder with a 1/4th inch plate for a chunkier texture, you can also use a food processor

Slack in refrigerator mysis shrimp, plankton, and krill

Run all of the Oysters, octopus, shrimp, scallops, carrot and fish through the grinder in mixing bowl

Add krill, plankton and nori mix and freeze in zip lock bags even better and food saver and freeze for use

Make sure you check to see that there are no phosphates used in processing the product

The octopus tends to gum up thinks, if you use a grinder the octopus is best processing slightly frozen.

Per Serving (excluding unknown items): 154 Calories; 6g Fat (33.5% calories from fat); 16g Protein; 9g Carbohydrate; 0g Dietary Fiber; 120mg Cholesterol; 479mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Other Carbohydrates.