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## HOMEMADE CAT FOOD RECIPE APPROX FOUR DAYS WORTH OF FOOD FOR ONE CAT

### **BASIC RECIPE**

**1 - 2 tsp organic coconut oil (optional)**

**6 - 8 oz filtered or bottled water**

**Small pinch of Sea Salt**

**1 lb Meat – choose from**

- Boneless, skinless chicken thighs or breast
- Boneless, skinless dark or white meat turkey
- Beef, rabbit, goat, or venison

**1 Egg or 2 oz. liver**

**2 oz. (1/4 cup) Pumpkin Puree**

**1 - 2 oz Green Veggies (diced or cut into small pieces)**

- Zucchini, broccoli, cabbage, spinach, cauliflower, kale - all good choices (use one at a time)
- Can use frozen or fresh - just add fresh veggies to meat/water combination while cooking in the pan

**2 tsp. RxEssentials for Cats Multivitamin Powder**

**1 tsp. Eggshell Calcium by Pet's Friend**

**1000 mg Taurine**

### **DIRECTIONS**

- Heat oil in a large pan over medium heat
- Add half the water and the meat (and liver, if using) and stir. Add dash of sea salt
- Add the rest of the water
- Ground meat will usually cook in 5 - 8 minutes; if using whole pieces (skinless, boneless), 10 - 15 minutes for poultry, other meats will vary in time
- If using fresh veggies, add them in now. Frozen green veggies can be added now or mixed in when the meat is done.
- Once the meat is done, transfer contents of entire pan (meat, water, veggies) to a blender
- Use the same pan you used for the meat to scramble the egg (if using). This will only take a couple of minutes. Add to the blender

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- Add vitamins, calcium, taurine, and pumpkin. Pulse everything together on a low speed - this will keep it chunkier. If your cat prefers a true pate, just blend a bit longer.
- Transfer to a glass container; add omega 3 oil details below) and stir.
- Store in airtight glass container in fridge. Food will stay fresh in the fridge for 4 days.
- For each serving of food, warm up water and add a few teaspoons to the food to bring it back to room temperature. Never microwave food for your cat.
- If freezing portions, do not add the Omega 3. Wait until the food is defrosted and then add the oil.

### **Portion**

A total of 5 - 6 ounces (volume, not weight) of food per day, depending on individual needs.

### **RECOMMENDED SUPPLEMENT FOR HOMEMADE FOOD**

**Nordic Naturals Omega 3 Pet** - <https://www.nordicnaturals.com/consumers/omega-3-pet>

Important for the immune system, digestion, skin and coat health, joint mobility, cell reproduction

and so much more including reducing inflammation in the body.

**Rx Essentials for Cats Multivitamin Powder** - <http://www.wellpetdispensary.com>

It is important to incorporate a vitamin supplement that is specific for cats and is intended for home prepared food. Cats require three times more thiamine than dogs. Their fat soluble vitamin requirements are also different than that of dogs. Too much vitamin D is associated with issues such as tooth resorption. In addition, cats are unable to convert betacarotene to Vitamin A the way dogs and humans can.

**Eggshell Calcium by Pet's Friend** - <http://www.mypetsfriend.com/calcium-supplement>

A proper balance of calcium is essential for the digestion and assimilation of meat. Too little calcium in the diet can lead to bone deterioration; too much can lead to growth problems or increased bone mineral density.

**Taurine** – I often recommend the Whole Foods brand, available in the Whole Body department at Whole Food stores.

Taurine is an amino acid that is essential for heart, eye and heart health. In some instances, a deficiency of taurine can cause seizures. Cats must obtain taurine from food or supplements as their bodies do not naturally produce it nor can they convert it from other amino acids.