

**All About Pets, Inc., Veterinary Services**  
**409 Old Buncombe Rd**  
**Travelers Rest, SC 29690**  
**864-834-7334**

Basic Recipes for Cats  
By Richard Pitcairn, DVM

### **Beefy Oats**

This and the next recipe use the last meat. Thus they are the most economical and ecologically benevolent ways to feed your cat a fresh diet that still provides 32-38% protein, more than the recommended minimum.

- 4 c. rolled oats (or 8 cups cooked oatmeal)
- 2 eggs
- 2 lbs. (=4 c.) ground lean beef heart (or lean chuck, lean heart, lean hamburger, liver, kidney or other lean, red meats)
- 4 Tbs. Healthy Powder\*
- 2 Tbs. Bone meal (or 4000 milligrams calcium or 2 ¼ tsp. eggshell powder)
- 2 Tbs. Vegetable oil or butter (or 1 Tbs. each)
- 10,000 i.u. Vitamin A
- 100-200 i.u. Vitamin E
- 500 mg taurine (optional)
- 1 tsp. Fresh vegetable with each meal (optional)

Bring 8 cups (2 quarts) of water to a boil. Add the oats, cover and turn off the heat, letting it cook from its residual heat about ten minutes. Then stir in the eggs, letting them set slightly from the heat for a few minutes. Mix in the remaining ingredients. Immediately freeze whatever cannot be eaten in 2 – 3 days.

Grain substitutes: 2 c. rolled oats (+4 c. water = 4 c. cooked) or 1 c. bulgur (+2 c. water = 2 ½ c. cooked).

Daily Ration (in cups): small – 1/3 – 1/2, medium - 1/2 - 2/3, large – 3/4 - 1.

### **Poultry Delight**

This is a similar formula to the previous recipe, except that here poultry is combined with millet. The two make a good complement, because poultry is lower in iron than red meats, whereas millet is high in iron compared to other grains. They also balance each other in relative protein levels: poultry is high and millet is low.

- 2 cups millet (or 6 cups cooked)
- 2 eggs
- 2 lbs. (= 4 c. ground turkey or chicken (or lean chuck, lean hamburger, liver, giblets, fish or other lean meats)
- 4 Tbs. Healthy Powder\*
- 2 Tbs. Bone meal or 4000 mg Calcium or 2 ¼ tsp. Eggshell
- 2 Tbs. Vegetable oil or butter (or 1 Tbs. of each.
- 10,000 i.u. Vitamin A
- 100 – 200 i.u. Vitamin E

500 mg taurine (optional)

1 tsp. Fresh vegetable with each meal (optional)

Bring 6 cups of water to a boil. Add the millet, cover and simmer 20 – 30 minutes or until the water is absorbed. You may need to add a bit more water during the cooking. When done, stir in the egg to let it set a bit from the heat. Then mix in the remaining ingredients. Immediately freeze whatever cannot be eaten in 2 – 3 days.

Grain substitutes: 4 c. rolled oats (+8 c. water = 8 c. cooked) or 2 c. bulgur (+4 c. water = 5c. cooked).

Daily Ration in cups: small - 1/2 - 2/3, medium – 3/4 – 1, large – 1 – 1 3/4.

### **Feline Feast**

Many cats like corn, so that's our "main-version" grain for this versatile recipe. For the best texture try polenta, a coarser-grind than cornmeal. It's commonly carried in natural food stores. This high-protein formula is excellent for pregnant or nursing cats and their growing kittens (alternate poultry with beef).

Since this contains a higher proportion of meat than the other recipes, you can substitute many kinds of grains and meats, both lower and higher in protein types, and there is still plenty of protein to spare. Using lean meats, the dry weight percentage of protein ranges from a low of 41% (lean beef heart with rice or potatoes) to a high 52% (turkey with oats). With fattier meats, the protein ranges from 30% (fatty beef heart with rice or potatoes) to a 40% (regular hamburger with oats). Alternate use of poultry and red meats or combine them in the same recipe.

1 c. cornmeal or polenta (or about 4 cups cooked)

2 eggs

2 lbs. (=4 c. ground turkey or chicken (or lean chuck, lean heart, lean hamburger, liver, giblets, fish or other lean meats)

4 Tbs. Healthy Powder\*

2 Tbs. bone meal (or 3200 milligrams calcium or 1 3/4 tsp. eggshell powder)

2 Tbs. vegetable oil or butter (or 1 Tbs. of each)

10,000 i.u. Vitamin A

100 – 200 i.u. Vitamin E

500 mg taurine (optional)

1 tsp. fresh vegetable with each meal (optional)

Bring 4 cups (1 quart) of water to a boil. Add the cornmeal, stirring rapidly with a fork or a whisk to keep it from getting lumpy. (This is easier with polenta). When thoroughly blended, cover and simmer on low 10 – 15 minutes. When done stir in eggs and butter. The mix in remaining ingredients. Immediately freeze whatever cannot be eaten in 2 – 3 days.

Meat substitutes: It's a good idea to sometimes use fattier grades of meat, at the same time eliminating the oil and butter: use 2 pounds of beef heart with fat showing, regular hamburger, poultry with skin, or choice chuck roast.

Grain substitutes: 2 c. rolled oats (+4c. Water = 4 c. oatmeal) or 10 slices whole wheat bread or 4 c. cooked mashed potatoes or 1c. (Dry) of any of the following: Bulgur, millet, buckwheat, barley, brown rice, couscous, amaranth, spelt, quinoa.

Daily ration in cups: small - 1/2 - 3/4, medium – 3/4 – 1, large – 1 1/4 – 2.

### **Fatty Feline Fare**

This is a dense, satisfying formula for a cat – rich in animal fat at a level comparable to that in the wild feline diet. Stick to the suggested grains and use only bone meal for the calcium source to insure adequate total amounts of protein, phosphorus and calcium. Many markets will grind beef heart for you. They often prefer you phone them in advance so they can have it ready.

1 c. millet (or 23 c. cooked)

1 egg

2 lbs. (=4 c.) raw chuck roast (or the regular, fattier grades of beef heart or hamburger – or else roaster chicken with skin)

3 Tbs. Healthy Powder\*

1 1/2 Tbs. bone meal

10,000 i.u. Vitamin E

500 mg taurine (optional)

1 tsp. fresh vegetable with each meal (optional)

Bring 3 cups of water to a boil. Add the miller, cover and simmer 20 – 30 minutes or until water is absorbed. You may need to add a bit more water during cooking. When done, stir in the egg to let it set a bit from the heat. Then mix in the remaining ingredients. Freeze whatever cannot be eaten in 2 – 3 days.

Grain substitutes: 2 c. rolled oats (+4c. water = 4 c. cooked) or 1 c. bulgar (+2 c. water = 2 1/2 c. cooked)

Daily ration in cups: small – 1/3 – 1/2, medium – 1/2 - 2/3, large 3/4 – 1.

### **Mackerel Loaf**

Canned mackerel makes a good occasional seafood to use with cats. Not only is it an economical protein source, but it comes from deep waters and is less likely to be polluted than fish from areas closer to the coast. Cats can sometimes get addicted to seafoods. If so, hold firm; it's important to keep feeding a variety of foods.

2 15 oz. Cans of mackerel, undrained (or 3 6 oz. Cans tuns in oil or 1/2 lb. + cooked cod or other white fish.)

4 eggs

8 slices whole wheat bread, crumbled

3 c. milk (or less as needed for moisture)

4 Tbs. Healthy Powder\*

2 tsp. Bone meal (or 1200 milligrams calcium or 2/3 tsp. Eggshell powder)

2 Tbs. Vegetable oil

5,000 i.u. Vitamin A

100-200 i.u. Vitamin E

1 tsp. Fresh vegetable with each meal (optional)

Blend the egg, milk and supplements together. Add the bread and mackerel and mix well. Serve raw or else bake in a shallow dish at 350 degrees for 20 minutes. Immediately freeze whatever cannot be eaten in the next 2 – 3 days.

Grain substitutes: 1 1/2 cups rolled oats (+ 3 cups water = 3 cups cooked); 1 cup cornmeal or polenta (+4 cups water = 4 cups cornmeal; 1 cup bulgur (+2 cups water = 2 1/2 cups cooked).

Daily Ration: same as for Poultry Delight above.

## **Fast and Fresh: Cats**

Here are two quick and easy recipes for those occasional times when you realize you're all out of the usual food. They're not meant for regular use, but they do not provide a fairly complete meal.

### **Quick Feline Meatfest**

Besides its ease of preparation, this one also is a calcium-balanced way to feed your cat chunks of meat, so it exercises its teeth and gums. (If you try to mix large chunks of meat with grains, most cats will pick them out.)

- 1 c. raw or cooked chicken with skin (or turkey with skin or chuck, hamburger or heart)
- 1 ½ tsp. bone meal (or 600 mg. Calcium or 1/3 tsp. eggshell powder)

Break up the meat only as much as seems to be necessary to mix in the bone meal and to be manageable for your cat.

Daily ration in cups: small – 1/4 – 1/2, medium – 1/2 - 2/3, large – 3/4 - 1.

### **Quick Feline Eggfest**

This one's about as simple as they come and is a very natural food for all predator types. It is high in protein, vitamin A and iron, as well as B vitamins.

- 2 eggs
- 1/3 tsp. bone meal (or 250mg. Calcium or 1/8 + tsp. eggshell powder)
- 3/4 tsp. nutritional yeast

Use a fork to mix the yolk and white together a bit, stirring in the bone meal. Sprinkle the yeast on top and serve raw. Or if you prefer, you may scramble it lightly.

Yield: Provides one meal, or about ½ a days rations for a 10 lb. cat (or toy dog). A small cat might eat just one egg per meal.

\*Healthy Powder: Combine 2 c. nutritional yeast, 1 c. lecithin granules, ¼ c. kelp or alfalfa powder and ¼ cup bone meal (or 9000 mg. Calcium or 5 tsp. eggshell powder). Optional 1000 mg. Vitamin C (= ¼ tsp. sodium ascorbate) and 1 tsp. garlic powder. Refrigerate.

Yeast substitution: Omit the yeast, reduce the bone meal to 5 tsp. or calcium to 3200 mg. Add a complete cat multi – vitamin mineral supplement daily as recommended on the label.

Kelp substitution: 2 c. rolled oats (+4 c. water = 4 c. oatmeal) or 10 slices whole wheat bread or 4 c. cooked and mashed potatoes or 1 c. (dry) of any of the following: bulgur, millet, buckwheat, barley, brown rice, couscous, amaranth, spelt, quinoa.

Daily ration: in cups: Small – ½ - ¾, medium – ¾ - 1, large – 1 ¼ - 2