

# Raw Food Recipe

## Ingredients:

- 28lbs Chicken Thighs Bone In/Skin On
- 8lbs Beef Heart
- 2lbs Beef Liver
- 2lbs Beef Kidney
- 3.5 L Distilled Water
- 6 Egg Yolks \*(Yolk Only)\*
- 8000mg Taurine
- 10,000mg Wild Salmon or Wild Caught Fish
- 400IU Vitamin B
- 400IU Vitamin E
- 3 tsp Lite Iodized Salt
- 8 tsp Psyllium Husk Powder\* Optional



## Instructions:

**Step 1:** Set up meat grinder and container to hold the food. Place container under meat grinder. I use a plastic sterlite storage container (22"x15.5" & 6.5" deep) for my meat. I must place a cutting board underneath my meat grinder, so the grinding tube fits over the bin nicely.

**Step 2:** Add water, egg yolks, and supplements (the ones that are not gel capsulated) into the container. I like to use a whisk to mix this up. The capsulated supplements i.e. salmon oil, and vit e. I just run those through the grinder with my meat. You can use something sharp to pop them and squeeze the contents out, but that is an extra step.

**Step 3:** Rinse and cut if necessary, to fit your meat through your grinder. I start with the liver first, then kidney, then heart, then chicken. I mix the meat in my container as I go.

**Step 4:** Once all my meat has been grinded down, I mix it well. I use quart size bags and fill each bag until my container is empty. I like to date my bags with sharpie before I fill them up. I refrigerate what I need for my next few feedings and freeze the rest. Clean all your surfaces well when done. Even the floor.

**Step 5:** Feed! I like to defrost my bags in the fridge for 2 days before serving. I do not like to defrost at room temperature for safety reasons. I scoop some food onto a pie tin and add in some hot water. I do this so the food is not super cold when my cats eat it. They are spoiled.



Meat is nice and fine.

## Notes:

I ordered my meat grinder off amazon.

Sunmile SM-G50 ETL Electric Meat Grinder for \$199.99

Max 1.3 HP 1000W Heavy Duty Meat Mincer Sausage Grinder-It grinds my chicken bones well. You do have to use a good amount of pressure to push it through the blade. My husband usually does this for me!



The Psyllium Husk Powder is optional and is good to use if your cat is just starting out on raw. It adds fiber but is not a necessary component.

Make sure you only use the yolk of the egg and not the egg white, because the egg white can be harmful when raw.

When making your raw food you want to make sure you use the following ratios.

80-85% Meat, fat, skin, sinew, connective tissue

10-15% Edible Bone

5-10% Organ meat with half being liver

Generally, for adult cats you should feed 2 to 4% of ideal body weight per day. For example: for a 10-pound cat at 3%, this would work out to 4.8 ounces a day. Adult Cats should eat about 4-5 oz a day. 4 ounces is about  $\frac{1}{2}$  a cup.

I like to feed my kittens about a  $\frac{1}{4}$  cup three times a day and my adults get anywhere from  $\frac{1}{2}$  to 1 cup twice a day.

This recipe makes about 40 lbs. of food which equates to 640 ounces. 640 ounces at 5 ounces a day for one cat is 128 days. So, it's about 4 months of food for one adult cat. Decrease the recipe as you need for your cats. I have a deep freezer so I can store my food for up to 6 plus months.

## Resources:

<https://pets.webmd.com/cats/guide/homemade-cat-food-and-raw-cat-food#1>

<https://feline-nutrition.org/nutrition/easy-raw-feeding-for-the-busy-person>

<https://catinfo.org/making-cat-food/>

<https://feline-nutrition.org/nutrition/making-raw-cat-food-for-do-it-yourselfers>