

Chapter 14 - Recipe With Bone

This recipe is very similar in ingredients and proportions as the one presented in Feline Future's *The Backyard Predator*.⁹⁹

Approximately two and one-half pounds of meat with bone.

One-half pound (200 grams) raw heart from the same species of animal the muscle meat comes from. If you absolutely cannot source heart substitute 2,000 mg taurine. Note: if you do not use heart, add an additional one-half pound (200 grams) of meat. If you are concerned about loss of taurine due to freezing, feel free to add 2,000 mg of taurine even if you are using raw heart. It is probably over-kill, but it will not harm your cat.

One-quarter pound (or 100 grams) raw liver from the same species of animal the muscle meat comes from. If you absolutely cannot source liver substitute vitamin A/D capsules. You will want approximately 20,000 IU vitamin A and whatever amount of vitamin D comes in the capsule for each recipe. Vitamin A/D capsules usually come in amounts of 10,000 IU vitamin A and 400 IU vitamin D per capsule. You can also use 2 tablespoons of cod liver oil, however, cod liver oil goes rancid quite quickly. I prefer the dry vitamin A/D capsules. Note: if you do not use liver, add an additional one-quarter pound (100 grams) of meat.

If you are feeding rabbit or turkey and cannot source rabbit or turkey liver or heart, substitute chicken liver or heart. These substitutions are not ideal, but it is better than using supplemental taurine and vitamins A and D.

2 high-quality raw egg yolks

2 teaspoons psyllium husk powder; if you are using whole psyllium husk pods, use 4 teaspoons

1 cup (or more) spring (or filtered) water

2,000 mg salmon oil (usually 2 capsules)

2 teaspoons kelp and dulse combined; *do not* use all kelp. If you cannot source dulse, use just one teaspoon of kelp

50 mg. vitamin B complex

400 IU vitamin E

2 glandular capsules

Preparation: remove as much skin from chicken or turkey as you can. Cut as much meat off the bone as you can and cut it into chunks the size that your cat will eat. Mine are approximately quarter-sized. Put the chunks in the bowl.

Grind the heart and liver into the same bowl the chunks of meat are. Then grind the bone. Run the salmon oil capsules through the grinder with the meat. This eliminates the need to prick the capsule to express the oil out. It is safe for your cat to consume the capsules.

Gently mix to combine.

In a separate bowl add the egg yolks, water, psyllium husk powder, salmon oil (if not run through grinder), vitamin B complex, vitamin E and glandulars. The taurine and vitamin A/D capsules (if used) should be added as well. Mix well with a whisk. Gently fold the supplement mixture into meat. Divide the mixture into serving packages and freeze or refrigerate.

Chapter 15 - Recipe Without Bone

This recipe is very similar in ingredients and proportions as the one presented in Feline Future's *The Backyard Predator*.¹⁰⁰

Approximately one and a half pounds of muscle meat.

One-half pound (200 grams) raw heart from the same species of animal the muscle meat comes from. If you absolutely cannot source heart substitute 2,000 mg taurine. Note: if you do not use heart, add an additional one-half pound (200 grams) of meat. If you are concerned about loss of taurine due to freezing, feel free to add 2,000 mg of taurine even if you are using raw heart. It is probably over-kill, but it will not harm your cat.

One-quarter pound (100 grams) raw liver from the same species of animal the muscle meat comes from. If you absolutely cannot source liver substitute vitamin A/D capsules. You will want approximately 20,000 IU vitamin A and whatever amount of vitamin D comes in the capsule for each recipe. Vitamin A/D capsules usually come in amounts of 10,000 IU vitamin A and 400 IU vitamin D per capsule. You can also use 2 tablespoons of cod liver oil, however, cod liver oil goes rancid quite quickly. I prefer the dry vitamin A/D capsules. Note: if you do not use liver, add an additional one-quarter pound (100 grams) of meat.

If you are using rabbit or turkey and cannot source rabbit or turkey liver or heart, use chicken liver or heart. These substitutions are not ideal, but it is better than using supplemental taurine and vitamins A and D.

If you are using lamb and cannot source lamb heart or liver, use beef or calf heart or liver. These substitutions are not ideal, but it is better than using supplemental taurine and vitamins A and D.

2 tablespoons bone meal (human grade or high quality pet grade, not the bone meal you can buy in a garden supply store)

1 tablespoon unflavored gelatin

2 high-quality raw egg yolks

2 teaspoons psyllium husk powder; if you are using psyllium husk pods, use 4 teaspoons

1 cup (or more) spring (or filtered) water

2,000 mg salmon oil (usually 2 capsules)

2 teaspoons kelp and dulse combined; *do not* use all kelp. If you cannot source dulse, use just 1 teaspoon of kelp

50 mg. vitamin B complex

400 IU vitamin E

2 glandular capsules

Preparation: cut at least half the muscle meat into chunks and put them in the bowl.

Grind what muscle meat you did not chunk, heart and liver into the same bowl the chunks of meat are. Run the salmon oil capsules through the grinder with the meat. This eliminates the need to prick the capsule to express the oil out. It is safe for your cat to consume the capsules.

Gently mix to combine.

In a separate bowl add the bone meal, gelatin, egg yolks, water, psyllium husk powder, salmon oil (if not run through grinder), vitamin B complex, vitamin E and glandulars. The taurine and vitamin A/D capsules (if used) should be added as well. Mix well with a whisk. Gently fold into meat. Divide the mixture into serving packages and freeze or refrigerate.