

Recipes for Healthy Cats

These recipes use raw meats but not to the extreme, if you like, extent of the BARF diet. Some nutritionists would say this is not ideal. On the other hand others do advise cooking. Other holistic vets would recommend cooking the meat content as well there is I'm afraid much controversy in the world. I think we all agree none processed foods are best. Use these as a guide as to what to feed along with the other information in the site, they need not be followed to the letter Do not be afraid to vary a little and remember the raw chicken wings for the teeth in addition!

Feline Weight Loss Diet

1 pound of minced or chunky lean meat: turkey, chicken heart etc. with a little liver from time to time.

½ cup oat or wheat bran or vegetables such as peas, beans carrots and corn

1 teaspoon of vegetable oil

1, 800 mg of calcium, 1 tablespoon of bonemeal or 1 teaspoon of eggshell powder

Cat vitamins and *Pet Plus* or *Pet Essentials*

Combine all apart from the vitamins and ideally feed raw or bake for 20 mins in a moderate oven. Add vitamins on serving.

Feeding Guide

1 cup (8 oz) for a 10lb cat this weight being his ideal weight not actual weight. Ask us for an estimate of his ideal and monitor weight at regular intervals to ensure weight loss of 2-5% per month

'Supplement' Powder:

2 cups of nutritional yeast or brewers yeast

¼ cup of Kelp powder

1 cup of Lecithin powder

1000 mg of Vitamin C (or ¼ teaspoon of Sodium ascorbate)

Mix together and refrigerate and use as in above recipes

Or use Pet Plus, Udo's Pet Essentials or Missing Link powders along with the Vitamin C.