



**Before making your own catfood, we recommend that you consult with your Vet and / or a Veterinary Nutritionist. There are a lot of resources online. The recipes below is drawn from the following resources:**

1. The Feline Nutrition Foundation: <https://feline-nutrition.org/>
2. Lisa A. Pierson, DVM: <https://catinfo.org/>
3. Fetch by Web MD / Healthy Cats Center: <https://pets.webmd.com/cats/default.htm>
4. Natural Cat Care Blog: <https://www.naturalcatcareblog.com/>
5. Catological: <https://www.catological.com/homemade-cat-food/>

**If you plan to switch your cat to a homemade diet without bone, you can use a nutritional premix. In Canada, TCfeline is one option. You combine the supplement with water, and mix with liver and meat (you should plan to grind your own). To order online:**

- [https://mycatfoodstore.com/TCfeline-%E2%80%93-ORIGINAL-720-g--makes-180-days-of-food\\_p\\_37.html](https://mycatfoodstore.com/TCfeline-%E2%80%93-ORIGINAL-720-g--makes-180-days-of-food_p_37.html)

Always remember that cats are Obligate Carnivores. They need a high-protein, meat-based diet to thrive and do well. A low-protein, high-carbohydrate diet is not suitable for them. There's no such thing as a vegan cat.

The recipe below partially cooks whole chicken thighs, to reduce the risk of salmonella. Keep in mind that cats are not humans, and do not react in the same way to salmonella. Please refer to the sources above if you prefer to feed your cat(s) a fully raw diet.

**HOME-MADE CAT FOOD** *(Yields enough for 10-14 days, freeze in ice cube trays)*

Recipe from Lisa A. Pierson

*Note: most cats eat 4-6 oz per day*

*3 lbs poultry thighs (meat, bones and skin)*

*3-4 oz chicken liver, fully cooked*

*1 cup water*

*2 soft boiled eggs (optional) – boiled for 3-4 minutes, the white should be cooked but the yolks runny, or alternatively scramble in a little butter*

*5000 to 10,000 fish oil (not cod liver oil), salmon oil is not recommended*

*400 IU vitamin E*

*1 capsule vitamin B complex 50 (for a picky cat start with 1/2 a capsule, 25 mg)*

*200mg taurine (powdered, in capsule or loose)*

*1 tsp Windsor Half & Half salt with iodine*

- Preheat your oven to 350F.
- Remove 20 to 25% of the bone, and 50% of the skin, from the chicken thighs. If your cat is thin, retain all of the skin, if your cat is on the heavier side, then remove 80%).
- Arrange on a parchment lined baking tray. Bake in the preheated oven for 10 minutes. Alternativley, you could blanche the chicken in boiling water. **It is important that the chicken bones are raw when you grind them, since cooked bones will splinter.**
- Meanwhile combine the supplements with the water, to make a slurry.
- Cut some of the chicken meat (use the uncooked portion, near the bone) into chunks. This is good for your cat's dental health.
- Using a 4mm grinding plate, grind the meaty bones, meat and skins of the chicken thighs, together with the cooked liver and eggs.
- Stir to combine. Combine with the slurry of water and supplements.
- Portion and freeze.
- Defrost naturally – do not use your microwave.

## **EQUIPMENT**

Weighing scale

Cutting board and knives

Meat grinder

Large cube ice cube trays, for freezing