

Raw Cat Food Recipe

The following makes enough food to last me roughly 2.5 to 3 weeks.

Ingredients: (4x)

- 5.5-6 lbs total of Chicken Thighs (with skin and bone). *Remove 20-25% of bone and discard (so, if you are using 12 thighs, discard bones from three of the thighs and keep from remaining nine). Keep skin from a quarter to half of the total thighs. When I was bulking, I kept the skin from half. But then I started getting a little fluffy and losing my Greek cat physique. So now, I only use the skin from 3-4 thighs in this mix. (~20 lbs.)*
- 7 oz. (about a half pound) Chicken Livers *preferably high-quality organic (~2 lbs.)
- 14 oz. (a little less than a pound) Chicken Hearts(~4 lbs.)
- 4 large egg yolks *from pastured, organic eggs(16 eggs)
- 1.5 tsp lite salt(210 mcg * 4 = 840 mcg =11 drops)
- Heaping 1/2 tsp. Taurine powder (2 tsp)
- Scant 1/8 tsp. Vitamin E powder (1/2 tsp)
- 1.5 tsp Lysine powder (6 tsp)
- 4 pills of Wild Salmon Oil (16 pills)
- 2 pills of Vitamin B-Complex (8 pills)
- 1 cup of filtered water (4 cups)

**I add Lysine because it helps control any eye goop (conjunctivitis) and inflammation from feline herpes. FYI, this is nothing like human herpes. It's airborne and most cats have it. So rest assured, ladies. I'm good to go.*

HOW TO PUT EVERYTHING TOGETHER

1. Okay, here's a MAJOR short cut that my parents figured out. Most supermarkets (or butchers) will actually grind up all the meat and organs so you don't have to. This is a *huge* time and mess saver. We go to Publix, prevalent supermarket chain in the Southeast US, and have a regular guy who knows the drill. My parents just make sure to go when he's there. In case he's not, there is a note card kept up on the meat department cork board. How awesome is that? *Shout out to ma'boy at Publix in Winter Park Village, FL!*
2. So, assuming you have a place to get this done: pick up the necessary chicken thighs, hearts, and livers. Bring them to the counter and let them know the amounts you need of each – alllll ground up together. Have a note card to hand over to help your butcher out. Get ready to still explain three to five times. Then explain that it's for your pimp cat. Show them a picture of how handsome he is. Wait around for

for your pimp cat. Show them a picture of how handsome he is. Wait around for about 20-30 minutes (how long it takes for them to get the job done) and continue your shopping. They should hand you over a large meat tray of ground up mush and the bones you need separately. Thank them profusely, pay for your goods, and head home.

3. When you get home, get out your necessarily appliances and utensils.
4. Place the bones in your high-speed blender and your meat in the super large mixing bowl. *****CHECK OUT CHICKEN BONE SUBSTITUTIONS HERE*****
5. In small bowl or container, crack your eggs to separate the whites. Put the yolks in your medium-sized bowl. Set aside the whites or use them to cook up a scramble. In the medium bowl with the egg yolks, add your taurine, vitamin E, salt, and lysine (if using). Open the vitamin B-complex capsules and empty powder into the bowl. Pierce the salmon oil capsules (carefully) and squeeze into the bowl. Add 1/2 cup of the water and whisk well until all incorporated.
6. Start up your blender to pulverize all the bones. Stop intermittently to scrape down the sides. Once they are in smaller bits, add the remaining half cup of water and a half cup of the ground meat. Keep blending on medium to high speed until there are no more bone fragments and everything is blended nearly smooth.
7. Put the blender/bone mix and the liquid bowl mix into the large bowl with the rest of the ground meat. Carefully begin to stir with your spoon or spatula, careful not to splash.
8. Mix well until the whole mixture is all incorporated (everything is in photos below).
9. Portion out into Tupperwares, keeping one in the fridge and the rest in the freezer.
10. When you only have one to two servings left in your fridge Tupperware, remember to bring one over from the freezer. It takes mine about a full day to defrost.