

Feline Adult Beef Recipe



(a little more than 5 lbs of food, depending on cooking method)

Ingredients:

- 🐾 45 oz 90% lean ground beef
- 🐾 18 oz beef heart
- 🐾 8 oz aparagus
- 🐾 5 oz beef kidney
- 🐾 4 oz beef liver
- 🐾 3 oz spinach
- 🐾 1 oz hulled, raw hempseeds
- 🐾 1 oz cantaloupe
- 🐾 10 g nutritional yeast
(to meet vitamin B1 requirements)
- 🐾 7 g ground cloves
(from your spice drawer)
- 🐾 1 g salt
- 🐾 1 g kelp powder
(providing 700 mcg iodine per gram)

Supplements:

- 🐾 15 g calcium carbonate *(eggshell powder)*
- 🐾 10 g cod liver oil *(with added vitamin A & D)*
- 🐾 2100 mg choline
- 🐾 2000 mg taurine
- 🐾 18 mg iron
- 🐾 15 mg zinc

Directions:

Finely chop or puree all food ingredients, mix all together in a large bowl. In a separate, small bowl mix all supplement powders together. Stir well. Dust powder over food and mix thoroughly. It's important the powder is thoroughly mixed into the food. Serve raw, gently cooked (*poached, stove top*) or made in a crockpot to desired doneness. Store leftovers in the refrigerator for 3 days or freeze for up to one month.



Macronutrient Analysis*

Composition	As Formulated	DM	% kcal
Protein	16.86%	60.91%	48.52%
Fat	7.45%	26.9%	48.21%
Ash	1.72%	6.22%	-
Moisture	72.32%	-	-
Fiber	0.52%	1.87%	-
Net Carbs	1.13%	4.1%	3.26%
Sugars (<i>limited data</i>)	0.3%	1.07%	0.85%
Starch (<i>limited data</i>)	0.15%	0.56%	0.44%
Total			100%

*Nutrient content of natural foods vary, sometimes significantly. Use the nutrient content numbers as approximations only.

Macronutrient Information

total kcal in recipe	3,427.59
kcal per oz	39.40
kcal per pound	630.44
kcal / day	143.19
recipe makes, # of days	23.94
kcal / kg	1,389.85
kcal per kg DM	5,021.33
Amount to Feed per Day (<i>gm</i>)	103.03
Amount to Feed per Day (<i>oz</i>)	3.63
keto ratio (<i>g fat/ (g protein + g net carb)</i>)	0.41

Minerals

	Unit	Min	Max	Recipe	Total Amt	Daily Amt
Ca	g	1.33	0.00	1.70	5.83	0.24
P	g	0.85	0.00	1.46	4.99	0.21
Ca : P	ratio	1 : 1	2 : 1	1.17 : 1	-	-
K	g	2.00	3.75	2.31	7.92	0.33
Na	g	0.25	0.00	0.63	2.17	0.09
Mg	g	0.13	0.00	0.21	0.73	0.03
Cl	g	0.39	0.00	0.66	2.28	0.10
Fe	mg	26.70	0.00	28.62	98.11	4.10
Cu	mg	1.67	0.00	4.03	13.80	0.58
Mn	mg	1.67	0.00	1.81	6.19	0.26
Zn	mg	25.00	71.00	28.31	97.03	4.05
I	mg	0.43	0.00	0.21	0.71	0.03
Se	mg	0.09	0.00	0.16	0.55	0.02

Vitamins

	Unit	Min	Max	Recipe	Total Amt	Daily Amt
Vitamin A	IU	1,111.00	100,000.00	11,765.84	40,328.45	1,684.78
Vitamin C	mg	0.00	0.00	12.37	42.40	1.77
Vitamin D	IU	83.30	0.00	973.52	3,336.82	139.40
Vitamin E	IU	12.70	0.00	23.49	80.51	3.36
Thiamine, B1	mg	1.47	0.00	1.82	6.23	0.26
Riboflavin, B2	mg	1.05	0.00	5.56	19.04	0.80
Niacin, B3	mg	10.50	0.00	42.58	145.93	6.10
Pantothenic Acid, B5	mg	1.92	0.00	8.58	29.40	1.23
B6, (Pyridoxine)	mg	0.83	0.00	2.06	7.07	0.30
Vitamin B12	mg	0.01	0.00	0.04	0.12	0.01
Folic Acid	mg	0.25	0.00	0.28	0.96	0.04
Choline	mg	800.00	0.00	945.99	3,242.45	135.46
Vitamin K1	mg	0.00	0.00	0.11	0.36	0.02
Biotin	mg	0.02	0.00	0.43	1.46	0.06

Fats

	Unit	Min	Max	Recipe	Total Amt	Daily Amt
Total	g	22.50	0.00	53.57	183.61	7.67
Saturated	g	0.00	0.00	18.69	64.07	2.68
Monounsaturated	g	0.00	0.00	19.80	67.87	2.84
Polyunsaturated	g	0.00	0.00	6.49	22.25	0.93
LA	g	1.67	13.80	3.80	13.03	0.54
ALA	g	0.00	0.00	0.94	3.24	0.14
AA	g	0.02	0.00	0.48	1.64	0.07
EPA	g	0.00	0.00	0.26	0.90	0.04
DPA	g	0.00	0.00	0.07	0.26	0.01
DHA	g	0.00	0.00	0.30	1.02	0.04
Omega-6/Omega-3	ratio	0	0	2.68 : 1	-	-
EPA + DHA 5	g	0.00	0.00	0.56	1.92	0.08

Amino Acids

	Unit	Min	Max	Recipe	Total Amt	Daily Amt
Total Protein	g	83.30	0.00	121.31	415.80	17.37
Tryptophan	g	0.44	0.00	0.90	3.08	0.13
Threonine	g	1.73	0.00	4.67	16.00	0.67
Isoleucine	g	1.44	0.00	5.32	18.22	0.76
Leucine	g	3.40	0.00	9.44	32.37	1.35
Lysine	g	1.13	0.00	9.74	33.40	1.40
Methionine	g	0.57	0.00	3.36	11.51	0.48
Methionine - Cystine	g	1.13	0.00	4.65	15.94	0.67
Phenylalanine	g	1.33	0.00	4.85	16.63	0.69
Phenylalanine - Tyrosine	g	5.11	0.00	8.77	30.07	1.26
Valine	g	1.70	0.00	5.94	20.35	0.85
Arginine	g	3.30	0.00	8.67	29.73	1.24
Histidine	g	0.87	0.00	4.03	13.82	0.58
Purines	-	0.00	0.00	775.24	2,657.21	111.01
Taurine	g	0.67	0.00	0.74	2.52	0.11

Feeding Instructions:

10 Pound Adult Cat - Indoor Sedentary

Required kcal per day	143.19
Amount to Feed per Day (g)	103.03
Amount to Feed per Day (oz)	3.63
Total kcal in Recipe	3,427.59
Number of days	23.94
kcal per g	1.39
kcal per oz	39.40
Keto Ratio (g fat/(g protein g net carb))	0.41
kcal per kg	1,389.85
kcal per kg DM	5,021.33
kcal per lbs	630.44

10 Pound Adult Cat - Indoor

Required kcal per day	206.53
Amount to Feed per Day (g)	148.60
Amount to Feed per Day (oz)	5.24
Total kcal in Recipe	3,427.59
Number of days	16.60
kcal per g	1.39
kcal per oz	39.40
Keto Ratio (g fat/(g protein g net carb))	0.41
kcal per kg	1,389.85
kcal per kg DM	5,021.33
kcal per lbs	630.44

10 Pound Adult Cat - Outdoor Sedentary

Required kcal per day	275.37
Amount to Feed per Day (g)	198.13
Amount to Feed per Day (oz)	6.99
Total kcal in Recipe	3,427.59
Number of days	12.45
kcal per g	1.39
kcal per oz	39.40
Keto Ratio (g fat/(g protein g net carb))	0.41
kcal per kg	1,389.85
kcal per kg DM	5,021.33
kcal per lbs	630.44