



## ***Raw Food Recipe for Cats or Dogs***

by [Diane Samsel](#) includes the nutritional supplement, Power Paws

*Makes about 40 cups which feeds my 5 cats for several months.*

***For cats, the ratio of meat to veggies should be 75% to 25%. For dogs substitute 4 lbs. of vegetables for 4 lbs of fish.***

### **Meat (approximately 75%)**

Use organic, free-range, wild and/or sustainably raised or farmed meat.

Ground Beef: 8-9 lbs.

Ground Turkey: 8-9 lbs.

Canned Fish: 4lbs. Use Salmon, Mackerel, Herring or other fish (try to avoid salt if possible): Note: due to the high risk of mercury toxicity from North Atlantic tuna, please avoid using tuna unless it is from Thailand.

**Raw and/or frozen vegetables and fruit (25%)** Use organic or sustainably raised.

(A combination of the following for a total of about 10 cups, plus water, see below)

Sweet Potato  
Carrots  
Collards with stem removed  
Beets  
Green beans

Frozen:  
Peas  
Blueberries

Canned organic pumpkin puree (not pie mix) - my cat's favorite

Puree a 2:1 ratio of vegetables/fruits to water in a food processor or blender (i.e. for 10 cups of veggies, use 5 cups of water)

**Fats (15-25% range - 15% ideal)** Meat and chicken contain an average of only around 8-9% fat content, so additional fat is needed. Use only high quality oils, preferably organic.

2 cup flax seed oil  
1 cup olive oil

### **Supplements:**

- Bone meal: needs to be 3-7%. Use only high grade bone meal available from NOW: 3 cups OR use organic egg shells ground in a food processor then spread on a cookie sheet, bake at 225°, cool and save in the freezer till ready to use .

Important note: cats must HAVE raw food buffered with bone meal or eggshells or they will not be able to metabolize Taurine, a necessary nutrient, and could fall ill or die if deprived.

- Power Paws: 1 jar (an all purpose supplement; order through [dianesamsel.com](http://dianesamsel.com))
- Acidophilus: 1 TBSP
- Ground Flax seed: 2 cups
- Vitamin E: 2 droppersful of liquid E
- Cod Liver Oil: 1 TBSP
- Seameal: 1 cup (manufactured by Solid Gold)

Mix all ingredients till well blended. Divide and freeze in pint freezer zip lock bags: 1 cup to a bag.

### **Feeding recommendations:**

I feed my cats twice a day. 1 cup feeds my 5 cats for one day (approx. 2 1/2 TBSP per feeding with 1 TBSP dry food).

Note: If you are switching your cat or dog to raw food from commercial pet food, make sure you switch very slowly. Add increasing small amounts to their regular food over a period of 1-2 weeks or longer if needed.

Please contact your holistic vet for any specific recommendations for your pet's dietary needs.