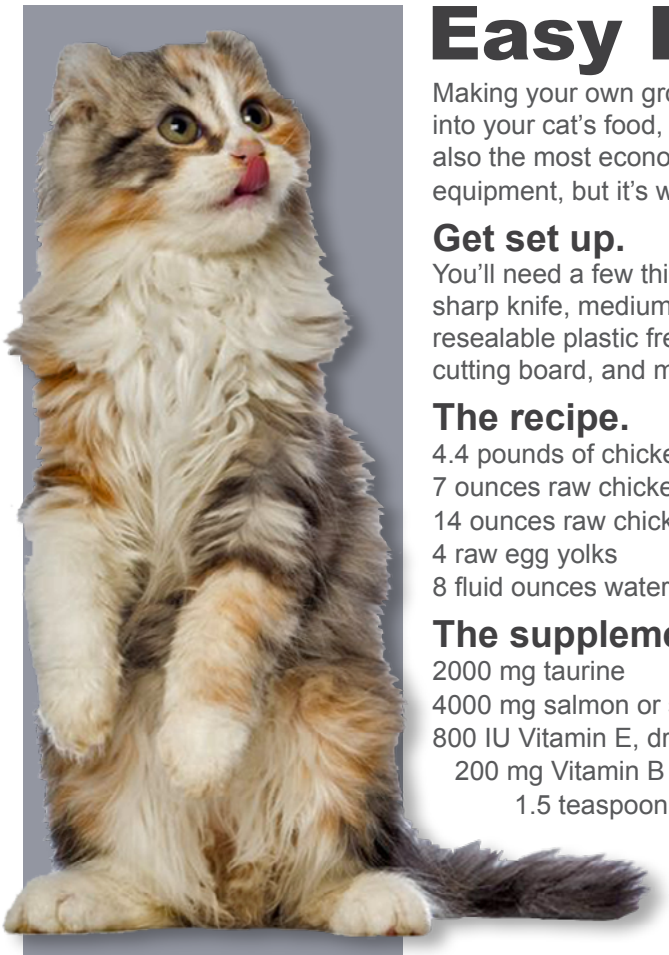

Easy Recipe for Success

Making your own ground raw diet at home gives you the most control over what goes into your cat's food, allowing you to select the meats and supplements you use. It is also the most economical way to feed a raw diet. It takes a little time and some equipment, but it's worth it.

Get set up.

You'll need a few things to get started: a grinder capable of handling small bones, a sharp knife, medium and large mixing bowls, plastic or glass freezable containers or resealable plastic freezer bags, ear plugs, gloves, a kitchen scale, a large washable cutting board, and most of all, freezer space.

The recipe.

4.4 pounds of chicken thighs with bone*
7 ounces raw chicken liver
14 ounces raw chicken hearts
4 raw egg yolks
8 fluid ounces water

The supplements.

2000 mg taurine
4000 mg salmon or small fish oil
800 IU Vitamin E, dry form
200 mg Vitamin B Complex
1.5 teaspoon Lite Iodized salt
4 teaspoons psyllium husk powder (optional)

or . . .

You can use a supplement pre-mix. Be sure the mix you use is specifically intended for use with ground raw meat with bone.

Putting it all together.

*Remove the skin from half of the chicken thighs and the bone from 20 to 25%. Weigh it out after you have done this. Cut up and reserve some of the meat to add as chunks later. If you can't get heart, then substitute more chicken meat and add an additional 4000 mg taurine. Open the supplement capsules, except for the fish oil, into a bowl. Add the egg yolks and water and mix. Grind the meat with bone, liver and hearts, adding them alternately along with the whole fish oil capsules. When it is all ground, add the egg mixture and the chunks and mix. Portion out into containers or bags and freeze immediately.

Check the Feline Nutrition website for detailed recipe instructions including meat variations and a handy ingredient calculator. Watch our "Makin' Nuggets" video for a great way to make homemade raw food in easy-to-feed nugget form.

Please note that raw meat diets can have many positive health benefits, even for cats with medical conditions. But, if your cat is ill, you should consult with a veterinarian before you change your cat's diet. This recipe may not be suitable for cats that have chronic kidney disease or other medical issues.

Get the details.

For more information, visit Feline Nutrition. If you are new to feeding a raw meat diet or have been using raw diets for years, we have a wealth of science-backed information on feline health and nutrition. To join the discussion, find us at Feline Nutrition on Facebook.

Join us in helping cats to better health.

Membership in Feline Nutrition is free. Learn how you can be a part of changing how cats are fed. For complete information, visit

FelineNutritionFoundation.org

Benefits of making your cat's food:

- You control what goes in the food
- No mystery ingredients
- Human-grade meats used
- Less expensive than pre-made

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