

Instincts™

Recipe for a Nutriment for Cats

Ingredients for 14x100 g portions:

700 g raw muscle meat (3-20% fat by mass)

200 g raw heart

100 g raw liver

236 ml (1 cup) water

2 raw egg yolks

2 Tbsp. bone meal

0.5 Tbsp. each of powdered kelp & dulse

1 Tbsp. gelatine powder

2 tsp. psyllium husks (as is or powdered)

1 tsp. salmon oil

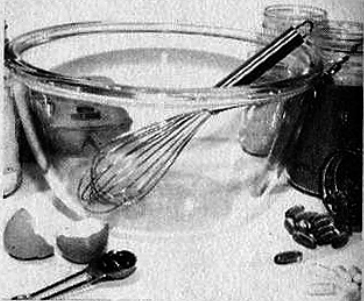
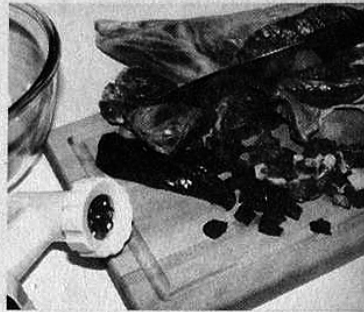
2 tablets freeze dried glands

300 IU vitamin E

1 capsule of a 50 mg complex
vitamin B supplement

All components of this formulation are essential. Omitting one or more ingredient will disturb the nutritional balance and can result in severe deficiencies.

If organ meats are difficult to source:
2000 mg of L-Taurine may be substituted for the 200 g raw heart and
2 Tbsp. of Cod liver oil may replace
100 g raw liver.



1. All meat ingredients should be from the same species of animal. Measure your meat ingredients. Cut the muscle meat, heart, and liver into small cubes/chunks. Combine the meats by thoroughly but gently mixing. Return to the refrigerator. (For a smoother mixing of the ingredients, ground meat may be used during the transition phase).

2. Fill a separate bowl with 236 ml water. Whisk all ingredients, other than meat, into the water, finishing with psyllium husks/psyllium husk powder and gelatine as these easily congeal and may otherwise form clumps. Within a few minutes the, ingredients and water will turn into a semi-gelatinous texture.

3. Add your meats to the gelatinous supplement blend. Mix thoroughly but gently. Violent stirring will cause the meat to become "stringy". Package immediately. Portion into small plastic containers as single or double meals. Small freezer bags are somewhat inconvenient when thawing the food. The food may also be frozen in ice cube trays and then, once frozen, bulk packed in freezer bags.

Important Note:

Be certain to follow the recipe and indicated quantity of water in ratio to psyllium husks/psyllium husk powder used. If not combined and ingested with sufficient water psyllium husks can lead to constipation!

*feline future's recipe for a nutriment for cats is meant for personal use only.
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