

## **Homemade Cooked Beef, Chicken or Turkey Pate Cat Food Recipe**

**Makes about 3 - 1/2 cups pâté style (about one week of food)**

**Serving size ¼ cup twice a day for some cats, adjust as needed**

**Recipe Adapted from [catinfo.org](http://catinfo.org)  
Nutrition in Seattle – Cindy Olejar  
[www.nutritioninseattle.info](http://www.nutritioninseattle.info)**

### **Ingredients**

- 1 lb grass fed, organic ground beef, chicken or turkey
- 3 hard boiled pasture raised, organic eggs
- 2/3 cup organic ground or pureed vegetables, such as pumpkin, squash, peas, cantaloupe or asparagus OR organic baby food of these
- 6 Tablespoons of cooked salmon or 6 sardines

### **Directions**

1. Cook the meat and set aside to cool.
2. In a tough and sturdy blender add the hard boiled eggs, ground or pureed vegetables, salmon or sardines, cooled meat, and if using quinoa or couscous and fresh parsley.
3. Blend well until pâté form.
4. Can add 1/8 of a cup of water at a time if your blender needs the mix to be moister to help with blending the mix.
5. Store one to two days of food in the fridge and the rest in the freezer until time to use.

**Other ingredients to add at each serving. Serving size is typically ¼ cup twice a day. Adjust accordingly for the needs of your cat. \*Important to add these supplements separately when you are ready to feed your cat. If you add them to the cooking it can change the properties. And if you add them after cooking and then freeze or re-refrigerate the food the supplement might get lost in the liquid that forms from defrosting. So it is best to add the supplements and mix into each meal.**

- 250 mg or 1/8 tsp taurine (a very important essential amino acid that cats need supplemented as they do not make enough on their own and without supplementation they can acquire health problems, such as central retinal degeneration, heart disease, gastrointestinal problems and more)
- 5 drops of cod liver oil (approximately 50 IU)
- 250 mg calcium citrate (balanced with magnesium and vitamin D)
- 5 drops liquid Vitamin E (approximately 50 IU)
- 30 mg coenzyme Q10

### **Optional**

- ¼ Psyllium Husk powder or 1 Tablespoon quinoa or couscous if your cat is more than 10 years old, or has a tendency to become constipated.
- 1 teaspoon fresh organic parsley daily – helps cleanse the kidneys and provides antioxidants that can help prevent gingivitis.
- Twice a week give your cat ¼ teaspoon coconut oil to help with hairballs and stool. This can create loose stools in cats, so adjust accordingly.

### **Important for Your Cat**

- It is important to weigh your cat before you begin changing his diet and track their weight every week to help you determine if your cat needs to eat more or less of this food.
- Always ask your trusted veterinary for guidance if your cat has other health issues, such as urinary tract infections, ear infections, itchiness, coughing, struvite or calcium oxalate stones, etc.

### **Other Helpful Tips**

- Tracking your cat's urinary pH can give you more information about the type of diet needed for your cat as urinary pH is directly linked to and impacted by their diet. You can buy pH strips at most pharmacies. The normal pH level for cats is 6.0.

### **Estimated Cost of Homemade Cat Recipe:**

Daily cost \$1.50 to \$2.50 depending on which ingredients you use and the type of ingredients, such as organic, grass fed, pasture raised, etc.

Weekly cost \$10.50 to \$17.50 depending on type ingredients used.

### **Resources**

Cat Info

[www.catinfo.org](http://www.catinfo.org)

Taurine Info for Cats and Dogs

[www.onlynaturalpet.com](http://www.onlynaturalpet.com)

Feline Nutrition Foundation

[www.feline-nutrition.org](http://www.feline-nutrition.org)