

# Raw Feeding for IBD Cats

*Healing Can Happen!*



## Recipe for use with raw OR cooked Proteins

Please Note: Raw Diets using eggshell as the source of calcium (unless adjusted for the trace amount of phosphorus) are not appropriate for kittens. To use freeze dried bone in place of fresh to make this appropriate for kittens, please refer to the article [Bone Alternatives](#).

### Recipe:

5 pounds of boneless protein (beef, pork, turkey, whatever: if chicken, best if half without skin, half with skin. Dark meat like thigh has more nutrients than breast)

0.5 pounds of heart (if you don't have heart, use another 0.5lb meat)

5 oz of some kind of liver

16.7 GRAMS of eggshell powder (1 tsp = 6.1g)

5 capsules of 1,000mg salmon oil

3 large eggs (whole)

1/2 capsule of Natural Factors Hi-Potency B-complex

2.8 grams Morton LITE salt (used for iodine AND potassium - thus the LITE salt) (1/4 teaspoon = 1.4 grams, so use 1/2 teaspoon)

1/2 capsule Dry Vitamin E (where 1 cap is 400iu)

5 grams Taurine

1 capsule Twinlabs chelated manganese (1 cap = 10mg)

You may need to add some water to get everything to mix up evenly. It's also a good idea to put the dry ingredients into a jar, shake it up so they're mixed well, and then add them to the ground.

....and just scale up for larger batches.

Note: If using with cooked proteins, cook the meat (heart, if using) and liver first. Use **ALL** of the pan drippings or water used for poaching/braising as it contains valuable nutrients. Add eggs and supplements **AFTER** cooling. The eggs can be cooked before adding to the batch of food.