

## Adult Feline Low Phosphorus and Iodine Beef Meal Recipe

AMOUNT		INGREDIENTS
16	Oz	85% lean ground beef, cooked and crumbled
8	Oz	Beef heart, cooked and finely chopped
3	Oz	Beef liver, cooked and finely chopped
1	Oz	Beef spleen, cooked and finely chopped
4	Oz	Butternut squash, cooked and pureed
8	Gram	Carlson's brand cod liver oil* (for vitamins D and A)
1	Gram	NOW brand calcium citrate powder
1	Capsule	Garden of Life brand raw B-complex
1	Gram	Iodized salt (for sodium, chloride, and a little iodine)
1	Tablet	Standard Process brand E-manganese

**How to prepare:** Blend all ingredients including supplements together thoroughly and separate into equal daily portions. Freeze for up to a month. Thaw and gently warm before feeding. Makes 2 pounds of food.

**Approximate daily amount to feed an adult 10-pound cat:**

Indoor only, moderately active ≈ 207 calories a day = 3.7 Oz (105 grams)

Indoor only, sedentary ≈ 143 calories = 2.6 Oz (73 grams)

Scale total daily calories up or down based on your cat's body weight and activity level.

\*If not Carlson brand cod liver oil, also add 15 IU Vitamin E and 35 IU of Vitamin D

MACRONUTRIENT INFORMATION	
Total kcal in recipe	1,847
Kcal per ounce	56
Kcal per pound	898
Kcal / day	-
Total meals in recipe	-
Kcal / kg	1,979
Kcal per kg DM	5,113
Grams to feed per day	-
Ounces to feed per day	-

MINERALS	AAFCO 2017-ADULT INDOOR CAT			Recipe
	Unit	Minimums	Maximums	
Ca	G	1.50	-	1.81
P	G	1.25	-	1.19
Ca: P ratio	:1	-	-	1.52 : 1
K	G	1.50	-	1.65
Na	G	0.50	-	0.55
Mg	G	0.10	-	0.12
Cl (no USDA data)	G	0.75	-	0.31
Fe	Mg	20.00	-	24.45
Cu	Mg	1.25	-	7.67
Mn	Mg	1.90	-	4.68
Zn	Mg	18.80	-	22.73
I (no USDA data)	Mg	0.15	2.25	0.054
Se	Mg	0.08	-	0.132

Note: Red amounts do not meet dog growth > of EU, AAFCO

VITAMINS	AAFCO 2017-ADULT INDOOR CAT			Recipe
	Unit	Minimums	Maximums	
Vitamin A	IU	833	83,325	22,276.01
Vitamin D	IU	70	7,520	407.50
Vitamin E	IU	10	-	16.16
Thiamine, B1	Mg	1.40	-	1.88
Riboflavin, B2	Mg	1.00	-	6.29
Niacin, B3	Mg	15	-	45.41
Pantothenic Acid, B5	Mg	1.44	-	19.75
B6 (Pyridoxine)	Mg	1	-	4.61
Vitamin B12	Mg	0.01	-	0.089
Folate	Mg	0.20	-	0.281
Choline	Mg	600	-	715.18

FATS	AAFCO 2017-ADULT INDOOR CAT			Recipe
	Unit	Minimums	Maximums	
Total	G	22.50	82.50	50.47
Saturated	G	-	-	17.95
Monounsaturated	G	-	-	17.87
Polyunsaturated	G	-	-	2.93
LA	G	1.40	-	2.12
ALA	G	-	-	0.06
AA	G	0.05	-	0.49
EPA + DHA5	G	-	-	0.85
EPA	G	-	-	0.38
DPA	G	-	-	0.19
DHA	G	-	-	0.47
Omega-6/Omega-3	:1	-	30:1	2.87

AMINO ACIDS	AAFCO 2017-ADULT INDOOR CAT			Recipe
	Unit	Minimums	Maximums	
Total protein	G	75	-	120.88
Tryptophan	G	0.40	4.25	0.94
Threonine	G	1.83	-	5.01
Isoleucine	G	1.30	-	5.32
Leucine	G	3.10	-	9.88
Lysine	G	2.08	-	9.60
Methionine	G	0.50	3.75	2.94
Methionine - cysteine	G	1	-	4.30
Phenylalanine	G	1.05	-	5.04
Phenylalanine - tyrosine	G	3.83	-	8.87
Valine	G	1.55	-	6.15
Arginine	G	2.60	-	7.77