



Congratulations on purchasing the healthiest vegan program for feeding cats available. Start with fresh ingredients, and prepare food as you do for other family members. No preservatives or animal derived products are necessary.

### Make the change gradually

Mix a small amount of the new food with the old and adjust the proportions over days. If necessary, you could even mix in pulverized commercial kibble into the kibble dough, or mix it in the other recipes.

It is important that your cat eats enough for good health. A short fast won't hurt, but don't let this become a battle of wills with your cat ending up as the loser.

Morning is the best time for introducing new foods, since appetite is keener.

### Kittens and queens

Kittens (to 8-12 months old) and queens need Vegekit™ for growth and lactation.

For convenience, adults may be fed with Vegekit™ in those households with both kittens and adult cats.

### Enzymes, for live-fooders

Fragile heat sensitive enzymes (the life force) are destroyed by cooking, therefore we recommend the addition of plant-derived enzymes (lipase, amylase, protease, and cellulase) to all recipes. Prozyme® Plus is a vegan enzyme formulation that maximizes the absorption of valuable nutrients by up to 71%, important on the vegetarian diet.

A little raw food doesn't supply enough enzymes to compensate for cooked food.

### Flour for kibble

Whole wheat and bread flour both contain 14% protein by dry weight.

Gluten flour, the protein part of wheat (commonly labeled vital wheat gluten or instant gluten) contains 75% protein.

### Oils

Preferred oils are olive, high oleic safflower, sunflower, sesame, soybean, and corn. Optimally, without cooking it, add flax seed oil once a week.

### Seitan

Each cup (235ml/142g) of vital wheat gluten flour makes about 3½ cups (830ml/400g) of seitan. Available commercially, seitan has a "meaty" consistency and absorbs flavors readily. Imitation "meat" products should have wheat gluten as the first ingredient listed to qualify as seitan.

### Soy

TVP™ (textured soy protein) must be reconstituted before use by stirring in ⅞ cup boiling water for each cup (or 85ml for each 100ml). All recipe measurements for textured soy protein are made before reconstituting.

Use tofu made from calcium sulfate to keep magnesium at a minimum.

A low-sodium soy sauce requires a 50% increase in volume over regular soy sauce.

### Sauces

Coat kibble with a sauce just prior to serving. Baby food (squash) makes a nice sauce, or a little canned pumpkin diluted with water. Whole canned corn (no sugar), processed in a food processor with nori, is a favorite. All cats like nutritional yeast, so coat the kibble with some of that just before serving. Never feed onions.

### Yeast

Don't confuse this with baker's yeast, which is an active yeast. Food yeast is important for protein, B vitamins, and flavor. Before serving semi-moist food, dust chunks with yeast. VegeYeast (available from us) is a special type of brewers yeast, made especially for cats. It has a high acid and a low magnesium content.

Nutritional yeast tastes cheese-like, and comes in flakes, or powder. For maxi-flakes, double the volume (not the weight) measurements. Brewers yeast can also be used. For cats that like nutritional yeast best, use VegeYeast in the recipes for health benefits, but coat the food with nutritional yeast.

### Optional additions

Small amounts of crumbled nori sometimes appeal to choosy cats, or imitation bacon bits (available without MSG). Summertime treats might be cantaloupe (alone) or fresh corn on the cob.

### Service with a smile

Feed cats several to many times per day to assure adequate food. Coating meals with a little yellow nutritional yeast really can make a difference in getting cats to eat this diet.

Cats want fresh food. Stale, soggy, old damp food isn't appreciated. Serve in clean bowls and always keep fresh water (clean enough for you to drink) always available.

Recipes are based upon a 10-pound (4.5kg) adult cat. Cats may eat greatly less or more, depending on activity, etc.



## 1. Kibble

This is the best recipe in terms of convenience and palatability. It's very flexible since many coatings are possible for flavor variations. It is assuredly the best for healthy teeth and gums. Once the routine of making kibble is established, you'll find it easy and well worth the initial learning stage.

A four-gallon (15 L) plastic container with a tight lid makes it easy to mix a 65-day supply of dry ingredients. Swing the container up and down enough times to thoroughly mix the dry ingredients. You won't have to start over, each time you make a new batch of kibble, with dry ingredients already premixed.

Have three large cookie sheets handy. If you use a convection oven, decrease oven temperatures by 10%.

NOTE: Bake the 15 day batch following these measurements. This 65-Day Recipe is primarily for mixing and storing dry ingredients for later use (a great time saver).

### Dry Ingredients for 65 Days

14⅝ cups (3460ml/1755g) whole

wheat flour  
8½ cups (2000ml/1170g) bread flour  
5½ cups (1300ml/780g) wheat gluten flour  
6⅛ cups (1440ml/975g) yeast powder  
1⅜ cups (335ml/330g) Vegecat™

### Make Kibble for 15 Days

If you haven't premixed *Dry Ingredients For 65-days*, start with the *Dry Ingredients for 15-days* (see next panel).

1. Preheat oven to 325°F (160°C).  
2. In a large mixing bowl, mix together:  
3½ cups water (as needed)  
⅜ cup (100ml/90g) oil  
¼ cup (55ml/60g) tomato paste  
8½ cups (2000ml/1170g) of the preceding *Dry Ingredients For 65-Days* mixture  
**OR** add the *Dry Ingredients for 15-Days* mixture after Step 10.

3. Stir with a large strong spoon to form soft dough.

4. Flour your hands and counter. Knead the dough well until smooth and elastic. Divide the dough into two halves. Roll out each to fit a large cookie sheet (12"x17" [300 x 400mm]). Work the dough into the corners and prick with a fork to prevent bubbles. Bake for 20 minutes. Don't brown the edges.

5. Remove from oven. Let cool slightly and remove from trays.

6. With a large chef's knife cut each slab into 12 parts on a cutting board by cutting horizontally into three strips, and then each of those into fourths. Cut each resulting rectangle into kibble sized pieces (like a miniature checkerboard) by cutting first in one direction (10-12 times), and then the other direction. An inexpensive Cushion Strip (from Compassion Circle) can protect your palm.

7. Place kibble pieces on cookie sheets, and break apart pieces stuck together.

8. Dry the kibble in a warm oven set at its lowest temperature. Hot sunshine works as well. Dry until the pieces are brittle and don't yield to finger pressure.

9. Refrigeration is unnecessary for properly dried kibble. Store in small, covered containers for convenience.

### Dry Ingredients for 15 Days

3 1/3 cups (685ml/405g) whole-wheat flour  
 2 cups (465ml/270g) bread flour  
 1 1/4 cups (300ml/180g) vital wheat gluten flour  
 1 3/8 cups (330ml/225g) yeast powder  
 1/3 cup (75ml/75g) Vegecat™

## 2. Chickpea +

### Food for 3 Days

1 3/8 cups (330ml/335g) canned chickpeas (garbanzo beans)  
**OR** 1 1/2 cups (345ml/240g) home-cooked chickpeas, starting with 3/4 cup (180ml/150g) uncooked)  
 7/8 cup (200ml/85g) TVP™ (textured soy protein)  
**OR** 3/4 cup (170ml/180g) firm tofu  
**OR** 1 1/2 cups (360ml/175g) seitan  
 1/4 cup (65ml/45g) yeast powder  
 1 Tbs. (15ml/14g) oil  
**OR** 4 tsp. (19ml/17g) if using seitan  
 3 3/4 tsp. (18ml/16g) Vegecat™  
 1/8 tsp. (1/2 ml/1g) salt  
**OR** 3/4 tsp. (4ml/4g) soy sauce

## 3. Lentil plus

### Food for 3 Days

1 2/3 cups (380ml/320g) cooked lentils, starting with 2/3 cup (130ml/105g) uncooked  
**OR** 2 3/8 cups [575ml/480g] cooked lentils, starting with 7/8 cup (195ml/160g) uncooked)  
 IF using seitan

3/4 cup (185ml/80g) TVP™ (textured soy protein)  
**OR** 2/3 cups (150ml/160g) firm tofu  
**OR** 7 Tbs. (100ml/50g) seitan  
**OR** 3/4 cup (190ml/130g) tempeh  
 1/4 cup (65ml/45g) yeast powder  
 4 tsp. (20ml/18g) oil (decrease to 1 Tbs. [16ml/15g] if using tempeh)  
 1/8 tsp. (1/2 ml/1g) salt  
**OR** 3/4 tsp. (4ml/4g) soy sauce  
 4 tsp. (19ml/16g) Vegecat™  
 Seasonings

## 4. Rice seitan

### Food for 3 Days

1 7/8 cups (435ml/360g) cooked brown rice starting with 5/8 cup (140ml/110g) uncooked  
 1 cup (250ml/120g) seitan  
 1/4 cup (65ml/25g) TVP™ (textured soy protein)  
 1/4 cup (60ml/40g) yeast powder  
 4 tsp. (20ml/18g) oil  
 3 1/2 tsp. (18ml/15g) Vegecat™  
 1/8 tsp. (1/2 ml/1g) salt  
**OR** 3/4 tsp. (4ml/4g) soy sauce  
 Seasonings

## 5. Rice soy

### Food for 3 Days

1 2/3 cups cooked parboiled rice (395ml/290g) starting with 1/2 cup (110ml/90g) uncooked  
**OR** 1 1/2 cups cooked brown rice (355ml/290g) starting with 1/2 cup (110ml/90g) uncooked  
**OR** 1 2/3 cups (385ml/260g) cooked white rice starting with 1/2 cup (115ml/90g) uncooked  
 1 cup (225ml/95g) TVP™ (textured soy protein)  
**OR** 7/8 cup (195ml/205g) firm

tofu  
 1/4 cup (60ml/40g) yeast powder  
 4 tsp. (20ml/18g) oil  
 3 1/2 tsp. (18ml/15g) Vegecat™  
 1/8 tsp. (1/2 ml/1g) salt  
**OR** 3/4 tsp. (4ml/4g) soy sauce  
 Seasonings

## 6. Oats plus

### Food for 3 Days

3 cups (710ml/700 g) cooked oats, starting with 1 3/8 cups uncooked (330ml/110g)  
 5/8 cup (140ml/60g) TVP™ (textured soy protein)  
**OR** 1 1/3 cups (305ml/145g) seitan  
**OR** 1/2 cup (120ml/130g) firm tofu  
 1/4 cup (60ml/40g) yeast powder  
 4 tsp. (20ml/18g) oil  
 3 1/2 tsp. (17ml/15g) Vegecat™  
 1/8 tsp. (1/2 ml/1g) salt  
**OR** 3/4 tsp. (4ml/4g) soy sauce  
 Seasonings

## 7. Seitan

### Food for 3 Days

3 1/4 cups (770ml/370g) seitan  
 1/3 cup (70ml/50g) yeast powder  
 2 Tbs. (30ml/27g) oil  
 3 3/4 tsp. (18ml/15g) Vegecat™  
 2 1/2 tsp. toasted wheat germ  
 1/8 tsp. (1/2 ml/1g) salt  
**OR** 3/4 tsp. (4ml/4g) soy sauce  
 Seasonings

### Magnesium

Some cats are adversely affected by high dietary magnesium and exhibit urinary problems. For those cats, use lower magnesium recipes. Even better, use Vegecat phi™ which is formulated with an acidifier, sodium bisulfate.

The following table estimates the protein, fat, and magnesium content for recipes as a % of dry weight.

Legend: V is VegeYeast, nutri is nutritional or brewers yeast. Tvp is textured soy (vegetable) protein. Rice is either white (w), brown (b), or parboiled/converted (p). Garb is garbanzo beans (chickpeas).

RECIPE	Protein%	Fat%	Mg%
Seitan V	51	20	0.085
Seitan nutri	54	20	0.101
Garb canned seitan V	36	12	0.104
Garb canned tempeh V	29	16	0.108
Kibble V	26	11	0.114
Garb seitan V	39	14	0.114
Garb canned seitan nutri	36	12	0.115
Garb tempeh V	31	17	0.119
Garb canned tempeh nutri	29	16	0.120
Ricew tofu V	26	18	0.124
Garb seitan nutri	39	14	0.125
Kibble nutri	29	11	0.126
Ricew tofu V	26	18	0.127
Lentil seitan V	31	10	0.128
Garb tempeh nutri	32	17	0.131
Oat seitan V	32	14	0.135
Ricew tofu nutri	29	18	0.135
Ricew tofu nutri	29	19	0.138
Lentil seitan nutri	33	10	0.139
Garb canned tofu V	30	16	0.143
Oat seitan nutri	35	14	0.146
Lentil tofu V	33	16	0.151
Lentil tempeh V	32	15	0.153
Garb canned tofu nutri	30	16	0.155
Garb tofu V	33	18	0.155
Ricew seitan V	30	12	0.156
Lentil nutri tofu	35	16	0.162
Lentil tempeh nutri	34	15	0.165
Ricew seitan nutri	32	12	0.166
Garb tofu nutri	33	17	0.167
Oat tofu V	26	18	0.168
Ricew tofu V	27	19	0.171
Ricew tvp V	28	9	0.176
Ricew tvp V	29	9	0.179
Ricew tofu nutri	29	20	0.182
Ricew tvp nutri	31	9	0.186
Ricew tvp nutri	31	10	0.189
Lentil tvp V	34	10	0.191
Garb canned tvp V	33	9	0.191
Lentil tvp nutri	36	10	0.201
Garb canned tvp nutri	33	9	0.201
Oat tvp V	28	13	0.202
Garb tvp V	35	10	0.203
Garb tvp nutri	35	10	0.213
Oat tvp nutri	30	13	0.213
Ricew tvp V	29	10	0.218
Ricew tvp nutri	31	10	0.228

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