

3. Lentil Recipe Instructions

Soak lentils in cold water for two hours. Drain, cover with water and cook until soft, or sprout for one day. Sprouted lentils need to be broken up in a food processor or blender for cats. Drain before using. Add remaining ingredients and mix.

3a. Lentil TSP

Food for 3 Days

37% Protein • 10.5% Fat • 962 Calories • 0.18% Magnesium

1-²/₃ cups cooked lentils (320g/395mL), starting with ²/₃ cup uncooked (105g)
³/₄ cup TSP (textured soy protein) (80g)
3-¹/₃ tbsp. VegeYeast or yeast powder (30g)
4-¹/₄ tsp. olive oil (20g/21mL)
¹/₄ tsp. salt (1.15g) OR 1-¹/₃ tsp. soy sauce (8g/6.6mL)
4 tsp. Vegecat phi™ (16g)

3b. Lentil Tofu

Food for 3 Days

35% Protein • 12% Fat • 896 Calories • 0.14% Magnesium

2 cups cooked lentils (380g/474mL), starting with ⁴/₅ cup uncooked (125g)
²/₃ cup extra firm tofu (160g/158mL)
¹/₄ cup VegeYeast or yeast powder (45g)
³/₄ tsp. olive oil (12g/11mL)
¹/₈ tsp. flaxseed oil (0.6g/0.6mL)
¹/₄ tsp. salt (1g) OR 1-¹/₅ tsp. soy sauce (7g/5.9mL)
4 tsp. Vegecat phi™ (16g)

3c. Lentil Seitan

Food for 3 Days

34% Protein • 11.5% Fat • 928 Calories • 0.10% Magnesium

2-¹/₄ cups cooked lentils (430g/533mL), starting with 1 cup uncooked (141g)
7 tbsp. seitan (50g/104mL)
¹/₄ cup VegeYeast or yeast powder (45g)
1-¹/₂ tbsp. olive oil (20g/33mL)
¹/₄ tsp. salt (1.1g) OR 1-¹/₅ tsp. soy sauce (7.5g/5.9mL)
4 tsp. Vegecat phi™ (16g)

3d. Lentil Tempeh

Food for 3 Days

35% Protein • 16% Fat • 921 Calories • 0.13% Magnesium

1-²/₃ cups cooked lentils (320g/395mL), starting with ²/₃ cup uncooked (105g)
³/₄ cup tempeh (130g/178mL)
¹/₄ cup VegeYeast or yeast powder (45g)
1 tbsp. olive oil (15g/15mL)
¹/₈ tsp. flaxseed oil (0.6g/0.6mL)
¹/₄ tsp. salt (1.1g) OR 1-¹/₅ tsp. soy sauce (7.5g/5.9mL)
4 tsp. Vegecat phi™ (16g)

4. Rice Recipe Instructions

Prepare rice. Reconstitute TSP or prepare seitan. Mix all recipe ingredients together.

4a. Rice TSP

Food for 3 Days

32% Protein • 10% Fat • 940 Calories • 0.21% Magnesium

1-²/₃ cups cooked parboiled rice (290g/395mL), starting with ¹/₂ cup uncooked (90g)
OR 1-¹/₂ cups cooked brown rice (290g/356mL), starting with ¹/₂ cup uncooked (90g)
OR 1-²/₃ cups cooked white rice (260g/395mL), starting with ¹/₂ cup uncooked (90g)
1 cup TSP (textured soy protein) (95g)
¹/₄ cup VegeYeast or yeast powder (40g)
1 tbsp. olive oil (15g/15mL)
¹/₈ tsp. flaxseed oil (0.6g/0.6mL)
¹/₄ tsp. salt (1g) OR 1-¹/₅ tsp. soy sauce (7g/5.9mL)
4 tsp. Vegecat phi™ (16g)

4b. Rice Tofu

Food for 2-1/2 Days

34% Protein • 14% Fat • 753 Calories • 0.21% Magnesium

1-¹/₃ cups cooked parboiled rice (238g/316mL), starting with ¹/₂ cup uncooked (74g)
OR 1-¹/₄ cups cooked brown rice (238g/296mL), starting with ¹/₂ cup uncooked (74g)
OR 1-¹/₃ cups cooked white rice (213g/316mL), starting with ¹/₂ cup

uncooked (74g)

1-¹/₄ cups firm tofu (300g/296mL)
¹/₄ cup VegeYeast or yeast powder (40g)
¹/₂ tbsp. hemp hearts/hemp meal (5g)
¹/₄ tsp. salt (1g) OR 1-¹/₅ tsp. soy sauce (7g/5.9mL)
1 tbsp. Vegecat phi™ (12g)

4c. Rice Seitan TSP

Food for 3 Days

35% Protein • 11% Fat • 875 Calories • 0.16% Magnesium

2 cups cooked parboiled rice (395ml/290g), starting with ²/₃ cup uncooked (100g)
OR 1-²/₃ cups cooked brown rice (320g/395mL), starting with ²/₃ cup uncooked (100g)
OR 2 cups cooked white rice (260g/474mL), starting with ²/₃ cup uncooked (100g)
1 cup seitan (120g/237mL)
¹/₃ cup plus 1 tbsp. TSP (textured soy protein) (25g)
3-²/₃ tbsp. VegeYeast or yeast powder (32g)
1 tbsp. hemp hearts/hemp meal (10g)
³/₄ tsp. olive oil (10g/11mL)
¹/₄ tsp. salt (1g) OR 1-¹/₅ tsp. soy sauce (7g/5.9mL)
3-³/₄ tsp. Vegecat phi™ (15g)

5. Oats TSP

Food for 3 Days

29% Protein • 11.6% Fat • 893 Calories • 0.18% Magnesium

2 cups cooked oats (480g/474mL), starting with 1 cup uncooked oats (110g)*
³/₄ cup TSP (textured soy protein) (60g)
¹/₄ cup VegeYeast or yeast powder (40g)
1 tbsp. olive oil (12g/15mL)
¹/₈ tsp. flaxseed oil (0.6g/0.6mL)
¹/₄ tsp. salt (1g) OR 1-¹/₅ tsp. soy sauce (7g/5.9mL)
3-³/₄ tsp. Vegecat phi™ (15g)

* Oat weight and volume varies depending on the thickness of the oat. Check your oats and base your measurement on the dry gram measure.

Compassion Circle

Las Vegas, NV 89126 • USA

Phone: 1-800-370-PETS / 1-760-796-7949

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VEGECAT^{phi}TM SUPPLEMENT INSTRUCTIONS

Sodium Bisulfate

In research studies, sodium bisulfate not only increases the palatability of food for cats, it is a superior urine acidifier. Formation of struvite crystals is a common cause of lower urinary tract disease in cats on any diet. In some cases, complete obstruction occurs. Urine acidification can dissolve existing crystals and prevent the formation of new crystals.

Transition Food Gradually

Mix a small amount of the new food with the old and adjust the proportions over a week or more. If necessary, you can mix pulverized commercial kibble into the kibble dough, or mix it in to 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 & Queens

Kittens (to 8-12 months old) and lactating cats need Vegekit™ for growth and lactation. For convenience, adult cats may be fed the Vegekit™ diet in households with both kittens and adult cats.

Organic & Non-GMO Ingredients

GMO (Genetically Modified Organism) ingredients and herbicides can cause gastrointestinal issues, food allergies, and more. Soy, canola, and corn that is not organic IS almost certainly genetically modified in the USA. Compassion Circle strongly recommends organic food for you and your animals!

Digestive Enzymes

Fragile heat-sensitive enzymes are destroyed by cooking, therefore we recommend the addition of plant-derived enzymes (lipase, amylase, protease, and cellulase) to all cooked or processed food. Prozyme® Plus is a lactose-free enzyme formulation that maximizes the absorption of valuable nutrients by up to 71% and aids digestion. Aiding your cat's digestion is especially important on a vegetarian diet. A little raw food doesn't supply enough enzymes to compensate for cooked food.

Flour for Kibble

Whole wheat flour 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. The protein content in the flour used is important.

EFA's, Oils, & Substitutions

Essential Fatty Acids (EFAs) are particularly important to your animal's well-being, as is the ratio of omega-6 to omega-3 fatty acids. Arachidonic acid is supplied in the Vegecat phi™ supplement. The oils and hemp hearts in the recipes supply the EFAs and ensure the omega-6 to omega-3 ratio is ideal.

Omega-3 fatty acids, including alpha-linolenic acid (ALA), are provided by the flaxseed oil in the recipes, with some coming from olive oil, canola oil, and hemp hearts. The omega-6 fatty acid requirement, including the linoleic acid (LA) requirement, is met by the olive and canola oils.

Substituting oils in the recipe is not recommended. If you omit hemp hearts in a recipe, add 1 teaspoon (4.3g/4.9mL) of hemp oil or sunflower oil per 1 tablespoon (10g) of hemp hearts omitted to increase linoleic acid. You may also substitute 1 teaspoon (2.3g) of ground flaxseed for each 1/8 teaspoon (0.6g/0.6mL) of flaxseed oil omitted to meet the alpha-linolenic requirement in the diet.

Store oils in the refrigerator and smell and taste them to be sure they are not rancid. Oils such as olive oil should not be heated at high heat.

Seitan

Each cup of vital wheat gluten flour (142g/237mL) makes about 3-½ cups of seitan (400g/830mL). 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.

(Organic) Soy & TSP

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

Use extra-firm tofu made from calcium sulfate to keep magnesium at a minimum. If using firm tofu rather than extra firm, add 1 tablespoon of protein powder for every cup of tofu, or 2 tablespoons of hemp hearts, to increase protein content.

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

Hemp Hearts/Hemp Meal

You may substitute ½ a tablespoon of 100% pure protein powder (brown rice, organic soy, or hemp) per 1 tablespoon (15g) of hemp hearts to achieve the same level of protein in the meal.

Sauces - Yes!

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; coat kibble just before serving. Never feed onions. Small amounts of crumbled nori often appeal to choosy cats, or imitation bacon bits (available without MSG). Summertime treats might be cantaloupe (alone) or fresh corn on the cob. See also *Recipe Notes*.

VegeYeast & Yeast

Food yeast (not baker’s yeast) is important for protein, B vitamins, and flavor. Before serving semi-moist food, dust chunks with yeast. VegeYeast (available from Compassion Circle) is a special type of brewer’s yeast made for cats. It has a high acid and a low magnesium content. Nutritional yeast or regular brewer’s yeast can also be used for yeast in recipes. Nutritional yeast tastes cheese-like and comes in flakes or powder. For maxi-flakes, double the volume (not the weight) measurements. For cats that like nutritional yeast best, use VegeYeast in the recipes for health benefits, but coat the food with nutritional yeast.

General Info & Service with a Smile

Feed cats several times per day to assure adequate food. Coating meals with a little nutritional yeast really can make a difference in cats accepting a plant-based diet.

Cats want fresh food. Stale, soggy, old food isn’t appreciated. Serve in clean bowls and always keep fresh water available (clean enough for you to drink). The more water and moisture in the diet, the better the urine concentration of your cat. Feeding primarily wet food recipes can prevent urinary troubles.

Some cats are adversely affected by high dietary magnesium and exhibit urinary problems. For those cats, use lower magnesium recipes.

Cats should have an acidic urine pH of 6.0 to 6.5. It is wise to test the urine at home or at a veterinarian’s office before switching a diet and about 3-weeks after transitioning to a new diet, then periodically after – twice in the first year and yearly after. See www.CompassionCircle.com/Cats for more information about testing urine pH at home.

Recipes are based on a 10-lb. (4.5kg) adult cat. Cats may eat greatly more or less depending on their activity level, age, and weight. Recipes have the amount of Vegecat phi™ proportional on a caloric basis to the other recipe ingredients. Eating more or less will still result in a nutritionally complete diet.

For Additional Recipes or Health Information, see *Dr. Pitcairn’s Complete Guide to Natural Health for Dogs & Cats* (4th Edition). If using Vegecat phi™ in book recipes, we recommend using our daily serving size measurement rather than the Vegecat™ teaspoon measurement. A daily serving of Vegecat phi™ for a 10-lb. cat is 1-⅓ teaspoons or 5.3 grams. Because the volume of the Vegecat™/Vegecat phi™ supplement changed since the book’s first printing, serving size modifications may be necessary. See the following webpage for adjusted amounts: CompassionCircle.com/Dr-Pitcairns-Guide

Recipe Notes

As mentioned in the “Sauces” section (in the previous panel), coating kibble in squash, pumpkin, or pureed corn and nori is a wonderful way to add flavor and moisture to kibble. You may steam/cook and puree the following veggies to add to kibble or wet food recipes: corn, carrots, cucumber, peas, green beans, kale, broccoli, cauliflower, potatoes, squash, and more. It is best to avoid vegetables that are high in oxalic acid, like spinach and Swiss chard. A cat’s diet should not be more than 10% vegetable food because this will dilute the protein and other nutrition in the recipes. Adding 1 to 1-½ tablespoons of pureed veggies per day is ideal. If your cat does not like veggies, they are not required to meet nutritional requirements. Adding nori flakes, spirulina, or Green Mush™ (available from Compassion Circle) can add flavor and bioavailable nutrients. These should be kept to a minimum (about 1 teaspoon per day), unless urine pH is monitored. It is unlikely that urine pH would become too alkaline on the Vegecat phi™ diet, but nori, spirulina, and Green Mush™ are alkalizing.

1. Kibble

Kibble is the most convenient recipe. Once a routine for making kibble is established, you’ll find it easy and well worth the initial learning stage.

It is best to coat kibble in pureed vegetables, sugar-free baby food, or to add water to increase the moisture in the food. Occasionally, serving kibble dry for healthy teeth and gums is fine, but increasing your cat’s liquid intake with wet food or moistened kibble can avoid the urinary issues so prevalent in the cat world by improving the urine concentration.

A four-gallon (15 liter) plastic container with a tight lid makes it easy to mix a 60-day supply of dry ingredients. Swing the container up and down enough times to thoroughly mix the dry ingredients, and they’ll be premixed when you’re ready to bake.

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

NOTE: Bake the 15 day batch following the *Make Kibble for 15 Days* section in the next column. The below 60-day recipe is for mixing and storing dry ingredients for later use (a great time saver).

Dry Ingredient Premix for 60 Days

10-½ cups whole wheat flour (1600g)
5 bread flour (720g)
6-⅔ cups wheat gluten flour (800g)
1-½ cups hemp hearts/hemp meal (240g)

4-½ cups VegeYeast or yeast powder (640g)
1-½ cups Vegecat phi™ (288g)

Make Kibble for 15 Days

33% Protein • 10% Fat • 4286 Calories • 0.12% Magnesium

If you haven’t premixed the *Dry Ingredient Premix for 60 Days*, start with the *Dry Ingredients for 15 Days* (below).

1. Preheat oven to 300°F (150°C).
2. In a large mixing bowl, mix together:

3-½ cups water, as needed (830mL)
4-½ tbsp. canola oil (63g/67mL)
¼ cup tomato paste (60g/59mL)
2 tbsp. soy sauce (34g/29mL) OR ¾ tsp. salt (4g) mixed into dry ingredients
8 cups (1.2kg) of the preceding *Dry Ingredient Premix for 60 Days* mixture
OR add the *Dry Ingredients for 15 Days* mixture.

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” x 17” [300mm x 400mm]). Work the dough into the corners and prick with a fork to prevent bubbles. Bake for 30 minutes. Don’t brown the edges.
5. Remove from oven. Let cool slightly and remove from trays. Allowing the pre-cut kibble to chill in the freezer for 10 minutes will make cutting easier.
6. With a large chef’s knife or pizza cutter 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.
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

2-⅔ cups whole-wheat flour (400g)
1-¼ cups bread flour (180g)
1-⅔ cups vital wheat gluten flour (200g)
6 tbsp. hemp hearts/hemp meal (60g)
1-⅛ cups VegeYeast or yeast powder (160g)
6 tbsp. Vegecat phi™ (72g)

2. Chickpea Recipe Instructions

Soak chickpeas/garbanzo beans in water until doubled in size. Change water as necessary to keep from fermenting. Cover with fresh water and cook until soft. A crock pot is most convenient.

Drain thoroughly and crush warm beans with a potato masher (disk with holes). Food processors can crush cold beans.

Canned beans should be processed or blended because they are more firm than home prepared beans. Stir in other ingredients. Reconstitute TSP with water before adding.

2a. Chickpea TSP

Food for 3-1/2 Days

35.4% Protein • 10.7% Fat • 978 Calories • 0.18% Magnesium

1-¼ cups canned chickpeas (335g/296mL)
OR 1-½ cups home-cooked chickpeas (240g/326mL), starting with ½ cup uncooked (108g)
¾ cup TSP (textured soy protein) (85g)
¼ cup VegeYeast or yeast powder (45g)
¾ tbsp. olive oil (11g/11mL)
¼ tsp. flaxseed oil (1.2g/1.2mL)
¼ tsp. salt (1g) **OR** 1-⅓ tsp. soy sauce (7g/5.9mL)
4 tsp. Vegecat phi™ (16g)

2b. Chickpea Tofu

Food for 2-1/2 to 3 Days

33.5% Protein • 14% Fat • 824 Calories • 0.18% Magnesium

1-¼ cups canned chickpeas (335g/296mL)
OR 1-½ cups home-cooked chickpeas (240g/326mL), starting with ½ cup uncooked (108g)
¾ cup extra-firm tofu, tightly packed (180g/178mL)
¼ cup VegeYeast or yeast powder (45g)
1 tbsp. hemp hearts/hemp meal (10g)
¼ tsp. flaxseed oil (1.2g/1.2mL)
⅓ tsp. salt (1.4g) **OR** ½ tbsp. soy sauce (9.5g/7.4mL)
4 tsp. Vegecat phi™ (16g)

2c. Chickpea Seitan

Food for 3 to 3-1/2 Days

35.4% Protein • 10.7% Fat • 978 Calories • 0.13% Magnesium

1-¼ cups canned chickpeas (335g/296mL)
OR 1-½ cups home-cooked chickpeas (240g/326mL), starting with ½ cup uncooked (108g)
1-½ cups seitan (175g/356mL)
¼ cup VegeYeast or yeast powder (45g)
1-½ tbsp. hemp hearts/hemp meal (15g)
½ tbsp. olive oil (7g/7.4mL)
¼ tsp. salt (1g) **OR** 1-⅓ tsp. soy sauce (7g/5.9mL)
3-¾ tsp. Vegecat phi™ (15g)