

chickpeas (240g/326mL), starting with 1/2 cup uncooked (108g/130mL)
 1-1/2 cups seitan (175g/356mL)
 1/4 cup VegeYeast or yeast powder (45g)
 1-1/2 tbsp. hemp hearts/hemp meal (15g)
 1/2 tbsp. olive oil (7g/7.4mL)
 1/4 tsp. salt (1g) OR 1-1/5 tsp. soy sauce (6.5g/5.9mL)
 1-1/2 tbsp. Vegecat™ (15g)

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. For cats, sprouted lentils need to be broken up in a food processor or blender. Drain before using. Boiled lentils can also be blended. Add remaining ingredients and mix.

3a. Lentil TSP

Food for 3 to 3-1/2 Days

34% Protein • 10% Fat • 927 Calories • 0.16% 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)
 5 tsp. Vegecat™ (16g)

3b. Lentil Tofu

Food for 3 to 3-1/2 Days

29.5% Protein • 10% Fat • 896 Calories • 0.12% Magnesium
 2 cups cooked lentils (380g/474mL), starting with 4/5 cup uncooked (125g)
 2/3 cup firm tofu (160g/158mL)
 1/4 cup VegeYeast or yeast powder (45g)
 3/4 tbsp. olive oil (12g/3.7mL)
 1/8 tsp. flaxseed oil (0.6g/0.6mL)
 1/4 tsp. salt (1g) OR 1-1/5 tsp. soy sauce (7g/5.9mL)
 5 tsp. Vegecat™ (16g)

3c. Lentil Seitan

Food for 3 to 3-1/2 Days

32% Protein • 10.5% Fat • 876 Calories • 0.09% Magnesium
 2-1/4 cups cooked lentils (430g/533mL),

starting with 1 cup uncooked (141g)
 7 tbs. seitan (50g/104mL)
 1/4 cup VegeYeast or yeast powder (45g)
 1-1/2 tbsp. olive oil (20g/22mL)
 1/4 tsp. salt (1.1g) OR 1-1/5 tsp. soy sauce (7g/5.9mL)
 5 tsp. Vegecat™ (16g)

3d. Lentil Tempeh

Food for 3 Days

33% Protein • 15% Fat • 868 Calories • 0.11% Magnesium
 1-2/3 cups cooked lentils (320g/396mL), 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)
 5 tsp. Vegecat™ (16g)

4. Rice Recipe Instructions

Prepare rice. Reconstitute TSP or prepare seitan. Mix together.

4a. Rice TSP

Food for 3 to 3-1/2 Days

30% Protein • 10% Fat • 894 Calories • 0.19% 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)
 5 tsp. Vegecat™ (16g)

4b. Rice Tofu

Food for 2-1/2 Days

29% Protein • 11.5% Fat • 706 Calories • 0.17% Magnesium
 1-1/3 cups cooked parboiled rice (238g/318mL), 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/318mL), 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 (6.5g/5.9mL)
 3-2/3 tsp. Vegecat™ (12g)

4c. Rice Seitan TSP

Food for 3 Days

33% Protein • 10% Fat • 838 Calories • 0.14% Magnesium
 2 cups cooked parboiled rice (290g/474mL), 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 tbsp. olive oil (10g/11mL)
 1/4 tsp. (1g) salt OR 1-1/5 tsp. soy sauce (7g/5.9mL)
 1-1/2 tsp. Vegecat™ (15g)

5. Oats TSP

Food for 3 Days

28% Protein • 11% Fat • 846 Calories • 0.16% Magnesium
 2 cups cooked oats (480g/474mL), starting with 1 cup uncooked oats (110g)
 Note: Oat weight and volume varies. Check your oats and use the dry gram measure.
 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)
 1-1/2 tsp. Vegecat™ (15g)

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VEGECAT™

SUPPLEMENT INSTRUCTIONS

Kittens

Vegecat™ does not meet the nutritional requirements for growing kittens. The supplement is for cats over 12-months of age.

Transition Food Gradually

Mix a small amount of 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 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.

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 likely genetically modified and treated with glyphosate in the USA. Compassion Circle strongly recommends organic food for you and your animals!

Adding Arachidonic Acid

Vegecat™ no longer supplies the essential fatty acid arachidonate due to ingredient compliance issues with the FDA and EFSA. If you feed a plant-based diet, add 1 rounded teaspoon (3.75g) of Compassion Circle's Green Mush™ to the diet per day to meet the National Research Council (NRC) recommended amount of arachidonic acid. Alternatively, add 3/4 teaspoon (2.25g) of chlorella (*Chlorella vulgaris*) OR 1 rounded teaspoon of powdered kelp (*Ascophyllum nodosum*) per day. Due to the lower iodine content, we recommend using Compassion Circle's Green Mush or Chlorella Manna™ (*Chlorella vulgaris*) to meet the arachidonic acid requirement. For more information, please visit our website: www.CompassionCircle.com/Vegecat.

EFAs, 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. 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 (5mL) of hemp oil or sunflower oil per 1 tablespoon (10g) of hemp hearts omitted to increase linoleic acid. You may also substitute 1 teaspoon (7g) of ground flaxseed for each 1/8 teaspoon (0.6mL) of flaxseed oil omitted in a recipe 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.

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 vegan enzyme formulation that maximizes the absorption of valuable nutrients and aids digestion. Aiding your cat's digestion is especially important on a vegetarian diet. A small amount of raw food doesn't supply enough enzymes to compensate for cooked food.

Kibble Flour

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. The protein content in the flour used is important.

Seitan

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

Textured soy protein (TSP), also known as textured vegetable protein (TVP®), soy meat, or soya chunks, is defatted soy flour. TSP must be reconstituted before use by stirring in ⅞ cup of boiling water (207mL) for each cup of TSP (237mL). 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 (10g) of protein powder for every cup of tofu, or 2 tablespoons (20g) 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. See also *Recipe Notes* in the following column.

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

VegeYeast & Yeast

Food 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 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. Brewer's 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 prior to serving.

General Info & Service with a Smile

Feed cats several times a 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 issues.

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 the diet and about 3-weeks after transitioning to a new diet, then periodically after – twice in the first year and yearly after. If alkaline urine is a problem, add cranberry powder or vitamin C (ascorbic acid) to the diet. Please see CompassionCircle.com/Cats for more information about testing urine pH at home.

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

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™ 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 & Health Information, see *Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats* (4th Edition). Because the volume of the Vegecat™ supplement changed since the book's first printing, serving size modifications may be necessary. See the following webpage for adjusted amounts, or simply add the supplement daily: CompassionCircle.com/Dr-Pitcairns-Guide. A daily serving for a 10-lb cat is 1-⅔ teaspoons.

Recipe Notes

As mentioned in the "Sauces" section (*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 content 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. Adding nori flakes, spirulina, or Green Mush™ (available from Compassion Circle) can add flavor and highly beneficial bioavailable nutrients. These should be kept to a minimum (1 teaspoon per day) to avoid urine alkalinity unless you add 1 teaspoon of cranberry powder or 500mg of vitamin C (ascorbic acid) per day.

1. Kibble

Kibble is the most convenient recipe. Once the routine of 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 temperature by 10%.

NOTE: Bake the 15-day batch following the *Make Kibble for 15 Days* section below. This 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 (1.6kg)
5 cups 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)
1-¾ cups Vegecat™ (288g)

Make Kibble for 15 Days

32% Protein • 10% Fat • 4100 Calories • 0.11% Magnesium

If you haven't premixed *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)
4-¼ tbsp. canola oil (63g/67mL)
¼ cup tomato paste (60g/59mL)
2 tbsp. soy sauce (34g) 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" [300 x 400mm]). (Chilled dough rolls out easier.) 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. The sharper your knife, the easier this will be!
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. Store in unrefrigerated covered containers.

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)
7-¼ tbsp. Vegecat™ (72g)

2. Chickpea Recipe Instructions

Soak 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. Stir in other ingredients. When using TSP, reconstitute TSP with water before adding.

Do NOT add salt or soy sauce when using canned chickpeas.

2a. Chickpea TSP

Food for 3-1/2 Days

33% Protein • 10% Fat • 925 Calories • 0.16% Magnesium
1-¼ cups canned chickpeas/garbanzo beans (335g/326mL) OR 1-½ cups home-cooked chickpeas (240g/326mL), starting with ½ cup uncooked (108g/130mL)
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 1-⅕ tsp. soy sauce (7g/5.9mL)
5 tsp. Vegecat™ (16g)

2b. Chickpea Tofu

Food for 2-1/2 to 3 Days

30% Protein • 12% Fat • 774 Calories • 0.1% Magnesium
1-¼ cups canned chickpeas/garbanzo beans (335g/326mL) OR 1-½ cups home-cooked chickpeas (240g/326mL), starting with ½ cup uncooked (108g/130mL)
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)
5 tsp. Vegecat™ (16g)

2c. Chickpea Seitan

Food for 3 to 3-1/2 Days

40% Protein • 11% Fat • 905 Calories • 0.11% Magnesium
1-¼ cups canned chickpeas/garbanzo beans (335g/326mL) OR 1-½ cups home-cooked