

VEGECAT™

Recipe Brochure

NEW 2021 SERVING SIZES!

Vegecat™ is only for cats over 10-12 months old and does not meet the nutritional requirements for growing kittens.

General Info & Feeding Guidelines

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

Cats want fresh food. Serve in clean bowls and always keep fresh, filtered 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 at least yearly after. If alkaline urine is a problem, add cranberry powder or vitamin C (ascorbic acid) to the diet. Please see the Frequently Asked Questions page of the Compassion Circle website for more information about testing urine pH at home and acidification.

Some cats are adversely affected by high dietary magnesium and exhibit urinary problems such as stone formation with too much magnesium in the diet (and often urine that is too alkaline, simultaneously). For those cats, use lower magnesium recipes.

Adult cats need from 22 to 32 calories per pound (454g) of bodyweight per day. Larger cats need fewer calories, smaller cats more. Caloric need and food consumption also depend on activity level, age, and weight. Consult your vet or an online calorie calculator to determine how many calories to feed daily. Our recipes list the number of calories the entire recipe contains. That does not change if the volume of food your recipe makes is less or more than our estimate. Follow the dry ingredient gram measures for best accuracy. You may determine how many calories are in each cup (or 100g) of your food by dividing the number of calories in the recipe by the cups (or 100g) your recipe makes. If you do not follow our recipes, add 1/4 tsp. (1g) of Vegecat for every 100 calories in your recipe or use the daily serving size chart on the label.

Recipe Notes

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 1-1/2 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.

VegeYeast & Yeast

Food yeast is important for B vitamins, protein, and flavor. VegeYeast (available from Compassion Circle) is a brewer's yeast made especially for cats and dogs. VegeYeast is especially acidic and that helps counter the alkalinity of plant-based foods.

EFAs, Oils, & Substitutions

Essential Fatty Acids (EFAs) are particularly important to your cat's well-being. Oil, flax, and hemp ingredients supply EFAs and ensure the omega-6 to omega-3 ratio is ideal.

Omega-3 fatty acid comes largely from flaxseed oil, with some from olive oil, canola oil, and/or hemp hearts. The omega-6 fatty acid requirement is largely met by olive or canola oil. Arachidonic Acid, derived from *Mortierella alpina*, is also supplied by the Vegecat™ supplement.

Substituting oils in the recipe is not recommended. If you omit hemp hearts in a recipe, add 1 teaspoon (5mL) hemp or sunflower oil per 1 tablespoon (10g) hemp hearts omitted. You may substitute 1 teaspoon (7g) of ground flaxseed for each 1/8 teaspoon (0.6mL) of flaxseed oil omitted in a recipe.

Store oils in the refrigerator to avoid rancidity.

Digestive Enzymes

Fragile, heat-sensitive enzymes are destroyed by cooking, therefore we recommend adding plant-derived enzymes (lipase, amylase, protease, and cellulase) to all cooked or processed food. Prozyme® Plus is a lactose-free enzyme formula that aids digestion and maximizes nutrient absorption. Amylase, specifically, aids in the digestion of carbohydrates and is especially beneficial for cats on a plant-based diet. A small amount of raw food does not supply the enzymes needed to properly digest all cooked food in the diet.

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), contains 75% protein. The protein content in the flour used is important.

Seitan

Each cup of vital wheat gluten flour (120g) makes about 3 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®), or soya chunks, is defatted soy flour. TSP must be reconstituted before use by stirring in 1/8 cup of boiling water or low sodium broth (207mL) for each cup of TSP (105-120g). All recipe measurements for textured soy protein are for dry TSP flakes or chunks.

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 the protein content of your meal. Alternatively, increase the amount of tofu and decrease the grains or legumes in the recipe.

If you use soy sauce for sodium (as opposed to salt), a low-sodium soy sauce requires a 50% increase over regular soy sauce.

Hemp Hearts/Hemp Meal

You may substitute 1/2 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.

1. Kibble

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 veggies, or add water to increase the moisture in the diet. 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.

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

Kibble for About 15 Days • 4200 Calories

31.5% Protein • 11.5% Fat • 0.11% Magnesium

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

3-1/2 cups water, as needed (830mL)

4-1/4 tbsp. sunflower, olive, or canola oil (63g)

1/4 cup tomato paste (60g)

2 tbsp. soy sauce (34g) OR 3/4 tsp. salt (4g)

Add the *Dry Kibble Ingredients (below)*.

3. Stir with a large strong spoon to form soft dough.
4. Flour hands and counter. Knead dough until smooth and elastic. Divide into two halves. Roll out each to fit a large cookie sheet. Chilled dough rolls out easier. Work dough into corners and prick with a fork to prevent bubbles. Bake 30 minutes. Don't brown edges.
5. Remove from oven. Let cool slightly then remove from pan. Chill in freezer for 10 minutes to make cutting easier if desired.
6. With a large chef's knife or pizza cutter, cut into kibble sized pieces (like a miniature checkerboard).
7. Place kibble pieces on cookie sheets.
8. Dry 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 (about 2 hours).
9. Store in unrefrigerated covered containers.

Dry Kibble Ingredients

2-1/2 cups whole-wheat flour (400g)

1-1/4 cups bread flour (180g)

1-2/3 cups vital wheat gluten flour (200g)

6 tbsp. hemp hearts/hemp meal (60g)

1-1/8 cups VegeYeast or yeast powder (160g)

3-1/3 tbsp. Vegecat™ (44g)

2. Chickpea Recipe Instructions

Soak garbanzo beans in water until doubled in size. Cover with fresh water and cook until soft.

Drain thoroughly and crush warm beans with a potato masher or fork. Food processors can be used and will also crush cold beans. Stir in other ingredients. When using TSP, reconstitute TSP with liquid before adding.

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

2a. Chickpea TSP

940 Calories

35.5% Protein • 10% Fat • 0.16% Magnesium

- 1-1/4 cups canned chickpeas/garbanzo beans (335g) OR
- 1-1/2 cups home-cooked chickpeas (246g), starting with
- 1/2 cup uncooked (108g)
- 3/4 cup TSP (textured soy protein) (85g)
- 1/4 cup VegeYeast or yeast powder (45g)
- 3/4 tbsp. olive oil (11g)
- 1/4 tsp. flaxseed oil (1.2g)
- 1/4 tsp. salt (1g) OR 1-1/5 tsp. soy sauce (7g)
- 2 tsp. Vegecat™ (9g)

2b. Chickpea Tofu

725 Calories

35.5% Protein • 12% Fat • 0.14% Magnesium

- 1-1/4 cups canned chickpeas/garbanzo beans (335g) OR
- 1-1/2 cups home-cooked chickpeas (246g), starting with
- 1/2 cup uncooked (108g)
- 3/4 cup extra-firm tofu, tightly packed (180g/6.5oz)
- 1/4 cup VegeYeast or yeast powder (45g)
- 1/4 tsp. flaxseed oil (1.2g)
- 1/3 tsp. salt (1.4g) OR 1/2 tbsp. soy sauce (9.5g)
- 1-2/3 tsp. Vegecat™ (7g)

2c. Chickpea Seitan

915 Calories

41% Protein • 11% Fat • 0.11% Magnesium

- 1-1/4 cups canned chickpeas/garbanzo beans (335g) OR 1-1/2 cups home-cooked chickpeas (246g), starting with 1/2 cup uncooked (108g)
- 1-1/2 cups seitan (175g). Begin with 1/2 cup (63g) vital wheat gluten.
- 1/4 cup VegeYeast or yeast powder (45g)
- 1-1/2 tbsp. hemp hearts/hemp meal (15g)
- 1/2 tbsp. olive oil (7g)
- 1/4 tsp. salt (1g) OR 1-1/5 tsp. soy sauce (6.5g)
- 2 tsp. Vegecat™ (8g)

3. Lentil Recipe Instructions

Soak lentils in cold water for two hours. Drain, cover with water, and cook until soft. Drain before using. Boiled lentils can be blended or mashed. Add remaining ingredients and mix well.

3a. Lentil TSP

930 Calories

36% Protein • 10.5% Fat • 0.16% Magnesium

- 1-3/4 cups cooked lentils (340g), starting with 3/5 cup uncooked (112g)
- 3/4 cup TSP (textured soy protein) (80g)
- 3-1/3 tbsp. VegeYeast or yeast powder (30g)
- 4-1/4 tsp olive oil (20g)
- 1/4 tsp. salt (1.15g) OR 1-1/3 tsp. soy sauce (8g)
- 2 tsp. Vegecat™ (9g)

3b. Lentil Tofu

850 Calories

36% Protein • 13% Fat • 0.13% Magnesium

- 2 cups cooked lentils (380g), starting with 2/3 cup uncooked (125g)
- 2/3 cup extra-firm tofu, tightly packed (160g/5.6oz)
- 1/4 cup VegeYeast or yeast powder (45g)
- 3/4 tbsp. olive oil (12g)
- 1/8 tsp. flaxseed oil (0.6g)
- 1/4 tsp. salt (1g) OR 1-1/5 tsp. soy sauce (7g)
- 2 tsp. Vegecat™ (8g)

3c. Lentil Seitan

885 Calories

33% Protein • 11.5% Fat • 0.09% Magnesium

- 2-1/4 cups cooked lentils (430g), starting with 3/4 cup uncooked (142g)
- 7 tbs. seitan (50g). Begin with 2-1/4 tbsp. (18g) vital wheat gluten.
- 1/4 cup VegeYeast or yeast powder (45g)
- 1-1/2 tbsp. olive oil (20g)
- 1/4 tsp. salt (1.1g) OR 1-1/5 tsp. soy sauce (7.5g)
- 2 tsp. Vegecat™ (9g)

3d. Lentil Tempeh

840 Calories

35% Protein • 13% Fat • 0.12% Magnesium

- 1-2/3 cups cooked lentils (320g), starting with 1/2 cup plus 1/2 tsp. uncooked (105g)
- 3/4 cup tempeh (130g/4.6oz)
- 1/4 cup VegeYeast or yeast powder (45g)
- 1/2 tbsp. olive oil (7.5g)
- 1/8 tsp. flaxseed oil (0.6g)
- 1/4 tsp. salt (1.1g) OR 1-1/5 tsp. soy sauce (7.5g)
- 2 tsp. Vegecat™ (8g)

4a. Rice TSP

980 Calories

30% Protein • 9.5% Fat • 0.14% Magnesium

- 1/2 cup uncooked rice (90g). Makes 1-2/3 to 1-1/2 cups cooked (260-290g).
- 1-1/3 cup TSP (textured soy protein) (95g)
- 4-1/2 tbsp. VegeYeast or yeast powder (40g)
- 1-1/4 tbsp. olive oil (18g)
- 1/8 tsp. flaxseed oil (0.6g)
- 1/4 tsp. salt (1g) OR 1-1/5 tsp. soy sauce (7.5g)
- 2 tsp. Vegecat™ (9g)

4b. Rice Tofu

760 Calories

34% Protein • 13% Fat • 0.16% Magnesium

- 1/2 cup uncooked rice (74g). Makes 1-1/4 to 1-1/3 cups cooked (215-235g).
- 1-1/4 cups extra-firm tofu, tightly packed (300g/10.6oz)
- 4-1/2 tbsp. 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)
- 1-2/3 tsp. Vegecat™ (7g)

4c. Rice Seitan TSP

970 Calories

30.5% Protein • 10.5% Fat • 0.10% Magnesium

- 2/3 cup uncooked rice (100g). Makes 1-2/3 to 2 cups cooked rice (290-320g).
- 1 cup seitan (120g). Begin with 1/3 cup (43g) vital wheat gluten.
- 1/2 cup TSP (textured soy protein) (25g)
- 3-2/3 tbsp. VegeYeast or yeast powder (32g)
- 1-1/2 tbsp. hemp hearts/hemp meal (15g)
- 1 tbsp. olive oil (14g)
- 1/4 tsp. salt (1g) OR 1-1/5 tsp. soy sauce (7.5g)
- 1 tsp. Vegecat™ (12g)

5. Oats TSP

850 Calories

30% Protein • 11% Fat • 0.17% Magnesium

- 1 cup uncooked oats (110g). Just under 2 cups cooked (480g). Check your oats and use the dry gram measure (110g).
- 2/3 cup TSP (textured soy protein) (60g)
- 4-1/2 tbsp. VegeYeast or yeast powder (40g)
- 1 tbsp. olive oil (12g)
- 1/8 tsp. flaxseed oil (0.6g)
- 1/4 tsp. salt (1g) OR 1-1/5 tsp. soy sauce (7g)
- 2 tsp. Vegecat™ (8g)