

VEGECAT™ RECIPES

Formula & Serving Size Updates

The Vegecat™ supplement and recipes meet the nutritional needs of cats over 12-months of age. Kittens need higher nutritional levels than the Vegecat™ diet provides.

Transition Food Gradually

Mix a small amount of new food in with the old and adjust the proportions over a few weeks or more. If necessary, you can mix pulverized commercial kibble into kibble dough or wet food recipes as an enticement early on.

It is important that your cat eats enough for good health. A short fast won't hurt, but you need to transition slowly enough that your cat goes along with the change. You might need to start with as little as a teaspoon of new food in with the old. Morning is the best time for introducing new foods.

Organic & Non-GMO Ingredients

GMO (Genetically Modified Organism) ingredients and pesticides/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 companion animals!

VegeYeast & Yeast

Food yeast is an important ingredient providing B vitamins, protein, and flavor. Our VegeYeast is a brewer's yeast made especially for cats and dogs. VegeYeast is more acidic than other food yeast and that helps counter the alkalinity of plant-based foods. The extra acidity is extremely important for cats on a vegan diet. VegeYeast is also lower in magnesium than other food yeast and that helps with urinary health.

Nutritional yeast tastes cheese-like and comes in flakes or powder. It too provides the needed B vitamins and protein but not the needed acidity. Do NOT use baker's yeast.

For cats who like nutritional yeast more than VegeYeast, use VegeYeast in recipes for health benefits, then coat food with nutritional yeast prior to serving.

EFA's, Oils, & Substitutions

Essential Fatty Acids (EFAs) are particularly important for your cat's well-being. Oils, flaxseed, 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/seeds. The omega-6 fatty acid requirement is largely met by olive or canola oil. Arachidonic Acid, derived from *mortierella alpina*, is supplied by the Vegecat™ supplement.

Substituting oils in the recipe is not recommended unless you substitute DHA+EPA algae oil for flax oil. Algae oil provides readily available DHA+EPA and is highly recommended.

Otherwise, if you omit hemp seeds in a recipe, add 1 teaspoon

(5mL) hemp or sunflower oil per 1 tablespoon (10g) hemp seeds omitted. You may substitute 1 teaspoon (7g) of ground flaxseed for each 1/8 teaspoon (0.6mL) of flaxseed oil omitted in a recipe but flax ingredients aren't needed if algae oil is added to the diet.

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 to all cooked or processed food. 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. Compassion Circle offers two lactose-free digestive enzyme products to aid digestion and maximize nutrient absorption: Enzyme Miracle and Plant Enzymes & Probiotics. Both are great choices.

Kibble Flour

Whole wheat and bread flour both contain 14% protein by dry weight. Vital wheat gluten flour contains 75% protein. The protein content in the flour used is important. Bread flour helps with consistency but you can eliminate it by using 4 parts whole-wheat flour (1 cup) and 1 part vital wheat gluten flour (1/4 cup).

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. When using store bought seitan, be sure it is free of garlic and onion.

(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 7/8 cup of boiling water or low sodium broth 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 seeds 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 Seeds/Hemp Meal & Protein Powder

You may substitute 1/2 a tablespoon of 100% pure protein powder (brown rice, organic soy, or hemp) per 1 tablespoon (15g) of hemp seeds to achieve the same level of protein in the meal. These protein powders can be added in addition to hemp seeds, in moderation, if desired.

Enticement & Sauces

Baby food squash makes a flavor enhancing sauce, as does canned pumpkin diluted with water, pureed cooked carrots with nutritional yeast, or pureed tahini and cooked mushrooms. Pureed canned corn with nori is also a favorite. Add a small amount of water to puree sauces.

Small amounts of crumbled nori can appeal to choosy cats, as can imitation bacon bits (without MSG) or mock meats that do not contain onion or garlic. Never feed onions and research any new ingredient to be sure there is no toxicity risk for cats.

General Info & Feeding Guidelines

Feed cats several times a day to assure adequate food intake. Coating food 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, 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, and the better urinary health. 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. Use VegeYeast in recipes to prevent alkalinity.

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 of your food by dividing the number of calories in the recipe by the number of cups your recipe makes.

If you do not follow our recipes, add 1/3 tsp. (1.4g) of Vegecat for every 100 calories in your recipe or use the daily serving size chart on the label. Please consult a nutritionist or a trusted source for recipes that are outside of our recipe brochure.

Protein, fat, and magnesium are listed on a dry matter basis.

For Additional Recipes & 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 are necessary. See the following URL for adjusted amounts, or simply add the supplement daily: CompassionCircle.com/Dr-Pitcairns-Guide. A daily serving for a 10-lb (4.5kg) cat is 1 teaspoon (4g).

One online calorie calculator to determine how much to feed is <https://vetcalculators.com/calories.html>.

RECIPE NOTES

As mentioned in the introductory section, 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, asparagus, 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 tsp. per day) to avoid urine alkalinity unless you add 1 tsp. of cranberry powder or 200-400mg of vitamin C (ascorbic acid) per day.

KIBBLE FOR ABOUT 15 DAYS

4200 Calories

32.8% Protein · 12% Fat · 0.12% Magnesium

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.

If you use a convection oven, decrease oven temperature by 10%.

Mix Dry 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 seeds (60g)
- 1-1/4 cups VegeYeast or yeast powder (160g)
- 5 tbsp. Vegecat™ (59g)

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

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

4-¼ tbsp. sunflower, olive, or canola oil (63g)
¼ cup tomato paste (60g)
2 tbsp. soy sauce (34g) OR ¾ tsp. salt (4g)

- Mix in dry ingredients.
 - Stir with a large strong spoon to form soft dough.
 - 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.
 - Remove from oven. Let cool slightly then remove from pan. Chill in freezer for 10 minutes to make cutting easier if desired.
 - With a large chef's knife or pizza cutter, cut into kibble sized pieces (like a miniature checkerboard).
 - Place kibble pieces on cookie sheets.
 - 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).
- Store in unrefrigerated covered containers.

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.

CHICKPEA TSP

940 Calories

36.5% Protein · 10% Fat · 0.17% Magnesium

1-¼ cups canned chickpeas/garbanzo beans (335g) OR 1-½ cups home-cooked chickpeas (246g), starting with ½ cup uncooked (108g)
¾ cup TSP (textured soy protein) (85g)
¼ cup VegeYeast or yeast powder (45g)
¾ tbsp. olive oil (12g)
¼ tsp. flaxseed oil (1.2g)
¼ tsp. salt (1g) OR 1-½ tsp. soy sauce (7g)
3 tsp. Vegecat™ (12g)

CHICKPEA TOFU

725 Calories

36.5% Protein · 12% Fat · 0.15% Magnesium

1-¼ cups canned chickpeas/garbanzo beans (335g) OR 1-½ cups home-cooked chickpeas (246g), starting with ½ cup uncooked (108g)
¾ cup extra-firm tofu, tightly packed (180g/6.5oz)
¼ cup VegeYeast or yeast powder (45g)
¼ tsp. flaxseed oil (1.2g)
⅓ tsp. salt (1.4g) OR ½ tsp. soy sauce (9.5g)
2-⅔ tsp. Vegecat™ (10g)

CHICKPEA SEITAN

915 Calories

42% Protein · 11.5% Fat · 0.12% Magnesium

1-¼ cups canned chickpeas/garbanzo beans (335g) OR 1-½ cups home-cooked chickpeas (246g), starting with ½ cup uncooked (108g)
1-½ cups seitan (175g). Begin with ½ cup (63g) vital wheat gluten.
¼ cup VegeYeast or yeast powder (45g)
1-½ tsp. hemp hearts/hemp seeds (15g)
½ tsp. olive oil (7g)
¼ tsp. salt (1g) OR 1-¼ tsp. soy sauce (7g)
3 tsp. Vegecat™ (12g)

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.

LENTIL TSP

930 Calories

36% Protein · 10.5% Fat · 0.16% Magnesium

1-¾ cups cooked lentils (340g), starting with ¾ cup uncooked (112g)
¾ cup TSP (textured soy protein) (80g). 1-¼ reconstituted.
3-⅓ tbsp. VegeYeast or yeast powder (30g)
4-¼ tsp olive oil (20g)
¼ tsp. salt (1.15g) OR 1-⅓ tsp. soy sauce (8g)
3 tsp. Vegecat™ (12g)

LENTIL TOFU

850 Calories

37% Protein · 13% Fat · 0.13% Magnesium

2 cups cooked lentils (380g), starting with ¾ cup uncooked (125g)
¾ cup extra-firm tofu, tightly packed (160g/5.6oz)
¼ cup VegeYeast or yeast powder (45g)
¾ tbsp. olive oil (12g)
⅓ tsp. flaxseed oil (0.6g)
¼ tsp. salt (1g) OR 1-¼ tsp. soy sauce (7g)
3 tsp. Vegecat™ (12g)

LENTIL SEITAN

885 Calories

34% Protein · 12% Fat · 0.09% Magnesium

2-¼ cups cooked lentils (430g), starting with ¾ cup uncooked (142g)
7 tbs. seitan (50g). Begin with 2-¼ tbsp. (18g) vital wheat gluten.
¼ cup VegeYeast or yeast powder (45g)
1-½ tsp. olive oil (20g)
¼ tsp. salt (1.1g) OR 1-¼ tsp. soy sauce (7.5g)
3 tsp. Vegecat™ (12g)

LENTIL TEMPEH

840 Calories

36% Protein · 13% Fat · 0.13% Magnesium

1-⅔ cups cooked lentils (320g), starting with ½ cup plus 1 tbsp. uncooked (105g)
¾ cup tempeh (130g/4.6oz)
¼ cup VegeYeast or yeast powder (45g)
½ tsp. olive oil (7.5g)
⅓ tsp. flaxseed oil (0.6g)
¼ tsp. salt (1.1g) OR 1-¼ tsp. soy sauce (7.5g)
3 tsp. Vegecat™ (12g)

RICE TSP

980 Calories

31% Protein · 9.5% Fat · 0.14% Magnesium

½ cup uncooked rice (90g). Makes 1-⅔ to 1-½ cups cooked (260-290g).
1-⅓ cup TSP (textured soy protein) (95g). 1-¾ reconstituted.
4-½ tsp. VegeYeast or yeast powder (40g)
1-¼ tsp. olive oil (18g)
⅓ tsp. flaxseed oil (0.6g)
¼ tsp. salt (1g) OR 1-¼ tsp. soy sauce (7.5g)
3 tsp. Vegecat™ (13g)

RICE TOFU

760 Calories

36% Protein · 14% Fat · 0.16% Magnesium

½ cup uncooked rice (74g). Makes 1-¼ to 1-⅓ cups cooked (215-235g).
1-¼ cups extra-firm tofu, tightly packed (300g/10.6oz)
4-½ tsp. VegeYeast or yeast powder (40g)
½ tsp. hemp hearts/hemp seeds (5g)
¼ tsp. salt (1g) OR 1-⅓ tsp. soy sauce (6.5g)
2-⅔ tsp. Vegecat™ (10g)

RICE SEITAN TSP

970 Calories

32% Protein · 11% Fat · 0.11% Magnesium

¾ cup uncooked rice (100g). Makes 1-⅔ to 2 cups cooked rice (290-320g).
1 cup seitan (120g). Begin with ⅓ cup (43g) vital wheat gluten.
½ cup TSP (textured soy protein) (25g)
3-⅔ tbsp. VegeYeast or yeast powder (32g)
1-½ tsp. hemp hearts/hemp seeds (15g)
1 tsp. olive oil (14g)
¼ tsp. (1g) salt OR 1-⅓ tsp. soy sauce (7.5g)
4 tsp. Vegecat™ (17g)

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).
¾ cup TSP (textured soy protein) (60g)
4-½ tsp. VegeYeast or yeast powder (40g)
1 tsp. olive oil (12g)
⅓ tsp. flaxseed oil (0.6g)
¼ tsp. salt (1g) OR 1-¼ tsp. soy sauce (7g)
3 tsp. Vegecat™ (12g)



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