

VEGEKIT™ SUPPLEMENT

for Kittens & Pregnant or Lactating Cats

Adult cats

Adult cats may be fed the same food as kittens without harm. It is best to switch kittens to Vegecat™ meals at about one year of age.

Transition 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 mix it into the other recipes.

It is important that your kitten or 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.

Lower Urinary Tract Disease

Some kittens and cats are adversely affected by high dietary magnesium and exhibit urinary problems. Consequently, lower magnesium diets are best. Avoid whole grains since magnesium is found in the seed coating.

Felines require acidic urine for urinary health. The ideal urine pH is 6.0 to 6.5. Urine can be tested at home or at a veterinarian's office. See www.CompassionCircle.com/Cats for more information.

If urine acidification is necessary, add 500mg of ascorbic acid (vitamin C) per day to meals to help prevent infection and acidify urine. Alternatively, add 1 teaspoon per day of organic cranberry powder to the diet to acidify the urine.

Add sufficient salt to meals to ensure that plenty of fresh water is consumed. There is adequate salt in the recipes. Also, feed primarily wet food recipes and add pureed vegetables or liquid to kibble for increased moisture. This improves urine concentration and helps avoid urinary issues.

Consult with your veterinarian if you suspect urinary issues or FLUTD since it can be life threatening.

Organic & Non-Gmo Ingredieints

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!

Kibble

Wet recipes are easier to prepare, but once a routine is established, it takes little more than a half an hour of preparation time for a 11-day supply of kibble.

Cats love the kibble crunch, and it helps keep the breath fresh and teeth and gums healthy. Serve coated with a baby food coating or canned pumpkin (diluted with a little water) or a favorite mashed favorite vegetable.

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 kitten's or cat's digestion is especially important on a vegetarian diet. A little raw food doesn't supply enough enzymes to compensate for cooked food.

Wheat Gluten Flour

Kibble recipes require gluten flour. It is the protein part of wheat and commonly labeled vital wheat gluten (75% protein). Do not make flour substitutions for the gluten and soy flours in the kibble recipe. Other flours do not have adequate protein.

Sauces & Palatability Enhancement

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*.

Small amounts of crumbled nori often appeals 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 (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 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.

EFA's & Oils

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 Vegekit™ supplement and the oils and ground flaxseed in the recipes supply the other 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 and ground flaxseeds in the recipes, with some also coming from olive oil. You may substitute ⅔ a teaspoon of flaxseed oil for 1 tablespoon of ground flaxseeds, or vice versa.

The omega-6 fatty acid requirement, including the linoleic acid (LA) requirement, is met by olive oil (and flaxseeds) in the recipes. Substituting oils in the recipes is not advised. If you do, the oil used should have a higher linoleic acid content than olive oil. These oils include hemp oil and sunflower oil, however, this puts your recipe at risk for having too much omega-6 fatty acid in relation to omega-3 fatty acid.

Store oils in the refrigerator and smell and taste them to be sure they are not rancid. Unrefined oils are best.

(Organic) Soy & TSP

Textured soy protein (TSP), also known as textured vegetable protein (TVP®), soy meat, or soya chunks, is a defatted soy flour. TSP must be reconstituted prior to use by mixing in ⅞ cup boiling

water mixed in with each cup and stirring (or 85ml for each 100ml).

For urinary health, use extra-firm tofu made with calcium sulfate, which is lower in magnesium than that made with nigari (magnesium chloride). Firm tofu has less protein than extra-firm tofu. If you substitute firm tofu, add 1 tablespoon of 100% pure protein powder (brown rice, organic soy, or hemp) to a 3-day recipe.

Please use organic soy products to avoid genetically modified ingredients.

Portion Sizes

These recipes are based upon a 5-pound (2.3kg), 20-week old kitten. They supply 130 calories per kg of body weight (59 calories per lb.) for the number of days indicated. Caloric requirements for cats vary according to stage of life, as the following chart indicates. Weight is for

Stage of Life	Wt. (M/F)	kcal/kg BW
10 week kitten	1.1kg/.9kg	250
20 week kitten	2.5kg/1.9kg	130
30 week kitten	3.5kg/2.7kg	100
40 week kitten	4kg/3kg	80
Gestation		100

male and female (M/F).

Lactation requirements vary greatly. A queen nursing 6 kittens can needs 5 times the calories per pound of body weight as a queen nursing one kitten. Allow the nursing mama to eat the amount of food she requires.

Cats are good judges of how much food is required. They eat for energy requirements and not for pleasure.

Feed cats fresh food from 3 to 6 times per day in clean bowls. Stale, soggy, or damp food isn't appreciated.

It isn't necessary to adjust the sizes of the recipes (or do any math) as your cat grows. Let your cat guide you as to the amount to feed.

Refrigerate unused portions (except for kibble).

To convert grams to ounces, divide by 28.4. There are 16 ounces to a pound. 1000 grams (1kg) equals 2.2 lb.

How much Vegekit™ per day?

Typically a 4-pound (1.8kg) kitten gets 1-⅓ teaspoons (5ml/5.3g) of Vegekit™ per day. Do not add Vegekit™ to commercial foods labeled as nutritionally complete. That would result in over supplementation.

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's the best food 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 white plastic container with a tight lid (from a hardware store) makes it easy to mix a 55-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 if you have the dry ingredients premixed.

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

NOTE: Bake the 11-day batch following these measurements.

This 55-day recipe is for mixing and storing dry ingredients for later use (a great time saver).

Dry Ingredients for 55 Days Premix

9 cups wheat gluten flour (75% protein) (1.1kg)

4-½ cups bread flour (650g)

11 cups whole soy flour (1.25kg)

3-⅓ cups VegeYeast or yeast powder (500g)

1 cup sunflower lecithin (140g) OR 1-¼ cups ground flaxseed (140g) OR 1-⅞ cups wheat germ (165g)

1 tbsp. plus ⅓ tsp. salt (20g)

1-¾ cups Vegekit™ (350g)

Make Kibble for 11 Days

Calories 3383 • Protein 44.2% • Fat 15.6% • Magnesium 0.18%

If you haven't premixed dry ingredients for 55 days, start with the dry ingredients for 11 days that follow Step 9.

1. Preheat oven to 325°F (160°C).
2. In a large mixing bowl, mix together:

3 cups water, as needed (948mL)

2 tbsp. canola, olive, OR sunflower oil (30g/30mL)

⅓ cup tomato paste (90g/79mL)

6-½ cups (780g) of the preceding *Dry Ingredients for 55 Days Premix* OR add the *Dry Ingredients for 11 Days Premix*.

3. Stir with a large strong spoon to form dough. Flour your hands and counter and empty the bowl of dough onto counter.

4. Knead the dough well until smooth and elastic, adding flour as needed. Divide the dough into two or three parts. Roll out evenly 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 20 minutes.

5. Remove from oven. Before letting the uncut slabs cool very much, proceed to the next step.

6. With a large chef's knife cut each warm slab into 12 parts on a cutting board by cutting horizontally into three strips, and then each of those into thirds or 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, breaking pieces apart that have stuck together.

8. Dry out the kibble in a warm oven set at its lowest temperature. Hot sunshine works equally 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 11 Days

1-³/₄ cups wheat gluten flour (75% protein) (220g)
1 cup bread flour (130g)
2-¹/₄ cups whole soy flour (250g)
²/₃ cup VegeYeast or yeast powder (110g)
4 tbsp. sunflower lecithin (28g) OR 4 tbsp ground flaxseed (28g) OR 6 tbsp. wheat germ (33g)
5-³/₄ tbsp. Vegekit™ (70g)
²/₃ tsp. salt (4g)

Recipe Notes

As mentioned in the “Sauces & Palatability Enhancement” section, coating kibble in squash, pumpkin, or pureed corn and nori is a wonderful way to add flavor and moisture. 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 kitten's or 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 tablespoon of pureed veggies per day is ideal. If your cat does not like veggies, they are not required to meet their 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 ¹/₂ teaspoon per day – to avoid the urine becoming too alkaline. Cranberry powder is a wonderful addition to the diet that both acidifies urine and provides powerful antioxidants.

2a. Chickpea & TSP

3-1/2 Days of Food @ 283 Calories per day

Calories 992 • Protein 38% • Fat 11% • Magnesium 0.2%

1-¹/₄ cups home-cooked chickpeas (185g/286mL), starting with ¹/₂ cup uncooked (86g) OR 2 cups canned chickpeas (262g/474mL)*
1-¹/₆ cups TSP (measured before reconstituting) (110g)
¹/₄ cup VegeYeast or yeast powder (45g)
1 tbsp. olive oil (15g/15mL)
¹/₈ tbsp. flaxseed oil (0.6g/0.6mL)
¹/₃ tsp. salt (1.3g) OR 1-¹/₄ tsp. soy sauce (8g/6mL)*
5 tsp. Vegekit™ (20g)

*Don't add salt (or soy sauce) if using canned chickpeas containing salt

Drain and mash the chickpeas. Mix all ingredients together. Serve with nutritional yeast and other favorite flavorings such as imitation bacon bits, catnip, or nori flakes.

2b. Chickpea & Tofu

3 Days of Food @ 266 Calories per day

Calories 798 • Protein 41% • Fat 17% • Magnesium 0.28%

1 cup cooked chickpeas (142g/237mL), starting with a little more than ¹/₃ cup uncooked (66g) OR ³/₄ cups canned chickpeas (200g/178mL)*
1-¹/₂ cup extra-firm tofu (375g/356mL)
4 tbsp. VegeYeast or yeast powder (38g)
3 tbsp. hemp protein powder (30mL)**
¹/₃ tsp. salt (1.5g) OR 1-¹/₃ tsp. soy sauce (10g/6.6mL)*
4-¹/₂ tsp. Vegekit™ (18g)

*Don't add salt (or soy sauce) if using canned chickpeas containing salt

Drain and mash the chickpeas. Mix all ingredients together, storing in small containers. Serve with nutritional yeast and other favorite flavorings such as imitation bacon bits, catnip, or nori flakes.

**If you omit the hemp protein powder, a high phosphorous ingredient should be added. For example, replace with 1 tbsp. of sunflower lecithin (7g) OR 2 tbsp. wheat germ (11g) OR 1 tbsp. ground flaxseed (7g) OR 1 tbsp. hemp hearts/meal (10g).

3a. Lentil & TSP

3 Days of Food @ 309 Calories per day

Calories 926 • Protein 39% • Fat 10% • Magnesium 0.19%

1-¹/₃ cups cooked lentils (265g/318mL), starting with a little less than ¹/₂ cup uncooked (90g)
1 cup TSP (measured before reconstituting) (95g)
3-¹/₃ tbsp. VegeYeast or yeast powder (35g)
4 tsp. olive oil (18g/20mL)
¹/₄ tsp. salt (1g) OR 1-¹/₅ tsp. soy sauce (7g/6mL)
4-¹/₂ tsp. Vegekit™ (18g)



Seasonings

Cook lentils until just soft. Mix drained lentils with other ingredients. It is best to blend cooked lentils in a blender or food processor. Serve with nutritional yeast, and other favorite flavorings such as imitation bacon bits, catnip, or nori flakes.

3b. Lentil & Tofu

2-1/2 Days of Food @ 310 Calories per day

Calories 775 • Protein 37.6% • Fat 14.7% • Magnesium 0.16%

1-¹/₃ cups cooked lentils (265g/318mL), starting with a little less than ¹/₂ cup uncooked (90g)
1 cup extra-firm tofu (240g/237mL)
3-¹/₃ tbsp. VegeYeast or yeast powder (35g)
³/₄ tbsp. olive oil (10g/11mL)
¹/₄ tsp. (1g) salt OR 1-¹/₅ tsp. (6.5g) soy sauce
4-¹/₄ tsp. Vegekit™ (17g)

Seasonings

Cook lentils until just soft. It is best to blend cooked lentils in a blender or food processor. Mix drained lentils with other ingredients. Serve with nutritional yeast, and other favorite flavorings such as imitation bacon bits, catnip, or nori flakes.

4a. Rice & TSP

3 Days of Food @ 294 Calories per day

Calories 881 • Protein 37% • Fat 10.4% • Magnesium 0.24%

1 cup cooked brown rice (190g/237mL), starting with ¹/₃ cup uncooked (60g)
OR 1-¹/₆ cups cooked parboiled rice (190g/276mL), starting with ¹/₃ cup uncooked (60g)
OR 1-¹/₆ cups cooked white rice (170g/276mL), starting with ¹/₃ cup uncooked (60g)
1-¹/₆ cups TSP (measured before reconstituting) (110g)
3-¹/₃ tbsp. VegeYeast or yeast powder (35g)
2 tbsp. ground flaxseed (14g)
³/₄ tbsp. olive oil (10g/11mL)
¹/₄ tsp. (1g) salt OR 1-¹/₅ tsp. (6.5g) soy sauce
4-¹/₄ tsp. Vegekit™ (17g)

Combine all ingredients. Serve with a little yeast powder and favorite seasonings.

5b. Rice & Tofu

3 Days of Food @ 280 Calories per day

Calories 840 • Protein 40% • Fat 19% • Magnesium 0.23%

³/₄ cup cooked brown rice (143g/178mL), starting with ¹/₄ cup uncooked (45g)
OR 1 cup cooked parboiled rice (95g/237mL), starting with ¹/₄ cup uncooked (45g)
OR 1 cup cooked white rice (85g/237mL), starting with ¹/₄ cup uncooked (45g)
1-⁷/₈ cups extra-firm tofu (480g/444mL)
4 tbsp. VegeYeast or yeast powder (38g)
1-¹/₂ tbsp. ground flaxseeds (10.5g)
¹/₃ tsp. (1.2g) salt OR 1-¹/₄ tsp. (7.5g) soy sauce
5 tsp. Vegekit™ (20g)

Combine all ingredients. Serve with a little yeast powder and favorite seasonings.

6. Oat & Tofu

2-1/2 to 3 Days of Food

Calories 802 • Protein 37% • Fat 10.4% • Magnesium 0.2%

3 cups cooked oats (260g/711mL), starting with 1-¹/₂ cup uncooked (68g)*
1-¹/₂ cups extra-firm tofu (383g/356mL)
¹/₄ cup VegeYeast or yeast powder (40g)
¹/₈ tbsp. flaxseed oil (0.6g/0.6mL)
¹/₄ tsp. salt (1g) OR 1-¹/₅ tsp. soy sauce (6.5g)
4 tsp. Vegekit™ (16g)
* Oat weights and volume vary depending on the cut of the oats. Check your oats and base the measurement on the dry weight gram measurement.

Combine all ingredients. Serve with a little yeast powder and favorite seasonings.

For Additional Recipes or Health Information, see Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats (4th Edition).

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