

**BALANCED**

# Home Cooked Diet

## for Cats



### INGREDIENTS

- 85% lean ground beef - 26g
- 85% lean ground turkey - 26g
- Whole egg - 44g
- Olive oil - 4g (just under 1 teaspoon)
- Balance It Carnivore Blend -  $\frac{3}{4}$  tsp

### COOKING DIRECTIONS

- Heat ground beef in a cooking pan until fully cooked and in crumbles, about 5 minute.
- Heat ground turkey in a cooking pan until fully cooked and in crumbles.
- Cook egg (scrambled).
- Freeze in single servings.
- Mix Balance It Carnivore Blend supplement well after thawing and heating meal, right before serving.

Please note: Balance It Carnivore Blend can not be heated. This supplement will need to be added after you have thawed, heated and cooled the portioned serving.

### NUTRITION FACTS

- Calories: 222 calories
- Protein: 33% protein calories (74 calories)
- Fat: 65% fat calories (145 calories)
- Carbohydrates: 1% carbohydrate calories (3 calories)
- Moisture: 63.6% moisture
- Deficiencies: None, based on AAFCO with Balance It supplement

This recipe provides enough daily calories for a healthy 8 pound cat. You can multiply this recipe by 7-14 to batch cook 1-3 weeks worth of food. Meals can be frozen for up to 3 weeks only. To determine how many daily calories your kitty requires to maintain a healthy diet, please reference our blog at <https://boulderholisticvet.com/how-much-should-feed-pet/>.

### STORAGE

Meals can be frozen for up to 3 weeks only, any longer can cause vitamin degradation. **These recipes are only considered balanced and free of deficiencies when the Balance It supplement is included.** Freeze each serving separately for convenience!