



Basic Crock Pot Diet for Cats

16 oz **Turkey breast** (cooling, Qi tonic)
16 oz **Pork** (cooling, Yin tonic)
16 oz **Ground Beef** (neutral, blood tonic)
6 tbs **Coconut oil**
1 cup **Vegetables** (zucchini, green beans, squash, pumpkin, tomatoes, seasonal veggies)
1 can **Kidney Beans** (not drained) or 1/2 lb dry Kidney Beans (blood tonic, drains damp)
4 large **Carrots** (blood tonic, cooling)
1/2 tsp **Dried Turmeric** (resolves stagnation)
1/2 tsp **Dried Mustard** (resolves stagnation)
1 clove uncooked **Garlic** (resolves stagnation)
2000mg **Calcium** per 3 lbs of protein (bone meal, calcium supplement)
1 tsp **Iodized Salt**
6000 mg **Taurine** or Use Nu Cat multivitamin supplement daily

Throw it all together in the crock pot, add 2 cups **Water**, and let cook for 8 hours on low or 275 degrees, turn off crock pot, and let cool. You can either portion out food into individual meal portions or leave in crock pot. Refrigerate once cool. You can also freeze batches and reheat as needed.

To take the chill off the food when serving, add some warm water, or just put the kettle up to boil when you start making the food. Mix in any herbs you may be giving with the warm water & food.

Feed 1/8 to 1/4 cup twice a day.

If your pet is heavy, start low. If your pet is thin and active, go medium to high, and adjust based on how your pet responds. Always change food gradually, mixing in 50% old food With 50% new food, and phasing out the old food over 1 to 2 weeks. A **Multivitamin** (Catalyn by Standard Process or NuCat) is required with this diet.

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