
Human Grade & Organic Ingredients:

- Calcium
- Gelatin
- Kelp (Organic)
- Psyllium Husks Powder (organic)
- Taurine
- Vitamin E
- Complex B Vitamin
- Magnesium

All of our ingredients are approved by the USDA. The formulation of our ingredients is based on the recommendations of our holistic veterinarians expressly for our feline diets and you can rest assured that our "Feline Instincts" diet represent the best knowledge of professionals. Our cat diets have also been approved and recommended by holistic veterinarians across the country

"Egg Free" is available in one size:

- 285 Grams 10.8 oz

Customer Service and Support

We all know that our felines will benefit the most with a knowledgeable caregiver. Therefore, I am available to help with the preparation of our diets if you need it. Call 352-423-1054 visit our web site at www.felineinstincts.com

Felice

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AKA "Cat Instincts"

www.felineinstincts.com

Cats have a naturally pH acidic system. Cooked foods or commercial pet foods will NOT keep them healthy long. Even those dry foods that say they are from raw meats are still COOKED foods. Your cat's immune system has the ability to resist and recover from disease and injury. Their immune system regulates production of antibodies that aid in destruction of bacteria and viruses.

By feeding a balanced cat or dog raw diet you can help keep their immune system strong. Raw meat helps to maintain the cats pH acidic environment necessary for its digestion and absorption of calcium from bones; the acidic environment stimulates the pancreas to produce its digestive enzymes - this maintains pancreatic health and prevents atrophy of this important organ; the strong digestive secretions allow very few parasites to get past the stomach. It is important to note that all cooked pet foods are pH alkaline forming - this means that they do not nurture a naturally pH acidic stomach environment. Only raw diets can naturally keep your cat or dog system pH acid. Alkaline diets will eventually cause problems in your cat or dog. Cat and dog raw diets allow your fur friend to thrive not just survive.

Feline Instincts

"It does take time and energy to prepare a fresh raw meat diet for your cat, but that dedication is a rich reflection of the love you share."



Made in the USA

Feline Instincts®

*Where Caring For The True Carnivore
Is our Specialty*©

**A Nutritional Feline Supplement For
Cat, kittens and Dogs**

Egg Free *Premix*



King Tut

Recommended by Holistic Veterinarians

***Nature Created Felines As Carnivores
Their constitution is meant for
enzyme rich raw meat.***



Feline Nutritional Needs

Raw Meat Is Real Cat Food!

Cats (and larger exotic cats too) are designed with short and acidic digestive systems so they can process raw meat. They need the undamaged enzymes and amino acids that a raw meat diet contains; these are their protein building blocks! These enzymes are essential biological catalysts for decent nutrient absorption that allows your carnivorous pet to conserve its own enzyme energy for more important life health benefits such as longevity. Many of the important amino acids and all digestive enzymes are destroyed when raw meats are cooked. All processed pet foods are cooked!

Animals that eat processed foods often become nutritionally compromised and manifest dry and itchy skin, dull coats, weight problems, lethargy, and many illnesses. Feeding an alkaline diet of processed/cooked foods creates an imbalance in your pets' pH, and it's this imbalance which substantially contributes to urinary and kidney problems. Raw meat diets will naturally keep their systems acidic and strong, while helping to prevent illnesses.

Feeding Tips

It is my experience that most kitties will want to eat more of the raw diet than the suggested serving. There are three reasons: (1) They are more active and need the extra calories, (2) Processed pet foods of ALL kinds are filled with carbohydrate; when you remove your feline from this type of diet their bodies continue to crave it. (3) most of all their bodies are crying out for truly nutritious food.

Finicky Kitty?

If you have a finicky cat on your hands, Feed your kitty at least 8 hours after their last meal. Remember, unfamiliar foods don't smell the same as they have been eating. Take a small amount and put it in the kitty's mouth. This should help them accept the new food. Our liver powders are also very good for transitioning kitty to the new foods. See more tips on our website. Some cats throw up beef meats.



King Ramses enjoying the bowl after making the chicken recipe

If that fails, stir in a small amount of spring water tuna juice in their meal just to flavor it. If they eat the meal, then gradually reduce the tuna juice each day until you are serving the meals without tuna juice. I used this for King Ramses and Lady Natascha and they were eating the raw diet in five days without any enticements. Our chicken liver powder & Halo's 100% chicken treats work well too!

Drinking Water & Stools

Don't be surprised if you don't notice your kitty around the water dish as before the raw diet. Nature designed felines to receive sufficient amount of water from the raw diet that they are designed to eat. Cats will urinate more and have stools less often. Both are normal when on a raw diet. If kitty has a hard time passing stools, add more water to her meals.

Recipe Tips

Don't have enough powder? It may be the method you use to portion your ingredients. I use a scale or measuring cup or weigh the powder in grams. Also measure the water with a measuring cup. Before, I used the "that's close" method of weighing and measuring but found that I would end up with powder remaining or not enough to make a complete recipe. Weigh and measure, that's the key.

Liver Can Be Messy

If I am not using the USDA chicken liver powder we sell, I use my food processor to puree raw liver. The result is an easy no mess way to evenly blend the liver and distribute it throughout the recipe. Plus, cats that do not like liver may never know it's in the recipe when it is prepared this way. The liver represents the "A" vitamin. Therefore, never over do liver in their diets, too much A is just as bad as not enough. **No liver treats.**

If you want too, when using ground meats in your recipe add 1/2 to 3/4 of a cup additional water per recipe.

Don't use meat with bones in the recipe

I use a food processor to chop the beef meat and chicken thighs. But I slice and dice the white chicken meat because my cats love to chew chunks of meat. Use only skinless and boneless chicken and dark turkey meats. Use chicken livers when making the recipe with Turkey.

Meats to use

Poultry – ground or boneless skinless chicken or turkey breast, thighs. **NO PORK or FISH**

Rabbit- boneless skinless stewing meat, back or hind legs.

Beef- semi lean ground, stewing meat, steak or roast. Some cats throw up beef meats.

Lamb or Venison – ground boneless stewing beef meats, shank leg or butt.

Recipe Instructions

Shake the Supplement First

- Add 1 cup filtered water (337 ml)
- 2 raw egg yolks
- Add 30 grams or 1/4 cup. of **"Egg Free" premix**
- Add 2 Salmon Oil Capsules (2000 mg) or 1 stroke of the salmon oil pump
- Add 2 pounds/900 grams of raw meat
- Add 1/2 cup of raw liver Use chicken liver with fowl and beef liver for beef and lamb. Or, see our liver powder labels for amounts to use in replacement for raw livers

My way of making the recipe

I begin by adding the water to a bowl, puree the liver using a food processor then add to the water, egg yolks, salmon oil, and the **Egg Free** powder and stir. Add small chunks of meat or the meat you have chopped in the food processor and stir again. I use boneless chicken thighs. I also use the darker ground turkey for the turkey recipes. You need to have between 10% - 15% fat from the meat, not totally lean.

Mix thoroughly and measure daily meals in pint size Zip Lock freezer bags. Or freezer safe wide mouth canning jars. If you use the zip lock bags freeze in flat Tupperware boxes, separating each layer with paper towels. Or, freeze portions in ice cube trays and then pop them in freezer bags or jars when frozen.

Keep meals frozen for up to 6 months and keep thawed only 3 days. Warm meals in warm tap water in a glass or stainless steel covered bowl and stir often. Don't microwave and don't leave food out for feeding more than 1/2 hour, then put back in fridge

My way of doing this recipe is not the only way. Some of my customers freeze the finished recipe in ice cube trays, others use small plastic containers. Do what is comfortable for you.

Daily feeding amounts

These are approximate serving sizes. Make adjustments as necessary for your cat.

Age	Servings
4-8 weeks	1-2 tablespoons 4-6 times a day
2 months	3 tablespoons 4 times a day
3 months	3-5 tablespoons 4 times a day
4-5 months	1/2 cup 3 times a day
6-12 months	1/2 cup 2 times a day
Adult 1 year plus	1/4-3/4 cup twice a day

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