



HOLISTIC VET
Blend®

Feline Premix & Feline Senior Premix QUICK START GUIDE

Kudos to you for being such a loving and responsible pet owner that you are willing to cook homemade meals for your cat! If your goal is to increase your cat's health and promote longevity, you have come to the right place.

Being a wife and mother to human children, as well as cats and dogs, I also understand how busy you are. That's why I design flexible recipes allowing numerous substitutions that are quick and easy to prepare, so that you spend less time cooking and more time playing with your pet. Here are two recipes to get you started. One with set ingredients, and a recipe you can customize to your cat's palate. There are even more recipes available on [my website](#) and [YouTube channel](#), so be sure to check them out.

When you switch from a lifetime of processed food to a home-cooked, healthy diet, you'll be stunned by the positive changes in your pet.

I hope you and your cats enjoy Holistic Vet Blend!

Dody Tyneway, DVM



Make a gradual transition over one to two weeks. Every cat is different and some need several weeks to transition to a new food. Slowly decrease the amount of the old food while increasing the amount of the new food.

Cats should never go without eating. If they refuse the food, offer them their usual diet and try again later. Cats that love their kibble can be a real challenge, but if you can get your cat off of kibble you will be spending a lot less money at the veterinarian! It's worth persevering, as almost every medical issue in cats can be tied to eating a sub-par diet. Offer less and less kibble and introduce a tablespoon here and there of the home cooked diet.

Feline Feeding Guide

Feline weight in pounds	Cups to feed
2-4 lbs	¼ - ½
4-6 lbs	½ - ¾
6-10 lbs	¾
10-15 lbs	¾ - 1
>15 lbs	Consult Vet

Remember that most cats are pretty sedentary so the above amounts can be more than they need per day. Monitor their weight and adjust accordingly.

HVB Feline Blend Recipe Guide

Use the guide below to create your own recipes that cater to your cat's unique palate.

Meat	Liquid	Omega-3	Eggs	Premix
1 pound of poultry or red meat, chopped and browned in 2 Tbsp coconut oil	3/4 -1 cup low sodium broth or water	½ tsp Holistic Vet Blend Omega-3 Icelandic Fish Oil OR tinned fish	1 or 2 cooked eggs (Optional)	2 TBSP/15 g HVB Feline Premix or HVB Feline Senior Premix

Instructions:

1. Add HVB Feline Premix to one pound of cooked or raw meat.
2. Add water or broth (avoid onions and garlic in broth).
3. Add tinned fish (*4.5 oz sardines in water OR 6 oz wild salmon OR 7.5 oz mackerel in water*) or another omega-3 fatty acid source such as Holistic Vet Blend® Icelandic Omega-3 fish oil.
4. Add eggs if desired.
5. Blend or mix the recipe to the desired pâté consistency. You can use a food processor, an immersion blender, or any other type of blender to achieve whatever consistency you want.
6. Introduce your cat to Holistic Vet Blend®, gradually. Offer a tablespoon a few times a day and gradually increase over a 1-2 week period. Store up to 4 days of food in the refrigerator and freeze the rest.

Watch Dr. Dody make this recipe!



Poultry Pâté

INGREDIENTS

1 pound of at lean ground chicken or turkey
2 Tbsp coconut oil
2 eggs (optional)
Tin of sardines in water (optional) OR
½ tsp Holistic Vet Blend Icelandic Omega-3 Fish Oil
3/4 cups broth or water
2 Tbsp/15 g HVB Feline Premix or Senior Premix

Prepared weight (approximately): 1¾ pounds

Prepared cups: 3 cups

RECIPE INSTRUCTIONS

1. Melt coconut oil in a pot. Sauté chicken or turkey until fully browned (about 8-10 minutes).
2. Crack two eggs and add to the pot and stir in until cooked.
3. Turn off heat and add 3/4 cup of low salt broth, bone broth or water.
4. Cool mixture and add premix and an Omega-3 fatty acid source.
5. Use an immersion blender or food processor, blend contents to a pâté or desired consistency. The mixture will firm up when refrigerated. Portions can be frozen in a muffin tin then transferred to a freezer bag.