

# QUICK-START GUIDE TO PREPARING FRESH AND RAW FOODS FOR PETS

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## **Where do you Get Your Information From?**

You want your pet (and you) to stay healthy and live long lives. The emphasis is on whole, fresh foods.

But, the veterinary establishment, which you can refer to as the conventional doctors, recommend processed commercial food for dogs and cats. On the other hand, holistic practitioners lean towards real foods, ones that are not processed and contain fresh ingredients.

What can you do? Learn. Get informed.

That will guide your decisions, based on the truth and what you feel is the right thing to do.



## The Sorry State of Pet Food

I hate to do this, but exposing what is in pet food is the best way for you to see why it is not appropriate to feed to our pets.

What is it? It is a highly processed mix of feeds. This “feed” is not food as you and I would identify.

Commercial processed dog and cat food consists primarily of grains. These are waste products - often secondary products after the good stuff has been removed for our use. Think of “brewer’s rice” and “corn middlings” as examples.

The next ingredient is ‘meat meal’, which some people call high in protein. I agree it is high in nitrogen (which is the scientific way they estimate protein content) but it is not all rosy.

Meat meal is often made up of diseased, disabled, dying, or dead animals (the 4Ds) - carcasses that would never make it into meat destined for us. Don’t ever think this is steak or the wonderful-looking chicken you see on the bag! These products are cooked at extremely high temperatures, destroying any nutrients that the poor quality ingredients may have had.

After the cooking, manufacturers add synthetic vitamins and the cheapest mineral source they can. Along with poor bioavailability, they can be contaminated with heavy metals, dioxides, and petroleum.

Then, they add in preservatives that also increase the toxin load. Think of it - if you had a food stored for that long, would you want to eat it?





## **Pet Foods not Designed for Pets**

What are pets supposed to eat? Let's go back to their evolutionary grandfathers.

A cougar in the wild - they eat animals and they are good at it. A wolf - when I watch a nature special, they aren't digging up roots to munch on. They'd much rather chase a deer and chow down on it.

Here is the biggest issue - the natural diet is high protein/high fat and low carbohydrate. This is at odds with processed foods.

Let's focus on the "carbs".

Dogs and cats have no biological requirement for carbohydrates. But this comprises fifty percent or more of the calories in the dry foods. This is like us snacking on popcorn or potato chips. And because they get the same food twice daily, it goes on forever, not just movie night.

What would this diet do to you?

Think weight gain, poor muscling, prone to diabetes, heart problems (thankfully only a human issue).

And, the grains they use are often GMO. This can suggest that they are high in glyphosate, which is the herbicide Roundup. We are poisoning our pets. Continually.





I can keep going with the negatives of high carb diets - being inflammatory, having mycotoxins in them, and containing advanced glycation end products. There are so many downsides, and if someone suggests to you that dry foods help clean teeth, run away from that person.

And should we be straying away from the idea of meat diets? We know we can get our pets to eat vegetables by enticing them with special flavors. There are plant-protein diets for dogs and there is even a non-meat food for cats (check out the Hill's prescription dry diet y/d). But these are heavily supplemented to make them work.

Think of this quote - "Just because we can doesn't mean we should".



## **Aren't we Supposed to Follow the Guidelines?**

When you are in the pet food aisle, you will see that, at least in North America, the foods are labelled as following the AAFCO guidelines and this suggests that they are nutritionally balanced and perfect for feeding.

These guidelines are a reflection of how people decide on the correct feed composition for raising livestock and poultry. They are set up so that they indicate the minimums and are designed to provide the information for the least-cost diet to help the animals survive, grow, and go to slaughter.

Note that I did not say “thrive”. They are also not tested or designed for general health and longevity.

Coupled with the fact there are no disclosures to you about the quality of any of the ingredients used in ‘pet foods’, the foods are truly only meeting the minimums.

In fact, there was a smear campaign years ago that high protein foods were damaging to the kidneys of dogs and cats. This was propagated by the “low-protein food” manufacturers against the foods that were marginally higher but still produced by pet food companies.

Turns out that the original research didn't even apply to healthy animals and when we put that in perspective of what these pets ate ancestrally, it just doesn't make sense.

We can do better!



## **What Changes Do We See with the Right Food?**

With all my years in practice, I was able to appreciate what the right food can do for health.

On the best diet, I see improved digestion and elimination, improved immune function, improved dental health, improved skin and coat, and maintenance of healthy weight.

Let's go through a progression on nutrition so you can see what it does, and this is what happened to me - it is my story.

My first dog was a lab crossed pit bull called Courtney. She was a sweet dog and she taught me a lot.

Coming from a traditional veterinary education, I was taught that processed kibble was the best.

So, what did I feed? The year was 1991 and the food was Medical, one we sold through the vet hospital I worked at. That company was later bought out by Royal Canin and it disappeared. She did okay on the food but I had nothing to compare this to.

A rep came in from another food company - Nutromax - and she convinced me to try their food. To my surprise, I saw an improvement in Courtney's hair coat - cleaner and more luxurious.





## **A Vet Making His Own Dog/Cat Food**

This was not easy. I had the mindset that it was difficult and I could screw it up. That is what I'd learned at the veterinary conferences. If the calcium levels were deficient, bone problems would turn up. The high protein will kill kidneys (I already debunked that one). Adding anything at all would mess up the balance in the scientifically formulated food.

But, I decided to go ahead and each of these warnings is overblown.

I started slow, just adding a few ingredients, and then I went for it. I made a cooked meal, using meat, veggies, a carb component (I did it then but wouldn't now), as well as an oil source and vitamin supplement.

Two things - she loved it, and her hair coat got better. And over time, more energy and her physique changed - leaner and better muscled.

With my current dog Shay, he is on a meat diet with limited veggies as well as a few supplements. The cats - fed raw exclusively and are great examples of what food can do.

I will never go back to commercial food.



This was always something I paid attention to. A dog or cat fed the cheapest dry kibble has a lot of dandruff and often a foul-smelling odor - just scratch their fur and your hand smells bad.

Better foods eliminate that.

So, I saw a difference by changing from one dry food to another. How else could I boost the health of our beloved Courtney?

It was then I decided to try making food.



## The Ideal Food

The ideal meal for cats and dogs begins with raw animal protein, including muscle and organ meat and bones. The idea is to meet their natural dietary needs.

This can be the sole food for both cats and dogs.

Veggies, and I am talking about ones like squash, lettuce, spinach, celery, I would run through a processor and add a small amount if needed. In our dog, his BMs on pure meat were very small and hard to pass. Adding ½ cup of veggies a day to his meat bulked it up and made the passing of his BMs a little easier.

I have not added the veggies to a cat diet but if they needed it, I'd be putting a tablespoon of the mixture in their food as well.

In dogs, you can add more veggies for sure. You can even substitute legumes to replace some of the meat protein. That part must be done right but you can see that there are lots of different ways to feed dogs.

The key - get a recipe and get started. Maybe only do a few meals a week to begin or supplement the regular food you are currently using.





## **Dangers of Raw Foods**

If you visit a conventional veterinary practitioner, they have been trained/educated by the pet food companies to tell you that the risks of feeding raw food or handling raw meat prior to cooking it are so dangerous - to you - that you are putting yourself in peril. Even putting a little piece of raw meat on the kibble can put us in danger.

The fear-mongering talks about the food being contaminated with pathogenic microbes. The interesting thing is that they fail to mention that most recalls of pet food are commercial feed products. The microbes mentioned are salmonella, listeria, and escherichia coli.

But, raw food is not the threat they propose. Handling meat for our pets is no different than handling meat for personal consumption – the same hygiene and safety precautions apply. Common sense is all you need.



## Recipes You Can Follow

The key is to use these recipes as a starting point. You may not have all the ingredients but put it together and see if your pet likes it. I am starting with cooked recipes to make it easier for the transition. If you want more recipes, check out the books I have prepared at:

<https://lg403.infusionsoft.app/app/storeFront/showProductDetail?productId=24>

The cat food recipes can be used for dogs, but not vice versa.  
Beef, Turkey, Chicken and Sardine Meatloaf for Cats

source: <https://raisingyourpetsnaturally.com/homemadecatfood/>

Dr. Jeff says – the author’s note says it all - To complete your cat’s healthy cat food, add Feline Minerals, Feline Digestive Enzymes and a healthy oil such as sardine oil at the time of feeding. I also highly, highly recommend rotating your cat’s recipes to help ensure balance.

### INGREDIENTS

- 2 pounds [Organic Beef, 90%](#) Ground
- 2 pounds [Organic Turkey Thighs](#) Skinless, boneless, ground
- 2 pounds [Organic Chicken Organs, Mixed](#) Ground
- 4 ounce [Organic Squash](#) Meat, prepped
- 2 ounce [Organic Berries, Mixed](#) Raspberry, blueberry, strawberry, blackberry
- 2 ounce [Organic Broccoli](#)
- 2 cans [Sardines in water](#)
- 2 ounce [Organic Kale](#)



## INSTRUCTIONS

1. Preheat oven to 350F
2. Using a cheese grater, shred the squash.
3. Puree broccoli, berries, kale, sardines and shredded squash.
4. Place ground meat into a large mixing bowl.
5. Add the pureed veggie and fruit mixture to the meat mixture and mix well to incorporate.
6. Put the food mixture into glass or ceramic loaf pans or muffin pans, and bake for 60 minutes.
7. Allow to cool fully.
8. Divide the recipe into approximately 17 individual 5 oz portions (with the juices) and freeze. Remove 2 days at a time and place in your refrigerator. I prefer to feed pets 3 times a day. When feeding your cat his meal, allow his food to reach room temperature and place 1/3 of his supplements into each meal.





## **Dr. Morgan's Raw, Baked or Crockpot Diet**

source: <https://www.youtube.com/watch?v=nWXB0d2B04o>

Dr. Jeff says – A quick to prepare diet you can feed raw or cook (crockpot or as meatloaf).

### **Directions and Ingredients**

1 pound ground beef grass fed

4 oz butternut squash – mince for loaf or cut into pieces in crockpot

4 oz veggies – broccoli and cauliflower

4 oz shiitake mushrooms

2 oz beef liver

2 tsp fresh Thyme

1 egg including shell

Blend all together and feed raw. Or, put in crockpot for 4 hours. Or, mix in food processor, put in pan, and bake for 40 min at 325 F



## **A Parting Word**

I hope this book has given you a little confidence in preparing your pet's food. And, as well, maybe a little direction.

This is only scratching the surface. Once you get into feeding your friend, you will see the difference and you will see how easy it is to do it as well. Then, you will start exploring different ways to give your friend real food.

You will see that you can cook it all, or feed some raw and some portion cooked.

For raw feeders, you can buy frozen complete foods, just frozen meat that needs supplements, and even freeze-died foods - a great solution if you are travelling.

As you can see, it is a new world that needs exploring.

If you need direction, look at the Nutritional Mastery Course I have created. It will give you all the background you need.

