

# Beef Recipe with Mussels - RB - All life stages

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## RECIPE DETAILS

Pet Type	Diet Standard	Atwater Type	Activity Level
Cat	AAFCO 2020	Atwater	Kitten - < 4 mo, indoor
Cooking Method			
Medical Conditions			
None			

### Pet Owner Details

First Name	Last Name	Email Address	Phone Number
Jess	Caticles		None
Address			
caticles.com			

### Pet Details

Name	Breed	Gender	Birth Date
Unknown	Unknown	Male	January 10, 2018
Current Weight	Desired Weight	Reproductive Status	
3 lbs	10 lbs	Neutered Male	

## INSTRUCTIONS

This recipe is formulated to AAFCO guidelines for all life stages. Feeding amounts vary depending on the individual cat.

Please use your cat's weight, body condition score, and individual needs to adjust feeding amount as necessary.

- All meat in this recipe should be served raw. Practice safe food handling techniques including washing of hands before and after handling raw meat. After cutting raw meats, wash all surfaces with hot, soapy water.
- We recommend pre-portioning and freezing any extra food you don't plan to feed after 72 hours. Frozen food is best offered up to 3 months after freezing for optimal nutrition.
- All nuts, seeds, grains, tablet based supplements, and produce used in this recipe should be finely chopped for better digestibility, bioavailability, and distribution. A food processor works great for this step!
- Fine powder supplements and oils should be thoroughly mixed into recipe.
- Capsule/perle ingredients may be opened for better distribution.
- Fish oils or other sources of omega 3 fatty acids should be added at the time of feeding.
- Vit K appears low. However, cats can make their own vit K as long as the diet is not fish-heavy.

The nutrient levels presented in this report are correct to the best of our knowledge as of the date of recipe formulation. However, manufacturers may change their products at any time. This could result in changes in actual nutrient levels in one or more ingredients, and therefore, in the formulated recipe.

It is the user's responsibility to determine the value and quality of any recipe or instructions provided for food preparation and safety of the preparation instructions.

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## RECIPE INGREDIENTS

Item	Custom	Grams	Ounces	Percent
Beef Heart, Raw, No Sep Fat, ADF Typical™	23.00 oz	652.04	23.00	40.04%
Beef, Ground, Raw, 85% Lean, 15% Fat, ADF Typical™	18.00 oz	510.29	18.00	31.34%
Beef Liver, Raw, ADF Typical™	6.00 oz	170.10	6.00	10.45%
Sardine, Canned, In Water, No Salt, ADF Typical™	3.00 oz	85.05	3.00	5.22%
Oysters, canned, USDA	3.00 oz	85.05	3.00	5.22%
Mollusks, mussel, blue, cooked, moist heat, USDA	2.00 oz	56.70	2.00	3.48%
raw sunflower seeds	35.00 gms	35.00	1.23	2.15%
NOW -- Bone Meal Powder (1 tsp = 2.8 g)	25.00 gms	25.00	0.88	1.54%
nutritional yeast	5.00 gms	5.00	0.18	0.31%
Sea Salt	3.00 gms	3.00	0.11	0.18%
Taurine, 500 mg capsules; 1 cap = 1g	1.00 gms	1.00	0.04	0.06%
NOW -- Organic Kelp Powder ( 1 scoop = 90 mg)	0.25 gms	0.25	0.01	0.02%
<b>Total</b>	-	<b>1,628.47</b>	<b>57.44</b>	<b>100.00%</b>

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## MACRONUTRIENT ANALYSIS

Nutrient content of natural foods vary, sometimes significantly. Use the nutrient content numbers as approximations only.

Composition	As Formulated	DM	% kcal	g per 1000 kcal
Protein	18.03%	58.13%	46.59%	116.47
Fat	8.63%	27.81%	50.14%	55.72
Ash	2.81%	9.07%		18.18
Moisture	68.98%			445.55
Fiber	0.28%	0.92%		1.84
Net Carbs	1.26%	4.07%	3.27%	9.28
Sugars (limited data)	0.47%	1.51%	1.21%	
Starch (limited data)	0.16%	0.51%	0.41%	
<b>Total</b>			<b>100%</b>	

## MACRONUTRIENT INFORMATION

Total kcal in recipe	2,521.18
kcal / oz	43.89
kcal per pound	702.25
kcal / day	413.05
Recipe makes, # of days	6.10
kcal / kg	1,548.16
kcal per kg DM	4,990.66
Amount to Feed per Day (gm)	266.80
Amount to Feed per Day (oz)	9.41
Keto ratio (g fat/ (g protein + g net carb))	0.45

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## MINERALS

	Unit	Min	Max	Recipe	DM	Total Amt	Daily Amt
Calcium (Ca)	g	2.50	0.00	2.83	1.41%	7.13	1.17
Phosphorus (P)	g	2.00	0.00	2.41	1.20%	6.07	0.99
Calcium to Phosphorus ratio (Ca:P)	ratio		0	1.17 : 1			
Potassium (K)	g	1.50	0.00	1.95	0.97%	4.90	0.80
Sodium (Na)	g	0.50	0.00	1.09	0.54%	2.74	0.45
Magnesium (Mg)	g	0.20	0.00	0.21	0.11%	0.54	0.09
Chloride (Cl)	g	0.75	0.00	1.16	0.58%	2.93	0.48
Iron (Fe)	mg	20.00	0.00	24.18	120.67	60.96	9.99
Copper (Cu)	mg	2.10	0.00	9.81	48.97	24.74	4.05
Manganese (Mn)	mg	1.90	0.00	2.22	11.06	5.59	0.92
Zinc (Zn)	mg	18.80	0.00	51.54	257.23	129.95	21.29
Iodine (I)	mg	0.45	2.25	0.52	2.60	1.31	0.22
Selenium (Se)	mg	0.08	0.00	0.17	0.84	0.43	0.07

## VITAMINS

	Unit	Min	Max	Recipe	DM	Total Amt	Daily Amt
Vit A	IU	1,667.00	83,325.00	11,662.77	58,204.91	29,403.98	4,817.36
Vit C	mg	0.00	0.00	11.27	56.23	28.41	4.65
Vit D	IU	70.00	7,520.00	116.61	581.95	293.99	48.17
Vit E	IU	10.00	0.00	10.01	49.97	25.24	4.14
Thiamine, B1	mg	1.40	0.00	2.54	12.69	6.41	1.05
Riboflavin, B2	mg	1.00	0.00	6.06	30.26	15.29	2.50
Niacin, B3	mg	15.00	0.00	48.24	240.77	121.63	19.93
Pantothenic Acid, B5	mg	1.44	0.00	11.42	56.97	28.78	4.72
B6 (Pyridoxine)	mg	1.00	0.00	3.51	17.51	8.85	1.45
Vit B12	mg	0.01	0.00	0.08	0.42	0.21	0.03
Folic Acid	mg	0.20	0.00	0.37	1.86	0.94	0.15
Choline	mg	600.00	0.00	928.48	4,633.74	2,340.87	383.51
Vit K1	mg	0.03	0.00	0.01	0.03	0.02	0.00
Biotin	mg	0.02	0.00	0.08	0.41	0.21	0.03

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## FATS

	Unit	Min	Max	Recipe	DM	Total Amt	Daily Amt
Total	g	22.50	0.00	55.72	27.81%	140.47	23.01
Saturated	g	0.00	0.00	18.56	9.26%	46.80	7.67
Monounsaturated	g	0.00	0.00	21.32	10.64%	53.76	8.81
Polyunsaturated	g	0.00	0.00	7.68	3.83%	19.37	3.17
LA	g	1.40	0.00	5.70	2.85%	14.38	2.36
ALA	g	0.05	0.00	0.36	0.18%	0.91	0.15
AA	g	0.05	0.00	0.65	0.33%	1.65	0.27
EPA	g	0.00	0.00	0.32	0.16%	0.80	0.13
DPA	g	0.00	0.00	0.05	0.02%	0.12	0.02
DHA	g	0.00	0.00	0.49	0.24%	1.23	0.20
Omega-6/Omega-3	ratio	0	0	5.22 : 1			
EPA + DHA	g	0.03	0.00	0.81	0.00%	2.04	0.33

## AMINO ACIDS

	Unit	Min	Max	Recipe	DM	Total Amt	Daily Amt
Total protein	g	75.00	0.00	116.47	58.13%	293.65	48.11
Tryptophan	g	0.63	4.25	1.04	0.52%	2.62	0.43
Threonine	g	1.83	0.00	4.48	2.24%	11.31	1.85
Isoleucine	g	1.40	0.00	5.04	2.51%	12.70	2.08
Leucine	g	3.20	0.00	8.99	4.49%	22.67	3.71
Lysine	g	3.00	0.00	9.08	4.53%	22.89	3.75
Methionine	g	1.55	3.75	3.28	1.64%	8.27	1.36
Methionine - Cystine	g	2.75	0.00	4.50	2.25%	11.35	1.86
Phenylalanine	g	1.30	0.00	4.74	2.37%	11.96	1.96
Phenylalanine - Tyrosine	g	4.80	0.00	8.57	4.28%	21.61	3.54
Valine	g	1.55	0.00	5.64	2.81%	14.22	2.33
Arginine	g	3.10	0.00	7.60	3.79%	19.17	3.14
Histidine	g	0.83	0.00	3.83	1.91%	9.66	1.58
Purines	mg	0.00	0.00	870.38	0.43%	2,194.38	359.51
Taurine	g	0.50	0.00	0.51	0.25%	1.28	0.21

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