

NRC Recommendation	Crude Protein	Total Fat	Calories	Vitamin D	Vitamin E	Vitamin K***	Vitamin B1 (Thiamin)
Cat (9 lb. adult)	12.5 grams	5.5 grams	250	.4 micrograms	2.5 milligrams	3 micrograms	.33 milligrams
Dog (33 lb. adult)	25 grams	14 grams	950	3.4 micrograms	8 milligrams	0 micrograms	.56 milligrams
Homemade Cat Food	*41 grams	*9 grams	260	1.3 micrograms	3.8 milligrams	3.2 micrograms	*1 milligram
Homemade Dog Food	*119 grams	*58 grams	1040	4 micrograms	13 milligrams	10.1 micrograms	*3 milligrams

NRC Recommendation	Riboflavin	Vitamin B6	Niacin	Vitamin B12	Folic Acid	Calcium	Phosphorus
Cat (9 lb. adult)	.27 milligrams	.16 milligrams	2.5 milligrams	1.4 micrograms	47 micrograms	180 milligrams	160 milligrams
Dog (33 lb. adult)	1.3 milligrams	.4 milligrams	4 milligrams	9 micrograms	68 micrograms	750 milligrams	750 milligrams
Homemade Cat Food	.5 milligrams	*.8 milligrams	*10 milligrams	1.4 micrograms	63 micrograms	360 milligrams	310 milligrams
Homemade Dog Food	1.5 milligrams	*2.2 milligrams	*26 milligrams	4.1 micrograms	200 micrograms	800 milligrams	800 milligrams

NRC Recommendation	Magnesium	Sodium	Potassium	Iron	Copper	Zinc	Vitamin A
Cat (9 lb. adult)	25 milligrams	42 milligrams	330 milligrams	5 milligrams	.3 milligrams	4.6 milligrams	63 micrograms
Dog (33 lb. adult)	150 milligrams	100 milligrams	1000 milligrams	7.5 milligrams	1.5 milligrams	15 milligrams	379 micrograms
Homemade Cat Food	75 milligrams	380 milligrams	*440 milligrams	3.6 milligrams	.2 milligrams	4.8 milligrams	97 micrograms
Homemade Dog Food	320 milligrams	1200 milligrams	*1125 milligrams	11 milligrams	.6 milligrams	17.8 milligrams	310 micrograms

NRC Recommendation	Manganese	Selenium	Iodine	Choline	Taurine
Cat (9 lb. adult)	.3 milligrams	19 micrograms	88 micrograms		
Dog (33 lb. adult)	1.2 milligrams	90 micrograms	220 micrograms	425 milligrams	
Homemade Cat Food	.3 milligrams	*48 micrograms	53 micrograms		125 milligrams
Homemade Dog Food	1 milligrams	*126 micrograms	168 micrograms	**385 milligrams	

* meats are naturally high in these substances ** eggs are naturally high in these substances *** AAFCO Vitamin K values substituted for NRC

WARNING: DO NOT USE HUMAN CALCIUM SUPPLEMENTS FORTIFIED WITH VITAMIN D. THE LEVELS ARE TOO HIGH FOR SMALL ANIMALS!!!

Cat Food

- 2.5 lbs. chicken breast
- 2.5 lbs. pork loin
- 2 centrum or generic equivalent multi vitamins (crushed)
- 3 calcium, magnesium and zinc tablets (3 tablets = 100% human requirement - crushed)
- 12 grams iodized table salt (2 teaspoons)
- 2 grams taurine (approximately 1/2 teaspoon if using bulk powdered)
- 4 grams crushed/powdered egg shell (1 scant level teaspoon)

Serves one adult cat for 16 days at approximately 5 ounces/ day

Dog Food

- 2 lbs. chicken breast
- 2 lbs. pork loin
- 2 multi vitamins
- 7 calcium, magnesium and zinc tablets
- 12 grams iodized table salt
- 6 hard boiled eggs
- 1 pound rice (uncooked weight, 2 1/2 cups)

Serves one adult 33 lb. dog for 5 days at 16 ounces/day

Boil meat, with salt, to tender, pot roast consistency, save broth, dice into small pieces and bring to second boil.

For dogs: boil rice and eggs separately, dice eggs, and mix with the diced, boiling meat.

Cool the mixture as quickly as practical until the pot is barely warm to the touch by adding crushed ice.

Thoroughly mix in crushed vitamins and minerals and place in refrigerator for several hours to cool. This allows the broth to gel up and soak in.

After cooling, remix and place in baggies to freeze. A baggie of frozen food will generally be thawed enough to use by placing it in the refrigerator 24 hours before needed.

IMPORTANT: The food should be cooled and frozen as soon as practical to avoid bacterial growth. Larger batches should be broken up into smaller containers to cool. DO NOT LEAVE FOOD OUT AT ROOM TEMPERATURE FOR EXTENDED PERIODS DURING PREPARATION. Many seasonings may be toxic to pet dogs and cats, onions and garlic in particular. Do not add spices unless you are sure they are safe for your pets.