

Beef and Chicken Surf and Turf

A perfect balance of land and sea! With mussels, oysters, organ meat, beef, chicken, and delicious, nutritious fruits and vegetables, this complete and balanced recipe is a meat- and fish-based delight your beloved will devour.

Adult Cat and Adult Cat Less Active. Mostly Whole Foods

Yields 5½ pounds

44 calories/ounce

32 ounces (2 pounds) ground beef, 90 percent lean

16 ounces (1 pound) ground chicken, 14 percent fat

13 ounces raw or canned mussels (or 495 milligrams potassium supplement plus 2 grams salt plus 50 milligrams magnesium supplement plus 4 grams fish oil containing at least 250 milligrams EPA+DHA per gram)

5 ounces mushrooms (any kind)

3 ounces zucchini or yellow summer squash

5 ounces beef liver

4 ounces beef spleen (or 36 milligrams iron supplement and 297 milligrams potassium supplement)

3 ounces chicken liver

3 ounces oysters (or 30 milligrams zinc supplement and 297 milligrams potassium supplement)

43 grams wheat germ oil (or 100 IU vitamin E)

18 grams nutritional yeast

8 grams ground turmeric

8 grams ground cinnamon

8 grams ground ginger

14 grams eggshell powder

0.75 grams kelp powder (containing 700 micrograms of iodine per gram. This is a total of 525 micrograms iodine if you choose to use an iodine supplement rather than kelp powder.)

Supplements

- 300 IU vitamin D
- 6,000 milligrams choline
- 3,000 milligrams taurine

1. In a large bowl, mix food ingredients (except eggshell and kelp powders) together.
2. In a small bowl, mix powders and supplements together, stirring well.
3. Dust ½ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.