

CELESTE YARNALL'S BASIC FRESH RAW FOOD RECIPE FOR CATS & KITTENS

16 oz (1 lb)	Raw Coarse Ground/Minced/Sliced Meat/Poultry
4 oz (1/4 lb)	Organ meat (e.g., Liver, Kidney, Heart, Gizzards, etc.)
	Raw Whole Chicken Necks stripped of excess fat or Lamb Riblets (NEVER cooked! Cooked bones splinter!)
	- We prefer naturally-raised meats when possible -
2 level tablespoons	<i>Celestial Cats</i> ® VitaMineral+ Feline Supplement
1 - 2 tablespoons	<i>Celestial Cats</i> ® Essential Fatty Acid (EFA) Oil (Refrigerate after opening)
A dash of	Kyolic Aged Liquid Garlic (Refrigerate after opening)
1/8 – 1/4 teaspoon	<i>Celestial Cats</i> ® Feline Enzyme Supplement <u>mixed into food at serving time</u>
Minimum 500 mg.	Taurine

Optional Ingredients:

2 - 4 oz (per lb of ground meat) Food-processed raw or pureed vegetables (zucchini, yam/sweet potato, yellow squash).
Veggies may be included in recipe for extra fiber in the diet.

OR

1 tablespoon Ground Salba Seed

Treat meat with 6-8 oz purified water combined with 4 drops of Grapefruit Seed Extract. Pour solution over and blend into meat - do not drain off. Use only enough solution to obtain consistency of rich chili. Chicken necks can be marinated in the solution in the refrigerator, separately.

Cut organ meats into bite-size chunks. If not using ground, chunks should be appropriately sized for kittens (and cats) with dental problems and larger chunks may be fed to healthy adults.

Mix all ingredients together.

After removing excess fat from chicken necks, cut into pieces the length of your thumb. **Feed raw bones for dessert** (bones are eaten last in the wild). They need to have eaten some of the basic recipe first. Think of them as Nature's toothbrush!

The serving size for an adult cat is approximately 2 heaping tablespoons per meal, usually twice a day. Kittens are introduced to this diet at the age of 5 weeks and can start with one half to a full teaspoon 4-6 times a day while they are still nursing. Introduce chicken necks to kittens at 8 weeks of age with watchful supervision.

At first, leave food down for approximately 1 hour morning and night. Kittens, pregnant queens and lactating females eat 3-4 times daily or on demand.

The food can be kept in the refrigerator up to 3 days. Store the food in a glass bowl with a tightly fitting lid (Pyrex® makes nice ones), as glass conducts cold better than plastic, and plastic off gases organo chlorine and affects flavor.

Many people make up large quantities and freeze in serving portions. It is ok to freeze in plastic. Do not refreeze more than twice and try to refreeze within no more than 24 hours after you've made up the food. You may add supplements when freezing. **Enzyme Supplement to be added only at serving time.**

Always defrost in refrigerator. **Never microwave anything!** Safe handling of raw meat is imperative. Wash hands, dishes, and utensils in hot soapy water. Clean surfaces with environmentally safe cleaning products, such as 30 drops of Grapefruit Seed Extract diluted in 32 ounces of water.

Most importantly, serve with love!

For more tips and information on making the food, *Celestial Cats*® brand and all other supplements mentioned, as well as Dr. Yarnall's book, *Natural Cat Care*, and consultations by appointment, contact *Celestial Pets*® at (818) 707-6331, or via email at celestialpet@sbcglobal.net, and see our website, www.celestialpets.com.

CELESTE YARNALL'S
BASIC FRESH RAW FOOD RECIPE FOR DOGS & PUPPIES

16 oz (1 lb) Raw Coarse Ground/Minced/Sliced Meat/Poultry
4 oz (1/4 lb) Organ meat (e.g., Liver, Kidney, Heart, Gizzards, etc.)
Raw Whole Chicken Necks stripped of excess fat for Small Dogs
Raw Whole Turkey Necks & Wings, Lamb Shanks, and Beef Knuckle Bones for Larger Dogs
(NEVER cooked! Cooked bones splinter!)
- We prefer naturally-raised meats when possible -

2 level tablespoons *Celestial Dogs*® VitaMineral+ Canine Supplement
1 - 2 tablespoons *Celestial Dogs*® Essential Fatty Acid (EFA) Oil (Refrigerate after opening)
A dash of Kyolic Aged Liquid Garlic (Refrigerate after opening)
1/8 – 1/4 teaspoon *Celestial Dogs*® Canine Enzyme Supplement mixed into food at serving time
Minimum 500 mg. Taurine

Optional Ingredients:

2 - 24 oz Food processed raw or pureed veggies (zucchini, yam/sweet potato, yellow squash),
(per lb of ground meat) Veggies may be included in recipe for extra fiber in the diet.

OR

1 tablespoon Ground Salba Seed

Treat meat with 6-8 oz purified water combined with 4 drops of Grapefruit Seed Extract. Pour over and blend into the ground meat - do not drain off. Use only enough solution to obtain consistency of rich chili. Bones can be marinated in the solution in the refrigerator, separately.

Cut organ meats into bite-size chunks. If not using ground, chunks should be appropriately sized for puppies (and dogs with dental problems). Use large chunks for healthy adults.

Mix all ingredients together.

Feed raw bones for dessert (bones are eaten last in the wild). They need to have eaten some of the basic recipe first. Think of them as Nature's toothbrush!

At first, leave food down approximately 1 hour at dog's mealtime. A healthy, adult dog should eat once a day (preferably morning and then have the rest of the day to burn it off). However, twice a day is fine. Just divide meal into half portions. Small dogs can eat about a cup of food at each meal. Medium to large sized dogs can eat up to a pound of food a day. Puppies, pregnant and lactating females eat more often (3-4 times daily or on demand).

The food can be kept in the refrigerator for up to 4 days. Store the food in a glass bowl with a tightly fitting lid (Pyrex® makes nice ones), as glass conducts cold better than plastic, and plastic off gases organo chlorine and affects flavor.

Many people make up large quantities and freeze in serving portions. It is ok to freeze in plastic. Do not refreeze more than twice and try to refreeze within no more than 24 hours after you've made up the food. You may add supplements when freezing. **Enzyme supplement to be added only at serving time.**

Always defrost in refrigerator. **Never microwave anything!** Safe handling of raw meat is imperative. Wash hands, dishes, and utensils in hot soapy water. Clean surfaces with environmentally safe cleaning products, such as 30 drops of Grapefruit Seed Extract diluted in 32 ounces of water.

Most importantly, serve with love!

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