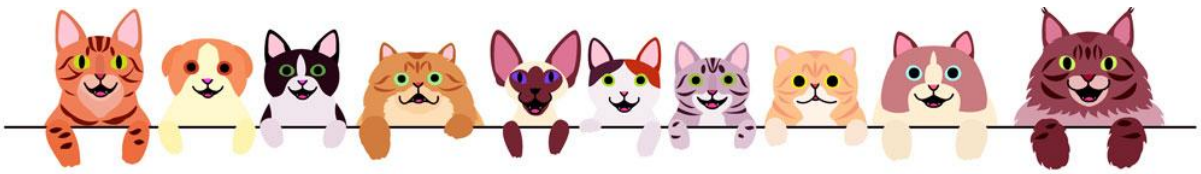


# PETPlus

## A NATURAL VEGAN DIET FOR CATS

*because prevention is better than cure*



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[www.petplusvet.com](http://www.petplusvet.com)

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# INTRODUCTION

In line with advances in human health care, those of us that study pet health are working towards the prevention of disease.

## HOW CAN DIET HELP?

In humans, and increasingly in pet nutrition, there is growing evidence that the more raw food is included in the diet, the less disease is suffered. This applies particularly to cancer, heart disease, diabetes, arthritis, skin disease, gum disease, dental decay and digestive problems.

All animals and people evolved to function on raw food.

The basic energy currency for the body is enzymes. Enzymes are only present in raw food because they are unfortunately destroyed by heat and most other forms of food processing.

## CATS

In the wild, cats would eat herbivores, like rabbits, birds and fish. Consequently, they would be consuming raw meat, bones, offal, organ meats and the guts containing raw partially digested plant material.

Surprisingly, they also browse on fruits and other vegetation, so in reality, they are more omnivorous and opportunistic than we ever thought.

So what can we do about this today?

*Dr Susanna McIntyre*

Dr Susanna McIntyre

## ABOUT THE AUTHOR



My name is Susanna McIntyre. I'm a veterinary surgeon and naturopathic nutritionist with over 40 years of clinical experience.

In 1996 I created [PET Plus](#), a vegan, superfood, nutrient-dense, powdered supplement which I designed to be mixed with your cat's meals.

[PET Plus](#) is packed with digestive and systemic enzymes, probiotics, prebiotics, antioxidants, essential fatty acids, minerals, vitamins and other vital micronutrients, and so it provides your cats with everything

they need to help prevent ailments, and to help the body to heal and repair itself if things do go wrong.



All animals evolved to function on unprocessed, raw food. In the wild, animals don't do any cooking, nor do they use tin-openers.

*Dr Susanna McIntyre*

# CAN A CAT BE VEGAN?

*Cats, being hunters, are also occasional scavengers and opportunists, so they are classified as carnivores, and 'obligate carnivores' at that. However, cats can actually thrive on vegan food, contrary to popular belief.*

Just look at the ingredients in processed cat food and you will see that much of it is derived from plant sources with a little "animal protein" thrown in to make it appear suitable for our cats.

Cats need more protein and fat in their diet than humans do. They also benefit from extra help digesting plant matter to enable them to thrive rather than just survive. [PET Plus](#) facilitates this process.

However, not all plant matter is equal. Organic, soaked, activated seeds and nuts are easy to digest, especially when mixed with [PET Plus](#). They are the basis of healthy vegan options for cats because they're high in fat and protein, a great source of EFAs (essential fatty acids) and naturally contain the enzymes required for digestion, in common with all raw food.

## GO AS VEGAN AS YOU CAN

When feeding your cat, a combination approach can work well. Given our current global crisis, every meat-based meal we replace with a plant-based one contributes to global repair and reduces our cats' intake of toxins.

All animals bio-accumulate toxins, in other words, any toxins they consume which they cannot detoxify tend to stay in their bodies, especially their muscles and fat. So meat, dairy, eggs and fish are all rich sources of toxins, particularly given the toxic foods and environments our poor farm animals usually have to endure.

The cleanest foods are organic plants, so it makes sense to focus on these as the main food source.

# TRANSITIONING FROM PROCESSED FOOD TO RAW VEGAN FOOD

No-one is ever too old to change. When I first learned of the benefits of feeding raw, one of my cats was 14 years old! One day, he went to his bowl to eat the kibble I thought was really good quality food (how wrong could I be).

I hadn't even considered vegan foods at that time, sadly, so the following morning, he found raw meat and bone mince in his bowl. He sniffed it, looked around for his familiar kibble, then dived in and ate it, a little at a time. The fleas that were causing havoc in our house at the time simply vanished.

His coat improved, he reverted to his energetic, youthful self and lived happily and healthily for another 6 years, being 20 when he died naturally.

**However, my current cat arrived at my farm as a tiny stray kitten. He has been vegan with the addition of raw egg right from the start! He eats everything described in this ebook.**

## TRANSITIONING OUTDOOR AND RAW CARNIVORE FED CATS

Cats that have access to the great outdoors naturally eat raw food, so when you decide to replace their current diet with raw vegan food, there is no need to go through a transition process.

## TRANSITIONING INDOOR CATS

For indoor cats, the recommended way to transition is to give them [PET Plus](#) with their processed food or raw carnivorous food for a week. Then give nothing to eat for 12 hours (or overnight), just water to drink.

This allows the digestive tract to empty itself so that when the raw vegan food arrives, there is no digestive confusion. Then, after this 12-hour period of abstinence, offer some PET Plus biscuits and a small bowl of chia porridge mixed with [PET Plus](#). Then the next day, offer a full meal and all will be well.

If the digestive system decides to cleanse itself, using the energy, enzymes and resources of the raw food, it will probably look like diarrhoea as the accumulated toxic waste lining the bowels is expelled. Better out than in!

This is unusual but could last for a day or two and is an indication of the level of toxicity being endured by your cat. If anything other than water is required by your cat, you could offer a raw egg and maybe a little boiled rice. But it is best to give nothing until the digestive system is empty again and the diarrhoea has stopped.

Then you can offer a raw egg. If that goes down well, offer another after 4 hours or so. The following day, offer some PET Plus biscuits and a small bowl of chia porridge mixed with [PET Plus](#). If all is well after 6 hours, offer the same again. Then the next day, give a whole meal of PET Plus biscuits and a small bowl of chia porridge mixed with [PET Plus](#) and that should mark the end of the transition period.

The same process can be used to transition from raw carnivorous foods to vegan foods



# QUALITY FOOD CAN MEAN FEWER HEALTH PROBLEMS

*Healthy pets have better lives. You can maximise your pet's chance of excellent health by feeding them appropriate, good quality food.*

Would you feed children on dry biscuits at every single meal and expect them to thrive? No. So why do this to a cat?

Meal preparation takes time. But would you prefer to spend time preparing nutritious food for your cat or would you rather spend that time crying in the vet's waiting room, overwhelmed by worry? As a vet I have seen plenty of this.

What follows are some nutritious, digestible, raw vegan suggestions.

# RAW FRUIT AND VEGETABLES

*Give a teaspoonful of one of these fruits or vegetables to your cat and let them have a taste. Be completely casual about it. If they don't want it, offer it again in a few days.*

Here are some suggestions to offer your cats. I have found that some days they want one thing and other days, another thing. The same applies to humans, especially children.

- Avocado flesh, scooped out into small pieces - but not the skin or the stone.
- Cucumber, sliced about 1/2 cm thick, then cut into quarters
- Tomato, sliced about 1/2 cm thick, then cut into quarters
- Courgette (Zucchini), sliced about 1/2 cm thick, then cut into quarters
- Papaya, scooped out into small pieces (including some seeds and skin)
- Peeled Mango, cut into small pieces (avoid giving the stone)
- Banana, peeled and cut in chunks
- Boiled lentils or mung beans or soaked, boiled chickpeas (garbanzos) or rolled oats (to make porridge), served with a tiny amount of sea salt and a little olive oil or coconut oil
- Coconut water, flesh and milk, cut fresh flesh into small pieces; offer the coconut water or milk (blended coconut flesh with water) in a bowl
- Sweetcorn, kernels sliced off the cob (not the indigestible cob)
- Soaked Nuts (see recipes below)
- Sauerkraut (see recipe below)
- Sprouted Seeds

Always avoid grapes (including dried grapes; sultanas, raisins and currants) and onions as these have caused serious toxicity in many dogs and cats.

I have also found that cats really dislike the taste or smell of lemon. So make sure you use a clean knife, clean chopping board, clean bowl and clean spoon. Our cats love avocado, but if there is even the faintest hint of lemon, they won't touch it.

# RAW NUTS

Only give certain soaked, raw nuts to your cats. Please be careful to avoid all nuts that are dangerous to cats. Nuts must never be fed unsoaked, cooked, roasted, salted or mouldy.

Always soak nuts in chemical-free water for at least 4 hours (preferably 12 hours) to remove the toxic enzyme inhibitors which prevent the activation and germination of the nuts. Soaked nuts are activated, initiating the germination process which makes the nutrients in the nuts many times more bioavailable.

Rinse the nuts thoroughly and throw away all the soak water which is usually discoloured from the enzyme inhibitors.

After soaking, the nuts can be used in various ways as part of your cat's diet.

## HOW TO STORE NUTS

To store soaked, activated nuts :

- They can be thoroughly dehydrated and stored in an airtight container for up to 2-3 months, preferably in the fridge or freezer.
- Soaked nuts can also be stored in water in the fridge for 2-3 days, rinsing thoroughly every day.
- Or they can be stored in zip lock freezer bags in the freezer.

But best is to soak what you need the night before then use them fresh.

## MOULDY NUTS ARE DANGEROUS

Badly stored, damp nuts can be infected with *Aspergillus flavus* (A.fl.), a mould that produces aflatoxin, a toxin named after the mould that produces it (A.fl.toxin). This can be found in all stored foods, not just nuts. So be sure to keep your thoroughly dry nuts stored in airtight containers, preferably in the fridge or freezer.

## NUT NUTRITION

All true tree nuts comprise approximately 50% healthy unsaturated fats, 25% proteins and 25% carbohydrates. Fed raw, they are a superb source of nutrients for cats.

In their raw state, nuts contain the enzymes required to digest these fats and so do not challenge the pancreas at all, contrary to much misinformation online. In fact, they enhance overall health, especially the heart, circulation, joints, nervous system, skin, fur and energy. If your cat is already obese, using nuts as described as part of the diet to replace cooked and processed foods will help with satiety and reduce your cat's feelings of hunger. Do not give nuts in addition to the diet that caused their obesity!

The raw proteins in soaked nuts provide the full spectrum of amino acids and are known as complete proteins. Undamaged by processing, these proteins are readily available to cats.

Raw nuts provide carbohydrates mostly in the form of fibre. This aids digestion, nourishes the probiotics and has a very low glycaemic index, making raw nuts an excellent form of nutrition for cats, helping to prevent diabetes.

All raw tree nuts are packed with vitamins and minerals, providing a plethora of antioxidants and other health promoting micronutrients.

## ALMONDS

The best raw nuts to use are almonds as they are bursting with nutrients and taste delicious to most cats. Providing a huge spectrum of health-giving fats, proteins, vitamins, minerals and fibre, they are a very versatile nut to use in all these recipes.

## HAZELNUTS

Hazelnuts are also a great source of healthy fats and fat-soluble vitamins, like Vitamin E, which keeps a cat's coat looking shiny and healthy.

## BRAZIL NUTS

Being mineral rich, brazil nuts are one of the few sources of selenium (muscle and thyroid health) and zinc (immunity) as well as calcium (bone and muscle health), magnesium (bone and muscle health), potassium and phosphorus. Bursting with antioxidants, brazil nuts are a rich source of vitamin E.

## ENGLISH WALNUTS

Walnuts are also packed with great nutrients and are a rich source of unsaturated fats, notably the omega 3 anti-inflammatory essential fatty acids. These are associated with healthier heart and cardiovascular function as well as a reduction in Type 2 diabetes. Being coincidentally the shape of a brain, it turns out these nuts support brain health as well as providing vital nutrients for the entire body.

Once soaked, they lose the bitter flavour of the enzyme inhibitors that most people associate with eating walnuts. Having the highest concentration of antioxidants and phenolics, most notably flavonoids, walnuts are praised for their huge health benefits.

There is a lot of conflicting advice about the toxin juglone in walnuts. Apparently, the amount in English walnuts is so negligible, it can be ignored, unlike all other nuts in this family. But be sure to soak them thoroughly before use if you choose to use them.

## CASHEW NUTS

Cashew nuts are also loved by cats, but they are rarely truly raw. Also their nutrient profile is not as good as almonds, brazil nuts, hazelnuts and walnuts. They work well as a delicious snack for your cat, but I would not recommend their use as a major component of their diet, unless you bring them back to life by fermenting them to make cashew nut cheese. The bacteria make various enzymes during the process of fermentation, so all nut and seed cheeses are a great source of probiotics and enzymes. This is delicious!

# NUTS TO AVOID?

Before we get into the nuts you should avoid giving your cat, I want to address some of the arguments against feeding nuts that you might have read online.

Online, you can find the following mistaken ideas :

- you should not generally feed nuts to cats, because some are toxic,
- and while some nuts are not toxic, ALL nuts are fatty and also ALL nuts represent a choking hazard.

The general internet advice seems to be to avoid giving nuts to cats. This is misinformation! Nuts are no more of a choking hazard than kibble or eating anything!

## CONFRONTING DISINFORMATION

Nuts - the ones that are not toxic to cats - are a safe food if fed raw and soaked, as described here. If your cat is on a processed, kibble diet that is high in fat and toxins, changing their diet to include raw soaked nuts instead of the processed kibble is a great idea, but don't feed them in addition to kibble!

Nuts are *not a choking hazard nor are they a pancreatitis risk* if they are prepared in the way I suggest in my recipes.

## AVOID BLACK WALNUTS, PECANS, HICKORIES AND BUTTERNUTS

Black walnut trees secrete juglone, a poisonous substance that prevents other plants from growing around them. Dogs consuming black walnuts can suffer juglone poisoning resulting in convulsions or seizures, so we can assume that cats would suffer the same way.

Although extracts of black walnut have been used for centuries to treat parasite and skin infections in humans, it is safer to avoid giving them to cats.

Interestingly, the English Walnut contains such miniscule amounts of juglone, they are accepted as safe, as long as they are soaked first of course

## AVOID MACADAMIA NUTS

Over the last few years, we have used soaked macadamia nuts to make nut milk and cheese which we have given to our dogs and cats (infrequently as they're expensive!).

But recently, I have heard of dogs suffering fatal toxicity after eating macadamia nuts, so I have to say, avoid them for cats too.

I suspect it is because they were fed unsoaked to the dogs or maybe they had been stored badly and affected by aflatoxin or some other mould. Better to be safe than sorry, so avoid giving macadamia nuts to your cats.

## SEEDS, GRAINS AND LEGUMES

Chia seeds, flax seeds (linseeds), pumpkin seeds and hulled sunflower, sesame and hemp seeds are my favourites, being rich sources of unsaturated fats, the omega 3 essential fatty acids, proteins, vitamins, minerals, enzymes and antioxidants, amongst other things.

Wheat berries (hulled wheat grains, the seeds of the wheat plant), barley, rye and oats can also be used. They are richer in carbohydrates than fats and proteins, so are more appropriate for occasional use.

Lentils, mung beans and chickpeas (garbanzos) also work well, especially when sprouted. They are also delicious as the proteinaceous basis for a cooked stew.

Fenugreek seeds are very nutritious but have a strong smell and taste and will be rejected by most cats.

I recommend using the flax and chia seeds with nut milk as they don't require soaking to remove enzyme inhibitors.

Chia seeds can absorb approximately 25 times their weight in fluid, so they are very useful for thickening liquids such as nut milks.

Also, any of these seeds can be used to make milks and biscuits as described for nuts.

# RECIPE FOR SOAKED NUTS

*Soaked, raw whole nuts will store in a refrigerator for 2-3 days at most, so it's best to soak just a handful at a time until you know what your cats like. We usually soak a bowlful so they are ready for all types of preparations.*

## INGREDIENTS

- 100g of rinsed, soaked raw nuts
- 300mls chemical free water (bottled or filtered)

## METHOD

1. Soak whole raw nuts in chemical-free water for at least 4 hours, but preferably 12 hours to activate the nuts and thoroughly remove all enzyme inhibitors.
2. Store in the fridge in water and rinse daily, ready for use.



# RECIPE FOR NUT MILK

*Many cats love to drink nut milk. If you make nut milk for yourself and you sieve that nut milk to make it smoother, then you can give the nut pulp to your cats mixed with a little PET Plus.*

## INGREDIENTS

- 100g of rinsed soaked nuts
- 500mls chemical free water (bottled or filtered)

## METHOD

1. Blend the soaked nuts with chemical-free water to make a nut milk.
2. Add more water to make a thinner milk.
3. Add more soaked nuts to the blend to make a thicker milk.
4. Add in some PET Plus to the blend to improve the nutrient profile and digestibility.
5. A little, good quality vegan protein powder and Billy No Mates can be mixed in too.

*Billy No Mates is an herbal powder to deter ectoparasites (ticks, fleas and lice). It is rare that a raw fed cat on PET Plus suffers from such parasites.*

# RECIPE FOR CHIA PORRIDGE

*Many cats love to drink nut milk. But they also love chia porridge.*

## INGREDIENTS

- Nut Milk (see recipe above)
- 100g of chia seeds
- 25g of flax seeds

## METHOD

1. Make the nut milk
2. Add chia seeds and flax seeds and mix rapidly as the chia seeds absorb the liquid very quickly and become a solid lump if not stirred immediately. It will be a porridge consistency after about 15 minutes.
3. To make a thicker chia porridge, add more chia seeds and stir immediately. To make a runnier porridge, use less chia seeds!
4. Add sunflower seeds if a crunchier consistency is required.
5. If PET Plus was not added to the nut milk, add it now to give your cats their daily dose.
6. The same applies to Billy No Mates and a good quality vegan protein powder.

# RECIPE FOR PET PLUS BISCUITS

*These biscuits provide a different texture and a nutritious crunch that cats adore. You will need a dehydrator for this recipe. But if you don't have one, just use the chia porridge.*

## INGREDIENTS

- Chia Porridge (see recipe above)

## METHOD

1. Make the chia porridge
2. Put little dollops of about half a teaspoon on dehydrator teflex sheets and dehydrate at 47°C, (115°F), in a dehydrator for 12 - 24 hours.
3. Flip the biscuits over onto the mesh, removing the dehydrator teflex sheet, for further dehydration (maybe 1 - 2 days) until they are dry and crunchy.
4. Store in an airtight container in the fridge or freezer.

# RECIPE FOR SOAKED SEEDS, GRAINS AND LEGUMES

*As with the nuts, which are really the seeds of the nut tree, most seeds, grains and legumes must be soaked for at least 12 hours to remove the enzyme inhibitors and start the germination process. And of course, they must be raw, or germination simply cannot happen.*

Small seeds like fenugreek are best with only 4 hours of soaking. Chia and flax seeds can be used dry, without prior soaking.

## INGREDIENTS

- Seeds, grains or legumes

## METHOD

1. Soak in chemical-free water for 4 to 12 hours in a sprouting jar, a nut milk bag in a bowl of water or a covered bowl
2. Rinse thoroughly and drain.
3. Use immediately or better still, sprout them (see below)

# RECIPE FOR SPROUTING

*You will need a sprouting jar or bag (often called a nut milk bag), or you can use a bowl covered by a sieve or muslin cloth with a fairly open weave. This is to protect the seeds from insects while still allowing air to circulate, a process that takes from 12 hours to a few days.*

The nutritional value of these sprouts is thousands of times greater than before sprouting. Most cats love them. Sprouted wheat berries are the favourites for our cats!

## INGREDIENTS

- Soaked Seeds, Grains or Legumes

## METHOD

1. Thoroughly rinse the soaked seeds, grains or legumes until the water runs clear.
2. Leave the drained, rinsed, soaked seeds, grains or legumes to germinate in :
  - sprouting jars turned almost upside-down so the water continues to drip out and the air can circulate through the mesh, or
  - the nut milk bag hanging so it can drip, or in a colander to enable draining, or
  - a sieve suspended over a bowl with an open weave cloth covering it
3. Rinse germinating seeds thoroughly twice daily to keep them clean and healthy.
4. Once the seeds have grown a short tail, they are ready to eat and can be stored in the fridge to slow down further germination, rinsing and draining every day.

# RECIPE FOR VEGAN CHEESE

*Any of the nut or seed milks can be made extremely thick, by blending with less water, and fermented to make delicious vegan cheeses, which most cats adore. Being a superb source of probiotics, proteins and fats, making vegan cheese is well worth the effort. It can also be mixed in with the PET Plus biscuits recipe for a different taste.*

In terms of equipment, you will need a blender, a shallow glass dish (approximately 20 x 30 x 5 cms, 8 x 12 x 2 inches), a nut-milk bag, a dehydrator or oven with a very low setting (95°F or 35°C).

This recipe creates the best vegan cheese ever! Cats love it too! You can use soaked nuts or seeds or whey to create different flavours.

## INGREDIENTS

- 1 cup unsoaked sunflower seeds
- 1½ cups organic smooth peanut butter
- 2 cups room temperature water (whey is not necessary as the bacteria in the environment ferment the cheese beautifully)
- 1 teaspoon sea salt (add more later if required)

## METHOD

1. Thoroughly blend the sunflower seeds with the water to make a completely smooth creamy milk.
2. Add 1 tsp salt and half the peanut butter and blend until smooth.
3. Add the rest of the peanut butter and blend to a thick cream. Add 1 tsp more salt if required, to taste.
4. Pour into the glass dish
5. Cover with a plate and leave to stand somewhere warm or place in a dehydrator at 35°C (95°F) to speed up the fermentation process (usually 12 to 16 hours)
6. After 12 hours, have a look. If it is fairly firm (like cream cheese or firmer) with a thin skin on top, and tastes cheesy, it is done. If not, leave it in the dehydrator and taste every 2 hours or so with a clean spoon until the process has produced the desired taste and texture.
7. If the thick cheese is separating from a watery liquid (the whey), pour it all into a nut milk bag over a large bowl
8. Squeeze out the whey into the bowl and hang it over the bowl to collect more whey.
9. Check the consistency and taste of the cheese every 12 hours so you know when it is ready. This may take a day or more.

10. Store the whey in a sealed jar in the fridge, ready for the next cheese making session.
11. If you want to change the taste, you can mix the cheese with salt, herbs, spices or whatever you and your cat fancy.
12. Store the cheese in the fridge.

The microorganisms involved in the fermentation process produce enzymes effectively making this a raw living enzymatically active cheese, even though the peanut butter is not raw. The same is true of cashew nut cheeses.

Offer a little to your cats - most cats love it.

# RECIPE FOR SAUERKRAUT

*Many cats love a little sauerkraut. It's very easy to make and a good source of enzymes and probiotics, so well worth the effort.*

## INGREDIENTS

- 1 large red or white cabbage, finely chopped, but leave one of the outer leaves whole
- 2 large carrots, peeled and grated
- 1 beetroot, peeled and thinly sliced
- 2 cloves garlic, crushed
- 1 small cauliflower, finely chopped

## METHOD

1. Remove the outer leaves of the cabbage and put them to one side.
2. Finely chop the cabbage, garlic, cauliflower, beetroot and grate some peeled carrots.
3. Add 3 teaspoons of sea salt and mix it all together in a huge bowl.
4. Put a handful in a sealable jar and press down hard to the bottom. Repeat with every handful. The salt draws the liquids out of the vegetables. Pack that jar to the very top!
5. If the liquid drawn from the vegetables doesn't cover them, leave for 10 minutes then press it down hard again. If there is still not enough liquid, add a little filtered water (chemicals like chlorine in tap water destroy the process).
6. Press the clean saved outer leaf on top of the vegetables and force the lid closed.
7. Stand the jar in a bowl and put it in a warm, dark place. Liquid will escape from the top of the jar, so empty the bowl every day.
8. Taste it after a few days and if it's ready, put it in the refrigerator.
9. I eat a big spoonful with my sprouted seeds and salad every day. But cats don't need much. Offer them a couple of pieces and give them more if they want it.



# RECIPE FOR VEGAN STEW

*This is not a raw option, but a delicious cooked stew can be made easily using lentils or chickpeas (garbanzos) or mung beans. Our cats love it. They get excited when they see us preparing it and once they smell it cooking, they can barely wait to eat it.*

Mix [PET Plus](#) with every serving to aid digestion, as the enzymes and many nutrients will have been damaged by the cooking process. Stored in the fridge, it can last for several days. Stored in a covered bowl or pan on the worktop (if room temperatures are below 24°C), it will slowly start to ferment. Our cats love this slightly fermented stew better on days 2 and 3 than on day 1. My friends call it Lazarus stew, as the fermentation process brings it back to life!

It can also be blended then mixed with chia seeds, flax seeds and PET Plus to make biscuits in the dehydrator. There is no waste in a vegan kitchen.

## INGREDIENTS

- Lentils or mung beans (no need to soak)
- Chickpeas (soaked overnight)
- Carrots peeled and chopped
- Celery washed and diced
- Broccoli washed and chopped
- Garlic peeled and crushed

## METHOD

1. Discard the chickpea soak-water and thoroughly rinse the chickpeas.
2. Cook the lentils, mung beans or chickpeas and the vegetables in a pan of water and bring to the boil, then simmer until just soft. The lentils, mung beans or chickpeas make a delicious stew on their own, without the vegetables, too!
3. When cool, give some, including the juices, to your cats. Mix in some PET Plus and olive oil.

# RECIPE FOR COOKED PORRIDGE

*Possibly the least nutritious, but a lovely, comforting, calming meal to share with your cat in the evening!*

## INGREDIENTS

- 50g porridge oats
- 150-200mls filtered or bottled water
- Maple syrup or natural raw sugar (called panela in Latin America)
- Coconut oil

## METHOD

1. Mix the porridge oats with the water and boil, stirring all the time (I mix boiling water with the oats in a bowl, and stir)
2. When it has thickened, put some in your cat's bowl and put it aside to cool. Then mix in PET Plus and coconut oil.
3. For yourself, you might prefer a little sweetness, so stir in a little maple syrup or raw cane sugar and coconut oil.

# RECIPE FOR RAW PORRIDGE (OVERNIGHT OATS)

*This can be served warm or cold and requires preparation 12 hours before use.*

## INGREDIENTS

- 50g porridge oats
- 150-200mls filtered or bottled water
- Maple syrup or natural raw sugar (called panela in Latin America)
- Coconut oil

## METHOD

1. Mix the porridge oats with the water and mix well.
2. Leave the mixture in a covered bowl for 12 hours for the oats to absorb the water to thicken the mixture.
3. When it has thickened, put some in your cat's bowl and mix in PET Plus and coconut oil. For yourself, you might prefer a little sweetness, so stir in a little maple syrup or cane sugar and coconut oil. You will probably want more sweetness than your cat!

# WARNINGS AND FURTHER INFORMATION

## BEANS

Do not use raw beans such as kidney beans or black-eyed peas. They contain toxins. In fact I don't use beans at all, except for mung beans.

## TOXIC FRUIT AND VEGETABLES

Do not use onions or grapes (or raisins, sultanas or currants) as these are extremely toxic to cats (and dogs).

## MACADAMIA NUTS

Do not use macadamia nuts as they are toxic to dogs and so we can assume they are toxic to cats too. As we have occasionally used soaked macadamia nuts in our dogs' and cat's chia porridge and cheeses, I can only guess that the current reports of toxicity are caused by feeding these nuts un-soaked or salted or roasted. **This underlines the importance of soaking all nuts.**

## WATER

Fresh, clean, filtered (chemical free) water must be available all day every day. It's a good idea to have 2 bowls, one with just the water and the other with the water and a block of sulphur, then your cats have a choice. A source of sulphur is important as sulphur is a major component of glutathione, the most important intracellular antioxidant.

If your cats go outside in the early morning, they may lick the dew off the grass. We think they're eating grass, but usually, they are just licking off the clean, fresh dew water. I suspect this water contains many minerals as it condenses from the air.

When they do eat grass, they often vomit the long blades of grass, sometimes entangled with roundworms, an effective way of ridding themselves of these parasites. I recommend using Verm-X crunchy treats every day or the liquid 4 days a month to prevent worms in the first place.

# MEAL PLANNING

Here are some ideas for a vegan meal plan for cats but see what your cat likes and adjust these suggestions to suit. Our cats love cucumbers every day and sometimes like tomato, papaya and avocado, so we offer these each morning.

Mix PET Plus with their food to ensure proper digestion.

You can add seed cheese whenever you and your cat fancy it because it is raw, living and enzymatically active, so is well digested with other fatty and proteinaceous foods.

When giving raw fruit or carbohydrate-rich vegetables (like fresh peas, carrots, and other root vegetables), wait at least an hour before giving anything else to ensure they are digested and have left the stomach. This prevents fermentation, indigestion and an uncomfortable build-up of gas in the stomach.

When using a combination of raw meat and vegan based diets, try alternating days / weeks, so feed the raw meaty diet one day / week and raw vegan food the next.

## A SEVEN DAY MEAL PLAN

### Sunday

- Cucumber, tomato, papaya, avocado
- A raw egg (cats usually only like the yellow, nutritious yolk so don't mix it!)
- A few raw soaked nuts
- Chia porridge
- PET Plus biscuits

### Monday

- Cucumber, tomato, papaya, avocado
- Vegan cheese
- Coconut flesh, coconut milk and / or chia porridge made with coconut milk
- Sprouted chickpeas, sprouted lentils, sprouted mung beans
- PET Plus biscuits

### Tuesday

- Cucumber, tomato, papaya, avocado
- A raw egg (cats usually only like the yellow, nutritious yolk so don't mix it!)
- Lentil/chickpea/mung bean stew
- PET Plus biscuits

### Wednesday

- Cucumber, tomato, papaya, avocado
- Lentil/chickpea/mung bean stew
- Sprouted lentils, chickpeas and mung beans
- PET Plus biscuits

### Thursday

- Cucumber, tomato, papaya, avocado
- A raw egg (cats usually only like yellow, nutritious yolk so don't mix it!)
- Lentil/chickpea/mung bean stew
- PET Plus biscuits

### Friday

- Cucumber, tomato, papaya, avocado
- Soaked nuts
- Sauerkraut
- Chia porridge
- PET Plus biscuits

### Saturday

- Cucumber, tomato, papaya, avocado
- Courgette (zucchini) cut into quarters
- A raw egg (cats usually only like the yellow, nutritious yolk so don't mix it!)
- Sprouted wheat berries
- Chia porridge made with sprouted wheat berries
- PET Plus biscuits

## GET PET PLUS!

The combination of enzymes in [PET Plus](#) helps our cats and dogs to digest the food they're given.

The whole formulation provides the nutrients our carnivorous friends would naturally obtain for themselves in the wild by eating whole raw herbivores, especially the gut contents with all that well chewed, partially digested raw plant material!

We give our cat Léon a small amount of PET Plus every day by mixing it in with his wet food. We started using PET Plus following a recommendation, as we were concerned about him looking lethargic. He just wasn't firing on all cylinders. It had a near immediate effect and he's much more the old cat that we're used to. PET Plus is part of Leon's daily routine now - thanks for developing this excellent product!

*Céline & John Rowe - London, UK*

Buy PET Plus Now