

lentils, starting with 7/8 cup (195ml/160g) uncooked *IF* using seitan

3/4 cup (185ml/80g) textured soy protein  
**OR** 5/8 cup (150ml/160g) firm tofu  
**OR** 7 tbs. (100ml/50g) seitan  
**OR** 3/4 cup (190ml/130g) tempeh  
 1/4 cup (65ml/45g) yeast powder  
 4 tsp. (20ml/18g) oil (decrease to 1 tbs. [16ml/15g] if using tempeh)  
 1/8 tsp. (1/2 ml/1g) salt  
**OR** 3/4 tsp. (4ml/4g) soy sauce  
 1 1/2 tbs. (21ml/18g) Vegecat phi™  
 Seasonings

## 4. Rice seitan

1 7/8 cups (435ml/360g) cooked brown rice starting with 5/8 cup (140ml/110g) uncooked  
 1 cup (250ml/120g) seitan  
 1/4 cup (65ml/25g) textured soy protein  
 1/4 cup (60ml/40g) yeast powder  
 4 tsp. (20ml/18g) oil  
 4 tsp. (20ml/17g) Vegecat phi™  
 1/8 tsp. (1/2 ml/1g) salt  
**OR** 3/4 tsp. (4ml/4g) soy sauce  
 Seasonings

## 5. Rice soy

1 2/3 cups cooked parboiled rice (395ml/290g) starting with 1/2 cup (110ml/90g) uncooked  
**OR** 1 1/2 cups cooked brown rice (355ml/290g) starting with 1/2 cup (110ml/90g) uncooked  
**OR** 1 2/3 cups (385ml/260g) cooked white rice starting with 1/2 cup (115ml/90g) uncooked  
 1 cup (225ml/95g) textured soy protein  
**OR** 7/8 cup (195ml/205g) firm tofu  
 1/4 cup (60ml/40g) yeast powder

4 tsp. (20ml/18g) oil  
 4 tsp. (20ml/17g) Vegecat phi™  
 1/8 tsp. (1/2 ml/1g) salt  
**OR** 3/4 tsp. (4 ml/4g) soy sauce  
 Seasonings

## 6. Oats plus

3 cups (710ml/700g) cooked oats starting with 1 3/8 cups uncooked (330ml/110g)  
 5/8 cup (140ml/60g) textured soy protein  
**OR** 1 1/3 cups (305ml/145g) seitan  
**OR** 1/2 cup (120ml/130g) firm tofu  
 1/4 cup (60ml/40g) yeast powder  
 4 tsp. (20ml/18g) oil  
 4 tsp. (20ml/17g) Vegecat phi™  
 1/8 tsp. (1/2 ml/1g) salt  
**OR** 3/4 tsp. (4 ml/4g) soy sauce  
 Seasonings

## 7. Seitan

3 1/4 cups (770ml/370g) seitan  
 1/3 cup (70ml/50g) yeast powder  
 2 tbs. (30ml/27g) oil  
 4 tsp. (20ml/17g) Vegecat phi™  
 2 1/2 tsp. toasted wheat germ  
 1/8 tsp. (1/2 ml/1g) salt  
**OR** 3/4 tsp. (4 ml/4g) soy sauce  
 Seasonings



### Recipe Analyses

V = VegeYeast, nutri = nutritional or brewers yeast, Tvp =textured soy protein, Rice= white (w),

brown (b), or parboiled & converted (p), Garb = garbanzo beans (chickpeas).

Protein, Fat and Magnesium Content (dw)

RECIPE	P%	F%	Mg%
Seitan V	51	20	0.085
Seitan nutri	54	20	0.101
Garb canned seitan V	36	12	0.104
Garb canned tempeh V	29	16	0.108
Kibble V	26	11	0.114
Garb seitan V	39	14	0.114
Garb canned seitan nutri	36	12	0.115
Garb tempeh V	31	17	0.119
Garb canned tempeh nutri	29	16	0.120
Ricew tofu V	26	18	0.124
Garb seitan nutri	39	14	0.125
Kibble nutri	29	11	0.126
Ricew tofu V	26	18	0.127
Lentil seitan V	31	10	0.128
Garb tempeh nutri	32	17	0.131
Oat seitan V	32	14	0.135
Ricew tofu nutri	29	18	0.135
Ricew tofu nutri	29	19	0.138
Lentil seitan nutri	33	10	0.139
Garb canned tofu V	30	16	0.143
Oat seitan nutri	35	14	0.146
Lentil tofu V	33	16	0.151
Lentil tempeh V	32	15	0.153
Garb canned tofu nutri	30	16	0.155
Garb tofu V	33	18	0.155
Ricew seitan V	30	12	0.156
Lentil nutri tofu	35	16	0.162
Lentil tempeh nutri	34	15	0.165
Ricew seitan nutri	32	12	0.166
Garb tofu nutri	33	17	0.167
Oat tofu V	26	18	0.168
Ricew tofu V	27	19	0.171
Ricew tvp V	28	9	0.176
Ricew tvp V	29	9	0.179
Ricew tofu nutri	29	20	0.182
Ricew tvp nutri	31	9	0.186
Ricew tvp nutri	31	10	0.189
Lentil tvp V	34	10	0.191
Garb canned tvp V	33	9	0.191
Lentil tvp nutri	36	10	0.201
Garb canned tvp nutri	33	9	0.201
Oat tvp V	28	13	0.202
Garb tvp V	35	10	0.203
Garb tvp nutri	35	10	0.213
Oat tvp nutri	30	13	0.213
Ricew tvp V	29	10	0.218
Ricew tvp nutri	31	10	0.228



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# VEGECATphi™ SUPPLEMENT INSTRUCTIONS

### Contains sodium bisulfate

In research studies, sodium bisulfate not only increases the palatability of food for cats, but also is a superior urine acidifier. Formation of struvite crystals is a common cause of lower urinary tract diseases. In some cases, complete obstruction occurs. Urine acidification can dissolve existing crystals and prevent the formation of new crystals.

### Make the change gradually

Mix a small amount of the new food with the old and adjust the proportions over days. For kibble, you could even mix in (as necessary) crushed commercial kibble into the dough before baking.

It is important that your cat eats enough for good health. A short fast won't hurt, but don't let this become a battle of wills with your cat ending as the loser.

### Kittens and queens

Kittens (to 8-12 months old) and queens need Vegekit™ for growth and lactation.

For convenience, adults may be fed Vegekit™ in households with both kittens and adults.

### Enzymes, for live-fooders

Since enzymes (the life force) are heat sensitive, we recommend the addition of plant-derived enzymes (lipase, amylase, protease, and cellulase) to any cooked food. Prozyme® Plus, available from Harbingers, maximizes the absorption of valuable nutrients by up to 71%, especially important on the vegetarian diet.

A little raw food doesn't supply enough enzymes to compensate for cooked food.

### Flours for VegeKibble

Whole wheat and bread flour both contain 14% protein by dry weight.

Gluten flour, the protein part of wheat (commonly labeled vital wheat gluten or instant gluten) contains 75% protein.

### Oils

Preferred oils are olive, high oleic safflower, sunflower, sesame, soybean, and corn. Optimally, without cooking it, add flax seed oil once a week.

## Seitan

Each cup (235ml/142g) of vital wheat gluten flour produces about 3 ½ cups (830ml/400g) of seitan. Available commercially, seitan has a “meaty” consistency and absorbs flavors readily. Imitation “meat” products should have wheat gluten as the first ingredient listed to qualify as seitan.

## Soy

Measurements for TVP™ (textured soy protein) are made before reconstituting. Stir in ⅛ cup boiling water for each cup (or 85ml for each 100ml) to reconstitute.

Use only tofu produced with calcium sulfate (not nigari or calcium salts). It is lower in magnesium.

A low-sodium soy sauce requires a 50% increase in volume over regular soy sauce.

## Sauces

Enhance the taste of kibble by coating it (just before serving) with a pureed vegetable, like squash, available as a baby food, and perhaps adding it along with mashed peas or green beans. Coat food with great tasting yellow colored nutritional yeast (see next paragraph) to get rid of the “sogginess” and make your cats happy. Never feed onions to cats.

## Yeast

Yeast is important for high quality protein, B vitamins, and flavor. Before serving semi-moist food, dust chunks with yeast. VegeYeast (available from us) is a special type of brewers yeast, made especially for cats. A high acid content and low magnesium content make it best.

Nutritional yeast tastes cheese-like, and comes in flakes, or powder. For maxi-flakes, double the volume (not the weight) measurements. Brewers yeast can also be used. For cats who like nutritional yeast best: use VegeYeast in the recipes for health benefits, but coat the food with nutritional yeast.

Nutritional yeast tastes cheese-like, and comes in flakes, or powder. It is available locally at better grocers and natural food stores. It's a long-time favorite for vegetarians who sprinkle it in salads, smoothies, and popcorn.

## Optional additions

Small amounts of crumbled nori sometimes appeals to choosy cats or imitation bacon bits (available without MSG).

Cantaloupe (alone) as well as fresh corn on the cob are summertime treats.

## Service with a smile

Feed cats several to many times per day to

assure adequate food. Coating meals with a little nutritional yeast really makes a difference for each of these recipes.

Cats want fresh food. Stale, soggy, old damp food isn't appreciated. Serve in clean bowls and always keep fresh water (clean enough for you to drink) always available.

## About the recipes

Recipes are based upon a 10-pound (4.5kg) adult cat. Cats may eat greatly less or more, depending on activity, etc.

To convert grams to ounces, divide by 28.4. There are 16 ounces to a pound.

# 1. Kibble

This is the best recipe in terms of convenience and palatability. It's very flexible since many coatings are possible for flavor variations. It's assuredly the best for healthy teeth and gums. Once the routine of making kibble is established, you'll find it easy and well worth the initial learning stage.



A four-gallon white plastic container with a lid (from a hardware store) makes it easy to mix a 65 day supply of dry ingredients. Swing the container up and down enough times to thoroughly mix the dry ingredients. You won't have to start over each time you make a new batch of kibble with the dry ingredients premixed.

Have three large cookie sheets handy. If you use a convection oven, decrease oven temperatures by 10%.

NOTE: Bake the 15-Day batch following these measurements. This 65-Day Recipe is primarily for mixing and storing dry ingredients for later use (a great time saver).

## Dry Ingredients for 65 Days

- 14 ⅝ cups / 3 lbs. 14 oz (3460ml/1755g) whole wheat flour
- 8 ½ cups / 2 lbs. 9 oz. (2000ml/1170g) bread flour
- 5 ½ cups / 1 lb. 11 oz. (1300ml/780g) wheat gluten flour
- 6 ⅛ cups / 2 lbs. 2 oz. (1440ml/975g) yeast powder
- 1 ⅝ cups / 13 oz. (375ml/370g) Vegecat phi™
- ⅓ cup / 2 ¼ oz. (70ml/65g) baking powder

## Making a 15 day supply of kibble

If you haven't premixed *Dry Ingredients For 65 Days*, start with the *Dry Ingredients for 15-Days* (at the end of Step 10).

1. Preheat oven to 325°F (160°C).
2. In a large mixing bowl, mix together:
  - 3 ½ cups water (as needed)
  - ¾ cup (100ml/90g) oil
  - ¼ cup (55ml/60g) tomato paste
  - 8 ½ cups / 2 lbs. 9 oz. (2000ml/1170g) of the preceding *Dry Ingredients for 65 Days mixture* OR add the “*Dry Ingredients for 15 Days*” that follows step 8
3. Stir with a large strong spoon to form a stiff dough.
4. Flour your hands and counter. Knead the dough well until smooth and elastic. Divide the dough into two parts. Roll out each to fit a large cookie sheet (12”x17”). Pat the dough down around the edges and prick with a fork to prevent bubbles. Bake for 20 minutes.
5. With a large chef's knife cut each slab into 12 parts on a cutting board by cutting horizontally into three strips, and then each of those into fourths. Cut each resulting rectangle into kibble sized pieces (like a miniature checkerboard) by cutting first in one direction (10-12 times), and then the other direction. An inexpensive *Cushion Strip* (from Harbingers) can protect your palm.
6. Place kibble pieces on cookie sheets, break-up apart pieces stuck together.
7. Dry kibble in a oven at its lowest tempera-

ture), or hot sunshine until pieces are crunchy and firm.

8. Store dried kibble at room temperature.

## Dry Ingredients For 15 Days

- 3 ⅓ cups / 14 oz. (685ml/405g) whole wheat flour
- 2 cups / 9 ½ oz. (465ml/270g) bread flour
- 1 ¼ cups / 6 ½ oz. (300ml/180g) vital wheat gluten flour
- 1 ⅜ cups / 8 oz. (330ml/225g) yeast powder
- ¾ cup / 3 oz. (85ml/85g) Vegecat phi™
- 1 tbs. (15ml/15g) non-aluminum baking powder

Each of the following recipes make a 3-day supply of food. Store in small covered containers in the refrigerator.

# 2. Chickpea plus

- 1 ⅜ cups (330ml/335g) canned chickpeas (garbanzo beans)
- OR 1 ½ cups (340ml/240g) home-cooked chickpeas, starting with ¾ cup (180ml/150g) uncooked
- ¾ cup (200ml/85g) textured soy protein
- OR ¾ cup (170ml/180g) firm tofu
- OR 1 ½ cups (360ml/175g) seitan
- ¼ cup (65ml/45g) yeast powder
- 1 tbs. (15ml/14g) oil
- OR 4 tsp. oil (19ml/17g) if using seitan
- 1 ½ tbs. (21ml/18g) Vegecat phi™
- ⅛ tsp. (½ ml/1g) salt
- OR ¾ tsp. (4ml/4g) soy sauce

# 3. Lentil plus

- 1 ⅔ cups (380ml/320g) cooked lentils, starting with ⅔ cup (130ml/105g) uncooked
- OR 2 ⅔ cups (575ml/480) cooked