

Where to shop:

Find liver, kidney, heart, beef: <http://healthhomeandhappiness.com/uswellness>

*Notes on Bob Food:*

Phosphate restriction is key for cats with CKD so we can either formulate a low-phosphate diet or select an OTC cat food relatively low in phosphorus. For this purpose, a phosphate content that is < 100 mg per 100 kcal is ideal, especially in a cat with severe kidney disease.

<https://www.animalendocrine.com/wp-content/uploads/2015/05/Dietary-Management-of-Cats-with-Hyperthyroidism-Concurrent-Renal-Disease-Final.pdf>

	Calories	Calories from Fat	Calories from protein	Phosphorus (mg)
<b>Chicken Liver</b>	63	21	31	148.5
<b>Beef Kidney</b>	51.5	13.5	37	128.5
<b>Egg Shell</b>				50.4
<b>Raw Egg</b>	71	44	25	95.5
<b>Chicken Heart</b>	153	84	66	177
<b>Ground Beef</b>	2896	2168	488	1056
<b>Salmon, herring, or sardine oil</b>	122	122		
<b>Total</b>	3356.5	2452.5	647	1655.9
<b>Servings (100 cal ea)</b>	33.565			
<b>Per 100 calories</b>	100.014898688915	73.0780691299166	19.2789034564958	49.3414779499404

**Ingredients:**

50 grams chicken liver Per 50 g: 63 calories, 21 calories from fat, 31 calories from protein, 294 mcg folate, .9 mg riboflavin, 0.85 mg niacin, 8.3 mcg B12, 84 mg choline, 148.5 mg phosphorus

<https://nutritiondata.self.com/facts/poultry-products/666/2>

50 grams beef kidney Per 50 g: 51 calories, 13.5 g fat, 37 g protein, 46 mcg folate, 1.4 mg riboflavin, 4 mg niacin, 13.5 mcg B12, 128.5 mg phosphorus

<https://nutritiondata.self.com/facts/beef-products/3466/2>

1 cup water

6 grams ground eggshell - typically cats get calcium from the bones in meat in a raw diet, but in the case of kidney disease, we want to limit the phosphorus in their diet. Bone is made up of quite a bit of phosphorus so we use egg shell in its place.

Per 6 g 5400 mg calcium, 50.4 mg phosphorus

Sources: <https://www.ncbi.nlm.nih.gov/pubmed/23607686>  
<https://nutritiondata.self.com/facts/custom/1145333/2>

1 whole raw egg 71 calories, 44 calories from fat, 25 calories from protein 95.5 mg phosphorus

<https://nutritiondata.self.com/facts/dairy-and-egg-products/111/2>

100 grams chicken heart 153 calories, 84 calories from fat, 66 calories from protein 177 mg phosphorus

<https://nutritiondata.self.com/facts/poultry-products/664/2>

800 grams ground beef 70% protein/30% fat (can replace 100 g with egg white) Per 100 g 362 calories 271 calories from fat 61 calories from protein 132 mg phosphorus

800 grams ground beef 85/15 protein/fat per 100 g 215 calories 1

1 tablespoon sardine oil for omega 3 fatty acids

Recipe:

50 grams chicken liver  
50 grams beef kidney  
1 cup water  
6 grams ground eggshell  
1 whole raw egg  
100 grams chicken heart  
800 grams ground beef 70/30  
14g sardine or salmon oil

Divide into 16 portions for ~ 200 calories each.

Facebook group (link) I used to find most of this information (super helpful people!)

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