



How to Prepare and Feed EZComplete fur Cats

Information Supplied by Food Fur life

Instructions for Raw and Cooked

Instructions for cooked on this page are for how to make batches. Because EZComplete contains digestive enzymes (that go to work on cooked meat more rapidly than raw), the texture will change and become softer / mushier (though it makes the nutrition even more easily absorbed). But if you are cooking and want to add the premix at the time of serving to retain more texture, please see article below on how to do that.

Even if your cat is already eating raw or cooked food, please introduce this new food slowly.

EZComplete fur Cats balances boneless meat. It is a true meat-completer: do NOT add any organ or source of calcium. This premix is not a "vitamin supplement" and the premix powder cannot be added to foods that are already balanced and complete; that said, food made with EZComplete (once prepared as directed) can be mixed with other balanced foods. EZComplete fur Cats already contains plant-based digestive enzymes and a source of omega 3 (a daily maintenance dose of green lipped mussel powder).

Also please note, whether you are making ground batches or using EZComplete fur Cats as a sprinkle-on, to prevent sensitivities or food boredom, we recommend including at least three different animal sources in your diet rotation, though be sure to properly introduce each new protein made with EZComplete slowly and one-at-a-time.

Measures:

Scoop: the small measuring "spoon" included in the bag. The scoop in the bag holds 2.5 grams of premix. The scoop is not equivalent to one-half teaspoon. Not all dry powders have the same moisture content or density. The online converters assume that the volume measure of the product is one gram per cubic centimeter. The EZComplete fur Cats supplement does not have a density that corresponds to one gram per cubic centimeter.

Cup: A standard measuring cup used in cooking and baking.

Scant: Refers to not full to the brim - it means "slightly less than."

EZcomplete fur Cats Small Batch Measures					
Amount of Boneless Meat to use			The amount of EZcomplete fur Cats to use (ounces)		The amount of EZcomplete fur Cats to use (grams)
4 oz	¼ lb	110g	0.24	¼	6.7 g
8 oz	½ lb	225g	0.47	½	13.3 g
12 oz	¾ lb	340g	0.70	¾	20.0 g
16 oz	1 lb	450g	0.94	1	26.7 g
20 oz	1 ¼ lb	560g	1.17	1 ¼	33.3 g
24 oz	1 ½ lb	680g	1.41	1 ⅜	40.0 g
28 oz	1 ¾ lb	790g	1.65	1 ⅝	46.7 g
32 oz	2 lb	900g	1.88	1 ⅞	53.3 g

INSTRUCTIONS FOR MAKING RAW FOOD

The Recipe for Raw Batches

Note: Weighing the premix is more accurate than using a volume measurement.

Non-metric

Two pounds of boneless meat, chunked or ground.

1 ½ cups of water. *Adjust water content to your cat's preference.* The water is needed to distribute the premix evenly into the meat and rehydrate the powdered food ingredients.

Scant 1/2 cup of EZComplete fur Cats (do not pack the cup, the powder is measured loose - equivalent to 22 provided scoops of powder).

By weight it requires 1 7/8ths ounce (53.3g) of premix.

Metric

One kilogram of boneless meat, chunked or ground

400g of water. *Adjust water content to your cat's preference.* The water is needed to distribute the premix evenly into the meat and rehydrate the powdered food ingredients.

24 scoops of EZComplete fur Cats.

By weight this is 60g of premix.

To prepare the raw food, simply combine the boneless meat, water, and EZComplete fur Cats premix. Mix / stir the supplement evenly into the meat. Portion and freeze!

To Use EZComplete as a Sprinkle-On / For Individual Raw Meals

Add

- 1.5 ounces (43g) of boneless meat

- One tablespoon of water (this makes gravy if not using ground meat). *Adjust the amount of water to the type of meat (ground, small, or large chunks) and your cats' preference.* If new to chewing, start with small pieces (thin strips).
- One scoop (provided in the bag) (2.5g) of **EZComplete fur Cats**

Mix well, and serve. This yields a 2 ounce (57g) meal if using one tablespoon of water.

INSTRUCTIONS FOR MAKING COOKED FOOD

Please note, the decision to cook the meat for your cat's food may have health consequences. Please understand your options prior to determining the method you will use: Raw or Cooked? Which Should I Feed and Why?

*******For Cooked, several very important points!*******

- 1) When using EZComplete with cooked (boneless) meat, **the amount of premix to use is based on the RAW weight of the meat, prior to cooking.** If you purchase bone-in meat, it must be de-boned prior to cooking as you need to know its raw weight in order to determine the amount of premix to use to balance the food properly.
- 2) If cooking the meat, cook only the boneless meat. **Add the premix AFTER the meat is cooked and cooled.**
- 3) When making cooked food with EZComplete **it is VERY important to use all of the cooking water OR to recover all of the pan drippings to include in the food:** important minerals and vitamins are contained in that water and those

juices! If you boil, poach, or use a slow cooker, you may not need to add more water, depending on how much water is included with the cooked meat. The water in the recipe is used to make sure the supplement is mixed evenly into the meat and to replace the moisture lost in the freeze drying of food ingredients. If there was sufficient cooking water, there is no need to add more. If your cats like it a bit soupy or with gravy, you can add more.

4) **EZComplete premix powder contains plant-based digestive enzymes.** Cooked meat might have an altered texture during refrigerator storage. (This does not happen during freezer storage). This makes the nutrition more easily available to your cat, it does not damage the nutrition in any way (in fact, it makes it even more bioavailable). But it can alter the texture by making the meat softer. **If** your cat does not like the texture change (most don't seem to care), it's best to portion into individual meal-sized amounts for freezer storage once you've prepared the batch. To feed, simply use the rapid-thawing method at meal-time, as directed in the next section (How to Thaw & Serve), below. We also have instructions for how to add the premix powder at the time of feeding when using cooked meat. See below.

Instructions for Cooking the Boneless Meat

Slow Cooker Method - recommended

Add the boneless meat and 1/4 cup of water per pound (1/2 - 3/4 cup of water per kilogram) to the slow cooker. Cook on low for 4 to 6 hours if you choose to cook the meat to well done. Do not cook on the high setting unless you're in a real bind time-wise. Remember: if cooking for concerns due to bacteria, the meat does not need to be cooked to well done.

Allow the meat to cool, then shred with a fork, chop, cut, shred, or use a food processor to chop/grind to a consistency you (and your cat) like. Using a food processor will increase the chances of texture changes when prepared food is refrigerated.

Use **ALL** of the water used for cooking the meat when mixing with the supplement once the meat is processed the way you want it, it contains valuable minerals and nutrients.

Baking - please note that we recommend adding water to the bottom of the pan and covering the meat with foil. This is not a dry heat method of cooking and is not comparable to roasting.

If you bake the meat, please remember to retain/recover as much of the pan drippings as possible, these include valuable nutrients.

Recommended method if baking: Use a baking pan with an elevated rack for the boneless meat. Add water to the bottom of the pan; cover the entire thing with foil to retain moisture. This also makes it easier to recover the pan drippings. When the poultry or meat is done, depending on how much water is in the pan, please add up to the 1 ½ cups water (400g per kilogram of meat) to the roasting pan (if needed) to scrape all of the pan drippings to use them in the food. Add this to the mixing bowl when your meat is chopped or shredded OR add it (slowly) to the food processor if pureeing the meat into a smoother consistency. Please note, the finer the grind of the meat, the faster the texture will alter once thawed. If using ground, just add it all to the mixing bowl and add the EZComplete premix. Mix thoroughly.

Baking Instructions: Cook at 350 F (180C) for up to 20 minutes per pound (500g) of boneless meat, *depending on the internal temperature you want to target*. All we need to achieve for our pets is cooking the outer layers of the meat, and the meat is best prepared rare (or very rare). Reducing the internal temperature over time (cooking the meat less and less) can be used as a method to transition to raw if desired.

To make "ground" food if you don't have a grinder for the meat, (whether raw or cooked & cooled), cut the boneless meat into small pieces appropriate to the size of your food processor (if cooked, wait until the meat has cooled). Pulse the food processor for a few seconds at a time to chunk/mince/"grind" to your cat's desired consistency. Again, the smoother the food, the faster the texture will change once thawed if cooked through. If the meat is cooked to well done, we recommend simply "shredding" the meat with a fork.

Instructions for Batches Made with Cooked Meat

In a mixing bowl, add the cooked boneless meat and ALL the water from cooking or the recovered pan juices from baking.

ALLOW TO COOL.

Once the meat and water or pan juices have cooled, add the **EZComplete fur Cats** premix. Mix thoroughly.

You can add more water if your cat prefers the food a little soupier or if it is needed to distribute the premix evenly. For cooked meat, if your cat does not like the texture change that results over time with refrigerator storage (discussed above), you can portion your batch of food made with cooked meat into meal size portions for freezer storage and then use the rapid thawing method at meal time. Use freezer-adequate containers or bags for storage.

Instructions for Individual Meals of Cooked Meat

As the amount of premix to use is based on the amount of the RAW weight of the meat, there are two options:

- 1) Cook the amount of meat you plan to feed at each meal, or
- 2) Cook a larger batch of meat and portion to store in the freezer. For instruction on how much EZComplete premix to add to the thawed portion of cooked meat, please see "How to Add EZComplete to Cooked Meats at the Time of Feeding." below



Instructions for Adding EZComplete Premix at the Time of Feeding when using cooked meats.

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Whether or not to use this method is up to you and your cat. It is not necessary. As described on the package and in the "How To Prepare" section, the meat can be cooked, the food made with the cooked meat and then the batch of prepared cooked food can be portioned for freezer storage and thawed for use.

Some cats (even with raw food) prefer the EZComplete premix when it is added just before eating. Because the amount of premix powder to use is based on the raw weight of the meat, adding the premix to cooked meat for individual meals or daily portions requires calculating the raw equivalent amount of meat in each cooked meat portion. These are the instructions on how to do that.

The Instructions for Portioning Cooked Meats & Adding Premix Powder at the Time of Feeding

You **DO** need a kitchen scale for proper measures when using this method.

Again: the amount of EZComplete premix powder to use is based on the **RAW** weight of the meat. Cooking alters the weight of the meat. Thus the final weight of your cooked meat is **NOT** a factor in how to calculate how much premix to use with your **cooked** meat. **This method calculates how much raw weight of**

meat is in your (evenly weighed) cooked portions.

1) **Weigh your meat while it is still raw before you cook it.** Calculate how much EZComplete premix powder to use for that amount of raw meat. The amount of premix powder to use is 1.67 grams times the number of ounces (0.0588 grams times the number of grams of meat) . Round up to the nearest 10th of a gram OR the nearest gram. Write that down so you can refer back to it.

2) **Cook your meat.** *(Please see the "How to Prepare" instructions above if you need instruction).* Make sure to recover all water used in cooking OR use water as needed to recover all **pan** juices. Let the meat cool.

3) **Divide your cooked meat and recovered water/juices as evenly as possible.** THIS IS ESSENTIAL. It does not matter what portion size you use. **ALL** that matters is that you take the total weight of your meat + juices and divide them into even-weighing portions. All the portions should weigh just about the same amount. Do your best to spread the juices across the portions. If there are slight variations, this is OK. It balances out over time.

4) **Count your number of even portions** (or as even as possible). Take the total amount of EZComplete needed to balance the starting raw weight of the meat (in step number one, above) and divide that amount of powder by the number of even-weighing portions you made. That is how much EZComplete premix powder to add when using the portion.

EXAMPLE:

Step 1) You have 2 pounds (32 ounces) of raw boneless meat before cooking

(907 grams of raw boneless meat). The amount of premix powder needed to balance this is 1.67 grams per ounce of meat times 32 ounces of meat = 53.4 grams of premix powder (0.0588 grams of premix powder times 907 grams of meat = 53.3 grams of premix powder). *(The slight variation is due to rounding and will not impact the nutritional content of the food in a meaningful way).* We don't follow traditional rounding guidelines if using whole grams, always round up. Round up to 54 grams if your scale does not weigh 10ths of grams.

Step 2) Cook the meat with your preferred method of cooking. Recover pan juices / cooking water and add to the meat. Let this cool.

Step 3) Weigh the cooked meat + recovered water/ juices. In this example, we assume the cooked meat plus recovered cooking water/ pan juices weighs 40 ounces (1,134g). *It may be more or less than that, this is only theoretical. It doesn't matter how much water you use for cooking or pan juice recovery. All that matters is you weigh all of it.* You decide to divide this 40 ounces (1,134g) of cooked meat and juices into 10 even portions that weigh 4 ounces (113.4g) each. *You can divide your total cooked meat + water/juices into as many or as few portions as you like. ALL that matters is that your portions all weigh about the same amount.*

Step 4) In this example, there are 10 evenly weighed portions. Take the **total amount of premix powder needed to balance the raw weight of the meat** calculated in step one (54 grams of powder rounding up to the nearest whole gram) and **divide this by the number of (even weighing) portions.** *It doesn't matter how much those portions weigh. All that matters is the portions all weigh about the same and the number of them.* In this example, there are 10 portions. 54 grams of powder needed to balance the total starting raw weight of the meat divided by 10 portions is 5.4 grams of premix powder per portion. Jot that down so you can refer to it as you use the portions. In this example, 5.4

grams of premix powder is needed per portion of cooked meat.

The portions can be frozen and thawed and the EZComplete premix powder added to the portion just prior to use.