
The Ultimate Cat Owner's Guide

8 Homemade Treats, 6 Meals, Raw Food Guide & Emergency Checklist

- 5 Homemade Treat Recipes

- 3 Balanced Meal Recipes

- Raw Food Safety Guide

- Fruit & Vegetable Guide

- Emergency Health Checklist

- Daily Health Routine

■ *Save \$1,000+/year vs store-bought treats & meals*

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■ COST COMPARISON

Store-bought vs. Homemade Annual Savings:

Item	Store Price	Homemade Cost	Annual Savings
Premium treats (5 bags/month)	\$15/bag = \$900/yr	\$40/yr	\$860
Wet food (1 can/day)	\$2/can = \$730/yr	\$200/yr	\$530
TOTAL			\$1,390+

■ Pro Tip

This guide pays for itself in the first week. Store-bought treats cost \$15/bag. Make 50+ treats for under \$5.

■ PART 1: 8 HOMEMADE TREAT RECIPES

Recipe 1: Tuna Crunchers

■ Easy • ■ 25 min • ■ 50 treats

■ *Vet Note: High-protein, grain-free. Great for cats with sensitive stomachs.*

Ingredients:

- 1 can (5 oz) tuna in water, drained
- 1 cup oat flour
- 1 egg
- 1 tbsp catnip (optional)
- 1 tbsp olive oil

Instructions:

1. Preheat oven to 350°F
2. Drain tuna well
3. Blend tuna, egg, and olive oil
4. Mix in oat flour and catnip
5. Roll into balls, place on sheet
6. Flatten with fork
7. Bake 12-15 min until golden
8. Cool completely

■ **Pro Tip:** If dough is too sticky, refrigerate 10 minutes before rolling.

■ **Storage:** Room temp: 5 days | Refrigerate: 2 weeks | Freeze: 3 months

Recipe 2: Chicken Liver Bites

■ Medium • ■ 35 min • ■ 40 treats

■ *Vet Note: Excellent for cats with anemia. High vitamin A — limit 2-3/week.*

Ingredients:

- 1/2 lb chicken livers
- 1/2 cup whole wheat flour
- 1 egg
- 2 tbsp unsalted chicken broth

Instructions:

1. Preheat oven to 325°F
2. Rinse livers, remove tissue
3. Pulse livers until smooth
4. Add egg and broth
5. Add flour until dough forms
6. Spread 1/4-inch thick
7. Score into squares
8. Bake 18-20 min until dry
9. Break apart, cool completely

■ **Pro Tip:** Limit to 2-3 treats/week — too much liver causes vitamin A toxicity.

■ **Storage:** Refrigerate: 1 week | Freeze: 3 months

Recipe 3: Salmon & Sweet Potato Chews

■ Medium • ■ 6-8 hrs • ■ 30 treats

■ *Vet Note: Omega-3s for coat health. Chewy texture helps clean teeth.*

Ingredients:

- 1 can (5 oz) salmon, drained
- 1/2 cup mashed sweet potato
- 1/4 cup coconut flour
- 1 egg

Instructions:

1. Mix all ingredients until smooth
2. Spread 1/4-inch thick on tray
3. Score into rectangles
4. Dehydrator: 135°F 6-8 hours
5. Oven: 170°F, prop door open, 4-5 hours
6. Cool completely, break apart

■ **Pro Tip:** Chewy texture helps clean teeth naturally.

■ **Storage:** Airtight container: 2 weeks | Refrigerate: 1 month

Recipe 4: Catnip Cookies

■ Easy • ■ 22 min • ■ 60 treats

■ *Vet Note: Catnip is safe and non-addictive. Not all cats respond.*

Ingredients:

- 1 cup oat flour
- 1/4 cup dried catnip
- 1 egg
- 2 tbsp unsalted butter, softened
- 2 tbsp water

Instructions:

1. Preheat oven to 350°F
2. Mix flour and catnip
3. Add egg, butter, and water
4. Stir until dough forms
5. Roll into pea-sized balls
6. Place on parchment-lined sheet
7. Flatten with fork
8. Bake 10-12 min until firm
9. Cool completely

■ **Pro Tip:** Not all cats respond to catnip — it's genetic!

■ **Storage:** Airtight container: 2 weeks

Recipe 5: Pumpkin & Turkey Meatballs

■ Easy • ■ 30 min • ■ 25 treats

■ *Vet Note: Pumpkin is excellent for digestive issues. Lean turkey is low-fat.*

Ingredients:

- 1/2 lb ground turkey (lean)
- 1/4 cup canned pumpkin puree
- 1/4 cup oat flour
- 1 egg

Instructions:

1. Preheat oven to 350°F
2. Mix all ingredients
3. Roll into 1-inch meatballs
4. Place on parchment-lined sheet
5. Bake 12-15 min until 165°F internal
6. Cool completely

■ **Pro Tip:** Lean turkey is low-fat. Good for weight management.

■ **Storage:** Refrigerate: 5 days | Freeze: 2 months

Recipe 6: Sardine & Oat Crunchers

■ Easy • ■ 20 min • ■ 35 treats

■ *Vet Note: Omega-3 rich for coat health. Good for cats with dry skin.*

Ingredients:

- 1 can (4 oz) sardines in water, drained
- 1 cup oat flour
- 1 egg
- 1 tbsp dried parsley

Instructions:

1. Preheat oven to 350°F
2. Drain sardines, remove large bones
3. Mash sardines with fork
4. Add egg and parsley
5. Gradually add oat flour until dough forms
6. Roll into 1/2-inch balls
7. Flatten with fork
8. Bake 12-15 min until firm
9. Cool completely

■ **Pro Tip:** Omega-3 rich for coat health. Good for cats with dry skin.

■ **Storage:** Airtight container: 5 days | Refrigerate: 2 weeks

Recipe 7: Salmon & Dill Bites

■ Easy • ■ 22 min • ■ 40 treats

■ *Vet Note: Dill aids digestion. Salmon provides omega-3 fatty acids.*

Ingredients:

- 1 can (5 oz) salmon, drained
- 3/4 cup oat flour
- 1 egg
- 1 tsp dried dill
- 1 tbsp olive oil

Instructions:

1. Preheat oven to 325°F
2. Drain salmon, remove skin and bones
3. Flake salmon into bowl
4. Add egg, dill, and olive oil
5. Gradually add oat flour
6. Roll into small balls
7. Flatten slightly
8. Bake 15-18 min until dry
9. Cool completely

■ **Pro Tip:** Dill aids digestion. Salmon provides omega-3 fatty acids.

■ **Storage:** Airtight container: 1 week | Refrigerate: 2 weeks

Recipe 8: Cottage Cheese & Chia Crunchies

■ Medium • ■ 30 min • ■ 45 treats

■ *Vet Note: Calcium rich. Chia seeds provide fiber and omega-3s.*

Ingredients:

- 1/2 cup low-fat cottage cheese
- 1 cup oat flour
- 1 tbsp chia seeds
- 1 egg

Instructions:

1. Preheat oven to 325°F
2. Drain excess liquid from cottage cheese
3. Mix cottage cheese, egg, and chia seeds
4. Gradually add oat flour until dough forms
5. Roll into small balls
6. Flatten with fork
7. Bake 18-20 min until firm
8. Cool completely

■ **Pro Tip:** Calcium rich. Chia seeds provide fiber and omega-3s.

■ **Storage:** Refrigerate: 1 week | Freeze: 2 months

■ PART 2: 6 BALANCED MEAL RECIPES

Meal 1: Chicken & Rice Bowl

■ Easy • ■ 40 min • ■ 4 servings

■ *Vet Note: Balanced protein + carb + fiber. Good for upset stomachs.*

Ingredients:

- 2 cups cooked white rice
- 1 lb cooked chicken breast (cubed)
- 1/4 cup steamed carrots (diced)
- 1 tbsp fish oil

Instructions:

1. Cook rice according to directions
2. Bake or boil chicken until 165°F
3. Steam carrots until soft
4. Mix all ingredients
5. Add fish oil, stir
6. Cool completely

■ **Pro Tip:** Portion: 1/4 to 1/2 cup per meal (adult cat)

■ **Storage:** Refrigerate: 3 days | Freeze: 1 month

Meal 2: Turkey & Pumpkin Stew

■ Easy • ■ 40 min • ■ 5 servings

■ *Vet Note: Digestive support. High moisture content good for hydration.*

Ingredients:

- 1 lb ground turkey
- 1/2 cup canned pumpkin puree
- 1/4 cup peas
- 2 cups low-sodium chicken broth

Instructions:

1. Brown turkey, drain excess fat
2. Add broth and pumpkin
3. Add peas, simmer 15 min
4. Cool completely

■ **Pro Tip:** Portion: 1/4 to 1/2 cup per meal

■ **Storage:** Refrigerate: 4 days | Freeze: 2 months

Meal 3: Fish & Sweet Potato

■ Easy • ■ 35 min • ■ 4 servings

■ *Vet Note: Omega-3 rich. Good for coat and skin health.*

Ingredients:

- 1 lb white fish (baked, flaked)
- 1 cup mashed sweet potato (plain)
- 1 tbsp olive oil

Instructions:

1. Bake fish at 400°F for 15 min
2. Steam sweet potato until soft
3. Mash sweet potato
4. Mix fish, sweet potato, and olive oil
5. Cool completely

■ **Pro Tip:** Portion: 1/4 cup per meal

■ **Storage:** Refrigerate: 2 days

Meal 4: Beef & Vegetable Mash

■ Easy • ■ 45 min • ■ 5 servings

■ *Vet Note: Complete meal with protein, vegetables, and grains.*

Ingredients:

- 1 lb lean ground beef (90/10)
- 1/2 cup cooked brown rice
- 1/4 cup steamed peas
- 1/4 cup steamed carrots (mashed)
- 1 tbsp fish oil
- 1/4 tsp dried rosemary

Instructions:

1. Brown beef, drain excess fat
2. Cook rice according to directions
3. Steam peas and carrots
4. Mash carrots
5. Mix beef, rice, peas, carrots, and rosemary
6. Add fish oil
7. Cool completely

■ **Pro Tip:** Portion: 1/4 to 1/2 cup per meal

■ **Storage:** Refrigerate: 4 days | Freeze: 2 months

Meal 5: Egg & Spinach Scramble

■ Easy • ■ 15 min • ■ 3 servings

■ *Vet Note: Quick protein boost. Spinach in small amounts only (oxalates).*

Ingredients:

- 4 eggs
- 1/4 cup fresh spinach (chopped)
- 1 tbsp olive oil
- 2 tbsp cooked quinoa

Instructions:

1. Heat olive oil over medium-low
2. Whisk eggs in bowl
3. Add spinach to pan, sauté 1 min
4. Pour in eggs, scramble gently
5. Cook until set (not runny)
6. Mix in quinoa
7. Cool completely

■ **Pro Tip:** Portion: 2-3 tablespoons per meal

■ **Storage:** Refrigerate: 2 days

Meal 6: Rabbit & Pumpkin

■ Easy • ■ 40 min • ■ 4 servings

■ *Vet Note: Novel protein — good for cats with food allergies.*

Ingredients:

- 1 lb ground rabbit
- 1/2 cup canned pumpkin puree
- 1/4 cup cooked white rice
- 1 tbsp olive oil

Instructions:

1. Brown rabbit in pan (no oil needed)
2. Cook rice according to directions
3. Mix rabbit, pumpkin, and rice
4. Add olive oil
5. Cool completely

■ **Pro Tip:** Portion: 1/4 to 1/2 cup per meal

■ **Storage:** Refrigerate: 3 days | Freeze: 2 months

■ PART 3: RAW FOOD SAFETY GUIDE

■ Safe Raw Foods

Food	Benefits	Precautions
Raw chicken necks/wings	Dental health	Never cooked bones
Raw turkey necks	Dental health	Supervise eating
Raw beef heart	Taurine rich	In moderation
Raw liver	Vitamin A	Max 1x/week (toxicity risk)
Raw eggs (with shell)	Protein + calcium	Wash shell first
Raw sardines	Omega-3s	Freeze 2+ weeks before feeding
Raw green tripe	Probiotics	Source from reputable supplier

■■ NEVER FEED RAW

Pork (trichinosis), Pacific NW salmon (salmon poisoning disease — 90% fatal), wild game (parasites), raw dough with yeast (alcohol poisoning)

■ Raw Feeding Safety Rules

1. Source from reputable suppliers (human-grade) 2. Freeze fish for 2+ weeks before feeding 3. Handle like human raw meat — wash everything 4. Never leave out more than 20 minutes 5. Consult vet before starting raw diet

■ PART 4: FRUIT & VEGETABLE GUIDE

■ Safe Fruits (Very Small Amounts)

Fruit	Benefit	Serving
Blueberries	Antioxidants, fiber	2-3 berries
Cantaloupe	Vitamins A & C	1 small cube
Watermelon	Hydration	1 small cube (no seeds)
Pumpkin	Digestive health	1 tsp puree
Apple	Fiber	1 small slice (no seeds)

■ Safe Vegetables (Small Amounts)

Vegetable	Benefit	Prep
Carrots	Beta-carotene	Steamed, mashed
Green beans	Fiber, low cal	Steamed, chopped
Broccoli	Vitamins	Small amounts only
Peas	Protein, vitamins	Steamed, mashed
Spinach	Iron	Small amounts (oxalate risk)
Zucchini	Low calorie	Steamed, mashed
Cucumber	Hydration	Raw, small pieces

■ TOXIC PRODUCE (NEVER FEED)

Onions/garlic/chives/leeks (destroys red blood cells), grapes/raisins (kidney failure), avocado (persin toxicity), tomato plants/leaves (solanine), green potatoes/eyes (solanine), rhubarb leaves (oxalates), wild mushrooms (various toxins), cherries (cyanide in pits)

Cats are obligate carnivores. Fruits and vegetables should make up less than 5% of their diet. Always steam and mash vegetables for digestibility.

■ PART 5: EMERGENCY HEALTH CHECKLIST

■ CALL THE VET IMMEDIATELY

Struggling to breathe (mouth open, panting, wheezing), Not eating 24+ hours, Not urinating 24 hrs OR straining to urinate, Sudden collapse or seizures, Suspected poisoning, Severe vomiting (3+ times in 6 hrs), Eye injury or sudden blindness, Severe bleeding, Temperature outside 99.5-102.5°F, Hiding 12+ hours

■ SCHEDULE VET VISIT WITHIN 24 HOURS

Gradual weight loss >10%, Lethargy 2+ days, Drinking more/less water, Litter box changes, Bad breath or drooling, Excessive scratching, Behavioral changes, Limping 24+ hours

■ PART 6: DAILY HEALTH CHECK

Do this every morning while your cat is calm:

- ■ Eyes Clear and bright, no discharge, equal pupils, third eyelid not showing
- ■ Nose Moist or dry (both normal), no unusual discharge
- ■ Ears Clean smell, no discharge or dark wax, not hot
- ■ Mouth Pink gums, no bad breath, no drooling
- ■ Body Glossy coat, no bald spots, no new lumps, weight stable
- ■ Behavior Eating normally, drinking normally, using litter box, typical energy

■ PART 7: TROUBLESHOOTING

■ My cat won't eat the treats

Solution: Try different protein | Make treats smaller | Warm slightly | Sprinkle with catnip | Some prefer soft over crunchy

■ Treats are too crumbly

Solution: Add more egg | Bake less time | Store airtight immediately | Add 1 tsp olive oil to dough

■ Cat has diarrhea after new treats

Solution: Introduce ONE ingredient at a time | Wait 3 days between foods | Reduce portion | Check for toxic ingredients | CALL VET if persists >24 hrs

■ Treats burned on bottom

Solution: Use parchment paper (not wax) | Lower temp 25°F | Check 5 min early | Rotate sheet halfway

■ Cat begs for treats constantly

Solution: Stick to scheduled times | Use for training only | Try low-cal treats | Make treats smaller |
Remember: <10% daily calories

■ QUICK REFERENCE

Recipe	Difficulty	Time	Shelf Life	Cal/Treat
Tuna Crunchers	■ Easy	25 min	5 days room temp	~8
Chicken Liver Bites	■■ Medium	35 min	1 week refrigerated	~12
Salmon Chews	■■ Medium	6-8 hrs	2 weeks room temp	~15
Catnip Cookies	■ Easy	22 min	2 weeks room temp	~5
Turkey Meatballs	■ Easy	30 min	5 days refrigerated	~20
Sardine Crunchers	■ Easy	20 min	5 days room temp	~10
Salmon Dill Bites	■ Easy	22 min	1 week room temp	~12
Cottage Cheese Chia	■■ Medium	30 min	1 week refrigerated	~8

Keep this guide somewhere accessible. The refrigerator. Your phone. Your car. The 10 seconds it takes to review could save your cat's life.

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