

Whitefish, Lamb, and Egg Supreme

Our least complex recipe, with only a handful of whole-food ingredients in this supplemented version. Don't let its simplicity deceive you; this meal is rich in choline from eggs, vitamin E from fiber-rich asparagus, and minerals (including selenium) from whitefish. Lamb is great for pets with allergies or food sensitivities, as it typically causes fewer reactions than beef or chicken and it's higher in omega-3s than beef because sheep convert fatty acids more effectively from the foods they eat.

Adult Cat and Adult Cat Less Active, with Supplements

Yields 4½ pounds

41 calories/ounce

- 22 ounces fresh whitefish
- 12 large eggs, shelled
- 18 ounces ground lamb
- 7 ounces asparagus
- 14 grams nutritional yeast
- 1 gram salt
- 10 grams eggshell powder
- 0.5 grams kelp powder
(containing 700 micrograms of iodine per gram of kelp powder. This is a total of 350 micrograms iodine if you are using an iodine supplement rather than kelp powder.)

Supplements

- 2,500 milligrams choline
- 60 milligrams zinc
- 2,000 milligrams taurine
- 54 milligrams iron
- 4 milligrams copper
- 100 milligrams magnesium
- 8 milligrams manganese
- 400 micrograms folic acid
- 100 IU vitamin E
- 1,485 milligrams potassium

Note: This photo series shows you a shorthand version of how to poach this recipe. For more detailed instructions on poaching, turn to page 166.

