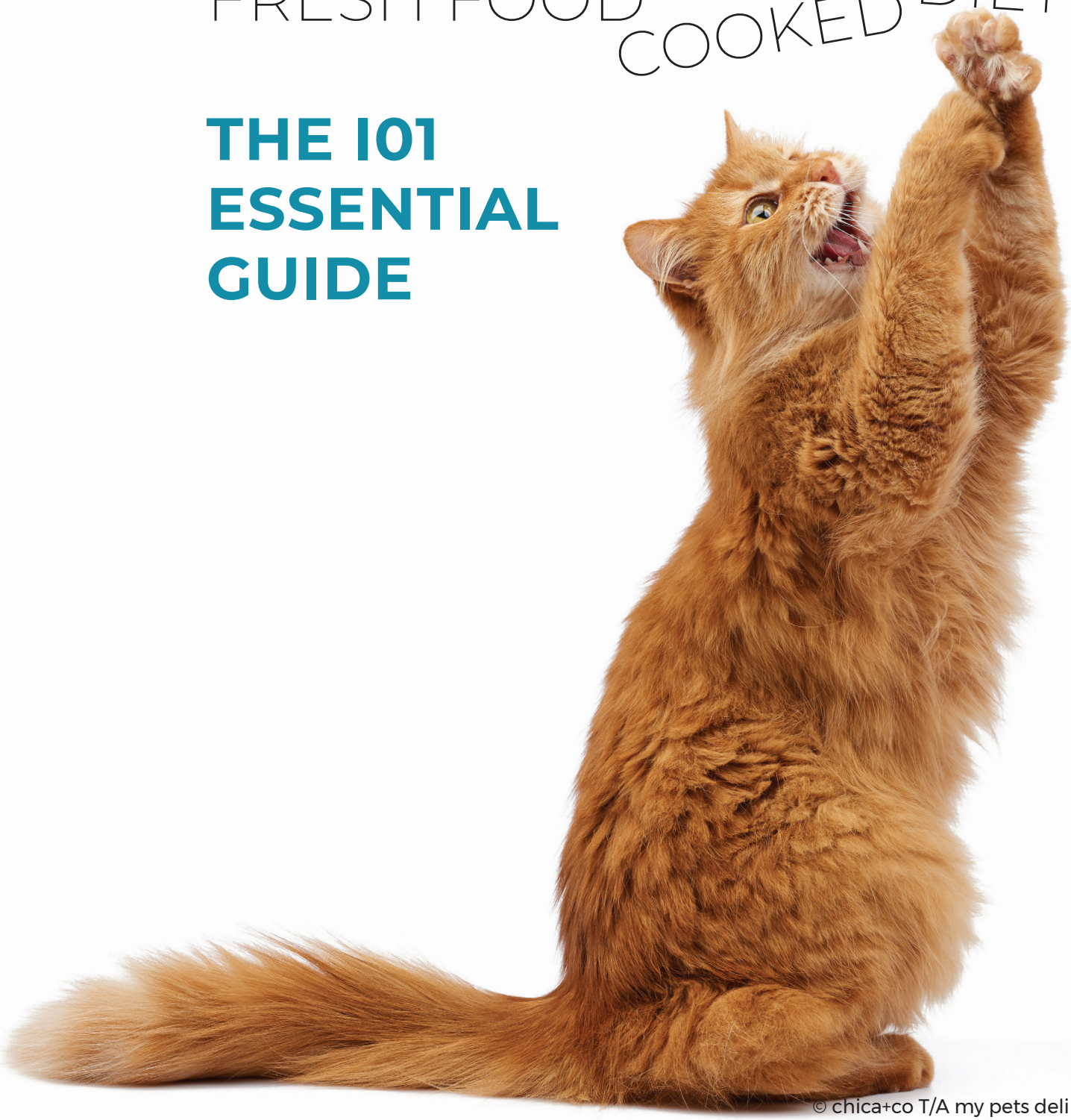
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DELI

FEED FRESH + FEED RIGHT + FEED HAPPY

FEEDING ADULT CATS A FRESH FOOD COOKED DIET

THE 101 ESSENTIAL GUIDE



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FOOD JOURNEY

transition your cat the easy way (well, as easy as possible, they set the rules...)

Cats are tricky criters. They are imprinted from birth to only eat 'safe' food. If mum only ate dry kibble, her babies belive on an instinctual level, ultra processed kibble is the only safe food to eat. So, here begins to journey to healthy, real food.

Day One/Two of your cats new diet

Understand you are working at their pace, & within their rules. You already know this, they do what they want, when they want!. Cats are driven by smell, warmth & the texture of their food. So the meal time dance begins....

Warm up 1 teaspoon of their new fresh food, just warm, & sit with them & let them smell & sample it from your fingers. If they smell & nibble, consider this a win. Try again a couple of hours later. Remove all free-grazing food stations from them. Transitioning will take time & patience, but if they are hungry, it is easier.

Day Two/Three

(Go slow – happy tummy = happy cat!)

Start with 10% new food. Mix 10% My Pets Deli Cooked Meals with 90% of their current food. Serve it WARM.

Introduce the mix only at BREAKFAST first day.

Monitor the litter box during the day it (takes about 10–14 hours to come out the other end). A bit loose is totally normal. If poop is watery + super smelly → skip the new food for the next 2–3 meals.

This is the time to change up the free-feeding bowl of dry kibble left out at all times. Remove it completely. Breakfast is a set meal, & dinner is a set meal, no snacking all day in between!

Day Four/Five

Include the new food at a ratio of 20% fresh food to 80% original food. Feed this ratio at all meals today.

Day Five/Six

Include the new fresh food at a ratio of 30% to 70% original food. Feed this ratio at all meals today.

Day Six/Seven

Include the new food at a ratio of 40% fresh to 60% original food. Feed this ratio at all meals today.

Day Six to Day 11

Continue to add a further 10% each day at every meal to the original food until you reach 100% new food.

Things to remember:

Cats are stubborn.

Cats resist change, especially if they have been fed an ultra processed carb-heavy diet.

Cats are carnivores, but they do digest nutrients from vegetables if they are processed correctly. We blitz the seasonal organic veggies, then cook them, enabling easy digestion, & the insoluble fibre is vital as a prebiotic enabling perfect litter box cleaning for you, their loyal servants. Firm poops, less smell, winner winner litter box cleaner!

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my pets **FOOD**

feeding guide for cats 2 months onwards

AGE	AMOUNT TO FEED
2-9 Months	10 -9% Current Body Weight
9 months	4% - 6% of Current Body Weight
12 Months	3% - 4% of Current Body Weight
18 Months	2% - 3% of Current Body Weight

AGE	CURRENT WEIGHT	← ACTIVITY LEVEL →		
		Indoor	**Outdoor**	**Approx %**
2-4 Months 5-9 Months	1kg	90gm	100gm	9/10% current body weight reduce as required
	2kg	180gm	200gm	
	3kg	270gm	300gm	
	4kg	360gm	40gm	
9-12 Months	4kg	160gm	240gm	4/6% current body weight
	5kg	200gm	300gm	
	6kg	240gm	360gm	
	7kg	280gm	420gm	
	8kg	320gm	460gm	
	9kg	360gm	500gm	
12 Months+	4kg			2/3% current body weight
	5kg	200gm	300gm	
	6kg	240gm	360gm	
	7kg	280gm	420gm	
	8kg	320gm	460gm	
	9kg	360gm	500gm	

REMEMBER TO FEED THE CAT IN FRONT OF YOU! THIS IS A GUIDE ONLY!

Too thin, increase the amount, too fat, decrease the amount. Monitor the weight & condition of your cat & adjust accordingly.

NOTE: These weights are a guide only. Please consider your cat's level of activity, exercise, desired weight & age when planning the percentage of food they will need.

KITTENS from 2 to 8 months of age: feed between 10% to 6% of your kittens cats body weight per day. This depends on their level of activity, and if they are an inside cat only. OUT SIDE CATS REQUIRE 1 – 2% MORE FOOD DAILY ON AVERAGE.

ADULT CATS from 9 to 12 months of age: feed between 3% to 4% of your adult cats body weight per day. This depends on their level of activity, and if they are an inside cat only. OUT SIDE CATS REQUIRE 1 – 2% MORE FOOD DAILY ON AVERAGE.

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GUT HEALTH

all natural prebiotic & probitoic foods

You & your cat have a natural gut microbiome – a thriving bacterial 'forest' in the upper intestinal tract, the very start of digestion.

When this ecosystem gets out of whack, the signs are unmistakable: vomiting, diarrhea, grass-munching, coprophagia (yes, eating poop), & longer-term misery like chronically itchy skin, infected ears, anal gland problems, & even behavioral issues.

So let's get that gut happy – the easy, no-BS way, without wasting a fortune on probiotic supplements & all the marketing crap that promises miracles if you just buy their sh*t. (Spoiler: we're not selling you any sh*t here, lol.) Functional feeding is super simple: you feed for a purpose, not just to stop your cat starving.

Real food. Real function. Real results.

Prebiotic Foods

These are the beginning of the process, &. simply are insoluble fiber.

Psyllium Husks (perfectly balanced in our Raw & Cooked Range, so no need to add any more).

Other Fibrous Vegetables like cooked Kale, Broccoli Stalks, Spinach Stalks.

Cooked Pumpkin including the Skin.

Probiotic Foods

These form the 'food' to feed the bacteria in the gut.

Keffir (found in most Supermarkets, always choose unflavored & unsweetened).

Or- Unsweetened, unflavored Greek Yogurt.

How much do you need to feed?

When you start to transition your cat onto fresh foods, its a great idea to give them a gut boost.

Preboitic: Start with 1 Teaspoon of Fibrous cooked veggies per 2 kilos of bodyweight per day.

Probiotic: Start with 1 Teaspoon per 2 kilos of bodyweight per day.

You can continue to feed these foods for as long as you wish, but all our Balanced Cooked or Raw Meals contain Prebiotics in the form of Psyllium Husks & veggies,.

Feel free to drop these at anytime after the first week.

Most cats love Keffir or Greek Yoghurt, so treat them anytime after the first week as often as you'd like.



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