



The BrightHaven Diet: Simple, Quick & Very Easy!

Please consult with your vet before making any changes to your animal's healthcare regimen.

Ingredients:

- 1lb raw muscle meat. Organic if affordable; at least GMO, hormone and antibiotic free. Chicken, turkey or beef are BrightHaven favorites.
 - **NOTE:** Do not buy lean meat – a higher fat content is better.
- Plus
 - Approx. 1 tablespoonful raw organ meat
 - We use raw organic beef heart or liver. Fresh raw meat is always the best choice and I usually have the butcher add at least 10% per lb. to my muscle meat order. If it's not available, then we use chicken liver powder from Feline Instincts, which can be used for cats and dogs: <https://felineinstincts.com/product/chicken-liver-powder>
- Plus
 - Raw or very lightly steamed finely ground veggies (zucchini or any other summer squash), broccoli, cauliflower, carrots, asparagus, green beans).
- Or
 - Cooked veggies (any winter squash; e.g., butternut, spaghetti, kabocha, acorn).
- **NOTE:** **Cats:** We most often do not use any veggies for the cats, who are carnivores, although some felines really like vegetables, especially asparagus!
Dogs: I always use a mix of veggies for the dogs' food as they are omnivorous. The amount given varies dog to dog and their preference. Our dogs eat a ratio of approx. 1/3 veggies to 2/3 meat mix.
- Plus
 - Essential Fatty Acids: We use Animal Essentials Ocean Omega Supreme, added per instructions given: <http://animalessentials.com/>
- Plus
 - Enzymes and Probiotics: <http://animalessentials.com/plant-enzyme-w-probiotics-300-gm/>
- Plus
 - Dry nutritional supplement (vitamin-mineral mix including calcium) as directed—we use Feline Instincts My Natural Cat with added chicken liver powder (CLP), or you can use the one without CLP and sprinkle pure chicken liver powder as a treat on top of the raw mixture:
 - <https://felineinstincts.com/product/chicken-liver-powder/> (with CLP)
 - <https://felineinstincts.com/product/my-natural-cat-raw-meat-premix/> (without CLP)
 - Here's the nutritional supplement for dogs, My Natural K9, which contains liver power: <https://felineinstincts.com/canine-natural-raw-meat-diet-for-dogs-recipe/>
- Put all ingredients into a glass mixing bowl and add water (fresh, filtered or bottled) until desired consistency is reached.

MORE NOTES:

- We do not keep raw food in the fridge longer than 2 days.
- A large batch of several pounds can be stored by freezing small quantities.
- Always good to rotate proteins.
- It is OK to combine proteins but we only feed one at a time.

Do you have questions about BrightHaven's diet, holistic healthcare or animal hospice approaches? You can book a [consultation](mailto:consultations@brighthaven.org) with BrightHaven President & Founder Gail Pope at consultations@brighthaven.org.