

# Weekly Cat Meal Planner

Optimise Your Cat's Health with Homemade Meals

Week of: \_\_\_\_\_

Day	Breakfast	Lunch	Dinner
Mon	Chicken & Liver Medley	Tuna & Egg Scramble	Pork & Lamb Heart Nourishment
Tue	Turkey & Pumpkin Digestive	Rabbit & Liver Gourmet	Duck & Egg Yolk Deluxe
Wed	Beef & Sardine Mix	Tuna & Duck Pâté	Chicken & Cod Omega
Thu	Lamb & Sardine Iron	Rabbit & Pumpkin Digestive	Venison & Blue Mussel
Fri	Salmon & Chicken Pâté	Quail & Egg Feast	Goose & Lamb Heart Meal
Sat	Turkey & Bone Broth	Chicken & Liver Medley	Pork & Lamb Heart Nourishment
Sun	Cod & Butternut Squash	Turkey & Sardine Mix	Rabbit & Bone Broth Meal

## Weekly Shopping List:

- Chicken thighs, liver, heart
- Tuna (fresh/canned)
- Pork, lamb heart
- Turkey, pumpkin puree
- Rabbit meat, liver
- Duck breast, liver, eggs
- Beef mince, sardines
- Salmon, cod
- Venison, blue mussels
- Quail meat, eggs
- Goose meat
- Bone broth (homemade)
- Fish oil, eggshell powder, taurine powder

## Preparation Tips:

- Batch cook meals, store in portions.
- Freeze extra meals.
- Serve meals at room temperature.

## Notes & Observations:

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Visit [www.FamilyOptimise.com](http://www.FamilyOptimise.com) for more recipes, nutrition tips, and family-friendly resources. Always consult your veterinarian before making significant dietary changes.

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