

WHAT CAN MEEKO EAT?



Yes, can eat!



Ok, in moderation



Wait, avoid



No, toxic

Produce should be cooked, unseasoned, unsalted. Be careful with dairy, may be lactose intolerant.



Alcohol



Cinnamon



Macadamia Nuts



Raw Yeast Dough



Almonds



Coconut



Mango



Rice



Apples



Coffee and Tea



Milk



Salmon and Sardines



Avocado



Corn



Mints



Salt



Bacon



Cottage Cheese



Mushrooms



Shrimp



Bananas



Cranberries



Meat or Protein Leftovers



Spinach



Beef



Cucumbers



Nutmeg



Strawberries



Blackberries



Eggs



Oatmeal



Sweet Potatoes



Blueberries



Fruitpits



Onions



Tofu



Bread



Garlic



Oranges



Tomatoes



Broccoli



Grapefruit



Peanut Butter



Tuna



Cantaloupe



Grapes and Raisin



Pears



Turkey



Carrots



Green Peas



Peppers



Watermelon



Cashews and Peanuts



Ham



Pineapple



Wheat and Grains



Celery



Honey



Pomegranate



Xylitol



Chamomile Tea



Ice Cream



Popcorn



Yogurt



Cheese



Kale



Pork



Zucchini



Cherries



Kiwi



Potatoes



Chicken



Lemon and Limes



Pumpkin



Chickpeas



Lettuce



Raspberries



Chocolate

