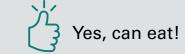
WHAT CAN MEEKO EAT?





Ok, in moderation



Wait, avoid



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

Alcohol

& Almonds

Apples

Avocado

Bacon

Bananas

Beef

Blackberries

Blueberries

Bread

Broccoli

Cantaloupe

Carrots

Cashews and Peanuts

Celery

Chamomile Tea

Cheese

Cherries

Chicken

Chickpeas

Chocolate

Cinnamon

& Coconut

Coffee and

Corn

Cottage Cheese

Cranberries

Cucumbers

Eggs Eggs

Fruitpits

Garlic

Grapefruit

Grapes and Raisin

Green Peas

Ham

Honey

lce Cream

Kale

Kiwi

Lemon and Limes

Lettuce

Macadamia Nuts

Mango

Milk

Mints

Mushrooms

Meat or Protein Leftovers

Nutmeg

Ö Oatmeal

Onions

Oranges

Peanut Butter

Pears

Peppers

Pineapple

Pomegranate

Popcorn

Pork

Potatoes

Pumpkin

🖔 Quinoa

& Raspberries

Raw Yeast Dough

Rice

Salmon and Sardines

Salt

5 Shrimp

Spinach

Strawberries

Sweet Potatoes

Tofu

6 Tomatoes

Tuna

Turkey

Watermelon

Wheat and Grains

Xylitol

Yogurt

Zucchini Zucchini