living off the land   SOLUTION - BULGAR WHEAT

The arrangement of the tiles is shown below. To make everything line up, you must create three cubes, one for each of the square meals. Indexed letters taken in meal order give the answer.

BREAKFAST
- CONTAINS MORE VOWELS THAN CONSONANTS
- CONTAINS A DOUBLE CONSONANT
- CONTAINS EXACTLY THREE SYLLABLES
- CONTAINS MORE VOWELS THAN CONSONANTS

GUAVA — B (1)
- CONTAINS NO REPEATED LETTERS
- CONTAINS A DOUBLE LETTER
- IS LESS THAN EIGHT LETTERS LONG

KOHLRABI — U (2)
- IS AT LEAST SIX LETTERS LONG
- BECOMES A MEAT ITEM IF THE FIRST LETTER MOVES TO THE END AND CHANGES
- IS EDIBLE WHEN CURTAILED AND REVERSED

OLIVE — L (4)
- CAN BE SPLIT INTO TWO VERBS
- CONTAINS A DOUBLE LETTER

EGGPLANT
- BECOMES A MEAT ITEM IF REVERSED AND GIVEN NEW VOWELS
- SHARES A 4-LETTER SEQUENCE WITH ANOTHER ITEM
- DOES NOT CONTAIN THE LETTER "E"
- CONTAINS THE LETTER "E" TWICE

LEEK — G (2)
- CONTAINS NO U.S. STATE POSTAL ABBREVIATION
- CONTAINS AT LEAST ONE U.S. STATE POSTAL ABBREVIATION
- CONTAINS ALL OF THE CONSONANTS FROM ANOTHER ITEM IN ORDER

LUNCH — A (4)
- CONTAINS FOUR DIFFERENT VOWELS
- CONTAINS ANOTHER ITEM IN JUMBLED ORDER
- IS AN EVEN NUMBER OF LETTERS LONG

POTATO
- IS AN ODD NUMBER OF LETTERS LONG
- IS AN EVEN NUMBER OF LETTERS LONG
- IS A WORD IF THE LETTER ON ONE END IS DELETED
- CONTAINS A DOUBLE VOWEL

RICE — R (2)
- CONTAINS MORE CONSONANTS THAN VOWELS
- CONTAINS A 5-LETTER PALINDROMIC SEQUENCE
- CONTAINS EXACTLY TWO SYLLABLES

BREADFRUIT — W (1)
- CONTAINS EXACTLY ONE SYLLABLE
- IS POISONOUS IF A TRIGRAM IS REMOVED

WATERMELON — H (4)
- CONTAINS ALL OF THE CONSONANTS FROM ANOTHER ITEM IN ORDER
- CONTAINS EXACTLY TWO SYLLABLES
- CONTAINS A COOKING IMPLEMENT

LYCHEE
- IS AN EVEN NUMBER OF LETTERS LONG
- SHARES A 4-LETTER SEQUENCE WITH ANOTHER ITEM
- ALTERNATES VOWELS AND CONSONANTS
- REMAINS EDIBLE IF THE FIRST LETTER IS REMOVED

DINNER
- IS A LONG WORD NESTED IN A SHORT WORD
- IS AN EDIBLE ITEM IF AN "S" IS INSERTED INSIDE
- ALTERNATES VOWELS AND CONSONANTS

KALE
- IS A WORD IF THE LETTER ON ONE END IS DELETED
- CONTAINS A DOUBLE CONSONANT
- CONTAINS A DOUBLE VOWEL

MOREL — E (5)
- CONTAINS A DOUBLE CONSONANT
- HAS AN EQUAL NUMBER OF VOWELS AND CONSONANTS
- HAS AN EQUAL NUMBER OF VOWELS AND CONSONANTS

TANGERINE — A (3)
- IS AN EVEN NUMBER OF LETTERS LONG
- IS AN ODD NUMBER OF LETTERS LONG
- IS A BEVERAGE WHETHER 3 OR 4 ADJACENT LETTERS ARE REMOVED

SHALLOT — T (5)
- CONTAINS EXACTLY TWO SYLLABLES
- CONTAINS A 4-LETTER BEVERAGE BRAND
- ANAGRAMS TO A HOMOPHONE OF ANOTHER ITEM

SHIITAKE
- IS A LONG WORD NESTED IN A SHORT WORD
- CONTAINS THE LETTER "I"
- IS EDIBLE IF EVERY OTHER LETTER IS REMOVED
- IS A BEVERAGE IF BEHEADED