This research presents a history of the Yucatec Maya and their religious, social, and culinary uses of two iguana species: *Iguana iguana* and *Ctenosaura similis*. Through a multidisciplinary approach, this study applies findings from archaeology, anthropology, and zoology to construct a curious historical contribution. The iguana presence in the Maya Lowlands inspired many Indigenous stories, which is clear in the hieroglyphs and art. The Maya primarily viewed iguanas as a delicacy. Archaeological evidence suggests that the residents at sites like Cozumel consumed the lizards more during the Postclassic period than in earlier times. This examination shows the diverse ways wild animals influence the changes within an ancient society.