

# PULSES SHOPPING LIST

## Dry

### **CHICKPEAS / GARBANZO BEANS**

KABULI  
DESI

### **LENTILS**

GREEN  
RED  
SMALL BROWN  
FRENCH GREEN  
BLACK

### **DRY PEAS**

SPLIT GREEN  
SPLIT YELLOW  
WHOLE GREEN  
WHOLE YELLOW

### **BEANS**

ADZUKI  
BLACK  
BLACK EYE PEAS  
KIDNEY DARK RED  
KIDNEY LIGHT RED  
GREAT NORTHERN  
NAVY  
PINTO  
FAVA  
SMALL RED  
MUNG  
LIMA (BABY AND LARGE)  
CRANBERRY  
PINK

## Pre-cooked

### **CANNED**

#### **CHICKPEAS / GARBANZO BEANS**

#### **LENTILS**

#### **BEANS**

*Look for the canned version  
of the dry beans listed.*

### **FROZEN**

*Pre-cooked pulses are  
often in the frozen or  
refrigerated section at most  
natural grocers.*

#### **CHICKPEAS**

#### **LENTILS**

#### **BEANS**

BLACK EYED PEAS  
RED  
BLACK

## Protein Powders

*Found in the health section  
of most natural retailers,  
mainly for adding a protein  
boost to smoothies and more.*

PEA PROTEIN POWDER

## Packaged & Prepared

*From lentil lasagna to burritos, salads, hummus  
and more look in the prepared meal sections of  
your favorite grocery store.*

### **DIPS & SPREADS**

Including hummus made with chickpeas,  
lentils or beans; black bean dips and more.

### **SNACKS**

Roasted chickpeas, lentil and black bean  
chips, snack bars and more.

### **PASTA**

Many dried pastas are made with lentil, bean or  
chickpeas flour for an added nutrition boost.

### **SOUPS**

Many pre-made soups, both at the deli counter  
and canned, include a variety of pulses.

### **CANNED PRODUCTS**

Bean dishes in particular are widely available  
canned, including refried and baked beans.

### **MIXES**

Falafel mixes, or boil-and-serve bean-and-rice  
dishes all contain pulses.

## Flours

*Used in baking, found in the baking aisle.  
Note: Look for Harvest Innovations or Bob's Red Mill brands.*

#### **CHICKPEA**

#### **LENTIL**

#### **BEAN**

BLACK BEAN  
WHOLE PINTO BEAN

#### **PEA**

YELLOW SPLIT PEA  
WHOLE YELLOW PEA  
GREEN SPLIT PEA  
WHOLE GREEN PEA



For more information  
and recipes, visit  
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