

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

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

FROZEN

CHICKPEAS

LENTILS

Pre-cooked in the frozen
or refrigerated section at
most healthy grocers

BEANS

BLACK EYED PEAS
RED
BLACK

*Frozen or packaged meals –
from frozen lentil lasagna
and burritos to curried
chickpeas, look in the
prepared meal sections of
your favorite grocery store*

Packaged & Prepared

DIPS & SPREADS

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

SNACKS

Roasted chickpeas, lentil and black bean
chips, health 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

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

Protein Powders

Mainly for adding a protein boost to smoothies
PEA PROTEIN POWDER



For more information
and recipes, visit
pulsepledge.com