

## PROTEINS

### beans, peas, lentils

Cans 15 - 16 oz  
Dry 16 oz Bag Only



#### ALLOWED

- Any Brand
- Any Single Variety
  - Black Beans
  - Black Eye Peas (Cowpeas, Crowder Peas)
  - Garbanzo Beans (Chickpeas)
  - Great Northern Beans
  - Kidney Beans (Red and White)
  - Lentils
  - Lima Beans
  - Mung Beans
  - Navy Beans
  - Pinto Beans
  - Red Beans
  - Split or Whole Peas (dry only)
  - Soy Beans
- Regular, Low Sodium, No Sodium

#### NOT ALLOWED

- Added Fats, Flavors, Meats, Oils or Sugars
- Added Fruits and/or Vegetables
- Baked Beans or Pork & Beans
- Chili Beans, Green Beans, Yellow Beans, Refried Beans
- Organic
- Seasonings or Other Ingredients
- Soup Mixes
- Sweet Peas, Green Peas