* Yellow moong dal.
  + Yellow moong dal 1
  + Golden moong dal. Yamuna Mataji. Page 46
  + Palak moong dal. Yamuna Mataji. Page 47
  + Tamatar moong dal. Yamuna Mataji. Page 50
* Chilka moong dal
* Sabut moong
* Chana dal.
* Kadhi pakoda.
* Saag
* Sambhar
* Rasam

**Dals that we don’t eat**

* **Masoor dal devotees don’t eat.**
* Toor dal very hard to cook.
  + Gajrati dal