

CBP-Desktop-SingleLevelMenu

Hold Ctl Key When Clicking Links ... Use ctl-W To Close Any Open Menus and Videos
ctl-F Will Open Search Box ... Type Keyword then Hit Enter Key ... Enter Key Again Finds Next ... Esc Key To Close

Submenu	Order	Link
<input type="checkbox"/>	1	InstallSetupActivate-Download
<input type="checkbox"/>	2	InstallSetupActivate-Install
<input type="checkbox"/>	3	InstallSetupActivate-Activate
<input type="checkbox"/>	4	InstallSetupActivate-Create User Account
<input type="checkbox"/>	5	InstallSetupActivate-View Sample Records
<input type="checkbox"/>	6	InstallSetupActivate-Delete Sample Records
<input type="checkbox"/>	7	Product Overview-Product Overview
<input type="checkbox"/>	8	Product Overview-Main Menu
<input type="checkbox"/>	9	Product Overview-Tool Tips
<input type="checkbox"/>	10	Product Overview-Navigate With Mouse and Tab Key
<input type="checkbox"/>	11	Product Overview-Other Menus
<input type="checkbox"/>	12	Product Overview-License Information
<input type="checkbox"/>	13	Product Overview-Intuitive Command Buttons

Submenu	Order	Link
<input type="checkbox"/>	14	Product Overview-View Last Meal
<input type="checkbox"/>	15	Product Overview-Add New Recip or Meal Record
<input type="checkbox"/>	16	Product Overview-View Recipes
<input type="checkbox"/>	17	Product Overview-Food Item Ingredients Form
<input type="checkbox"/>	18	Product Overview-Printable Recipes Report
<input type="checkbox"/>	19	Product Overview-Printable Table of Contents
<input type="checkbox"/>	20	Product Overview-Manage Records Menu
<input type="checkbox"/>	21	Product Overview-User Settings Menu
<input type="checkbox"/>	22	Product Overview-Exercise Logs Forms
<input type="checkbox"/>	23	Product Overview-Nutrition History
<input type="checkbox"/>	24	Product Overview-Set Date Ranges
<input type="checkbox"/>	25	Product Overview-Daily Calories Report
<input type="checkbox"/>	26	Product Overview-On-line Help Videos
<input type="checkbox"/>	27	Product Overview-Quantity Values
<input type="checkbox"/>	28	Product Overview-Measure Values
<input type="checkbox"/>	29	Product Overview-Food Category Values

Submenu	Order	Link
<input type="checkbox"/>	30	Product Overview-Recipes List Form
<input type="checkbox"/>	31	Product Overview-Meals List Form
<input type="checkbox"/>	32	Product Overview-User Profile Form
<input type="checkbox"/>	33	Product Overview-Exercise Types Form
<input type="checkbox"/>	34	Product Overview-Exercise Locations Form
<input type="checkbox"/>	35	Product Overview-Backup and Compact Utility
<input type="checkbox"/>	36	Product Overview-Import Web Meals Utility
<input type="checkbox"/>	37	Product Overview-Alt View Check Box
<input type="checkbox"/>	38	Main Form Overview-Main Form
<input type="checkbox"/>	39	Main Form Overview-Tab Control
<input type="checkbox"/>	40	Main Form Overview-Nutritional Data Tab
<input type="checkbox"/>	41	Main Form Overview-Nutrition Summary
<input type="checkbox"/>	42	Main Form Overview-Color Coded Feedback
<input type="checkbox"/>	43	Main Form Overview-Ingredients List Tab
<input type="checkbox"/>	44	Main Form Overview-Record Navigation Controls
<input type="checkbox"/>	45	Main Form Overview-Other Controls

Submenu	Order	Link
<input type="checkbox"/>	46	Main Form Overview-Record Type Affects Appearance
<input type="checkbox"/>	47	Main Form Overview-Record Type Affects Category List
<input type="checkbox"/>	48	Main Form Overview-Private vs. Public Records
<input type="checkbox"/>	49	Main Form Overview-Only Owner Can Edit Records
<input type="checkbox"/>	50	Main Form Filtering-Main Form Filtering
<input type="checkbox"/>	51	Main Form Filtering-Filter By Meal Type
<input type="checkbox"/>	52	Main Form Filtering-Filter By Category
<input type="checkbox"/>	53	Main Form Filtering-Un-filter Methods
<input type="checkbox"/>	54	Main Form Filtering-Filter By Recipe Type
<input type="checkbox"/>	55	Main Form Filtering-Filter Status Button
<input type="checkbox"/>	56	Main Form Command Buttons-Food Item Ingredients Form
<input type="checkbox"/>	57	Main Form Command Buttons-New Recipe or Meal Record
<input type="checkbox"/>	58	Main Form Command Buttons-Change Listing Order
<input type="checkbox"/>	59	Main Form Command Buttons-Nutrition History Summary Report
<input type="checkbox"/>	60	Main Form Command Buttons-Find Ingredients By Key Word
<input type="checkbox"/>	61	Main Form Command Buttons-Printable Recipe or Meal

Submenu	Order	Link
<input type="checkbox"/>	62	Main Form Command Buttons-Print Without Previewing
<input type="checkbox"/>	63	Main Form Command Buttons-Email Recipe or Meal
<input type="checkbox"/>	64	Main Form Command Buttons-Daily Calories Snapshot Report
<input type="checkbox"/>	65	Main Form Command Buttons-Manually Save Changes
<input type="checkbox"/>	66	Main Form Command Buttons-Daily Calories Report
<input type="checkbox"/>	67	Main Form Command Buttons-Create or Convert Measure Values
<input type="checkbox"/>	68	Main Form Command Buttons-Exercise Logs Forms
<input type="checkbox"/>	69	Main Form Command Buttons-Spell Checker
<input type="checkbox"/>	70	Main Form Command Buttons-Delete Recipe or Meal
<input type="checkbox"/>	71	Main Form Command Buttons-Quantity Values Form
<input type="checkbox"/>	72	Main Form Command Buttons-Measure Values Form
<input type="checkbox"/>	73	Main Form Command Buttons-Food Categories Form
<input type="checkbox"/>	74	Main Form Command Buttons-Ingredient With Most Grams of Fat
<input type="checkbox"/>	75	Main Form Command Buttons-Create Single Serving Ingredient
<input type="checkbox"/>	76	Main Form Command Buttons-Display Single Serving Ingredient
<input type="checkbox"/>	77	Main Form Command Buttons-Update Single Serving Ingredient

Submenu	Order	Link
<input type="checkbox"/>	78	Main Form Keyboard Navigation-Keyboard Navigation
<input type="checkbox"/>	79	Main Form Keyboard Navigation-Nutritional Data Tab Navigation
<input type="checkbox"/>	80	Main Form Keyboard Navigation-Ingredients List Tab Navigation
<input type="checkbox"/>	81	New Recipe Record-New Recipe Record
<input type="checkbox"/>	82	New Recipe Record-Enter Ingredients
<input type="checkbox"/>	83	New Recipe Record-Nutrition Values
<input type="checkbox"/>	84	New Recipe Record-Preparation Instructions
<input type="checkbox"/>	85	New Recipe Record-Adjust Number Served and Serving Size
<input type="checkbox"/>	86	New Recipe Record-Printable Version
<input type="checkbox"/>	87	New Recipe Record-Blank Line
<input type="checkbox"/>	88	New Recipe Record-Section Header
<input type="checkbox"/>	89	New Recipe Record-Optional Ingredients
<input type="checkbox"/>	90	New Recipe Record-Fat Grams Column Color Coded
<input type="checkbox"/>	91	New Recipe Record-Preview Shows Optional Ingredients
<input type="checkbox"/>	92	New Recipe Record-Ingredient From Recipe
<input type="checkbox"/>	93	New Recipe Record-Update Ingredient

Submenu	Order	Link
<input type="checkbox"/>	94	New Recipe Record-Delete Ingredient
<input type="checkbox"/>	95	New Recipe Record-Delete Recipe
<input type="checkbox"/>	96	New Meal Record-New Meal Record
<input type="checkbox"/>	97	New Meal Record-Enter Ingredients
<input type="checkbox"/>	98	New Meal Record-Ingredient From Meal Record
<input type="checkbox"/>	99	New Meal Record-Meal Planning
<input type="checkbox"/>	100	Ingredients-Recipe and Meal Ingredients
<input type="checkbox"/>	101	Ingredients-Food Item Ingredients
<input type="checkbox"/>	102	Ingredients-USDA Food Value Ingredients
<input type="checkbox"/>	103	Ingredients-Accessing Ingredients Form
<input type="checkbox"/>	104	Ingredients-Differences In Forms
<input type="checkbox"/>	105	Ingredients-Display Synched To Selected Ingredient
<input type="checkbox"/>	106	Ingredients-1st Record Is Blank Ingredient
<input type="checkbox"/>	107	Ingredients-Navigate Records
<input type="checkbox"/>	108	Ingredients-Ingredients Described By Name & Measure
<input type="checkbox"/>	109	Ingredients-Same Ingredient With New Measure

Submenu	Order	Link
<input type="checkbox"/>	110	Ingredients-Check If Ingredient Has Been Used
<input type="checkbox"/>	111	Ingredients-Delete Ingredient
<input type="checkbox"/>	112	Ingredients-Create New Ingredient
<input type="checkbox"/>	113	Ingredients-Unique Record Identifier
<input type="checkbox"/>	114	Ingredients-Who Created Ingredient
<input type="checkbox"/>	115	Ingredients-Private vs. Public Ingredient
<input type="checkbox"/>	116	Ingredients-USDA Record Keys
<input type="checkbox"/>	117	USDA Food Values Database-USDA Database
<input type="checkbox"/>	118	USDA Food Values Database-Access From Nutritional Data Tab
<input type="checkbox"/>	119	USDA Food Values Database-Open Database With Key Values
<input type="checkbox"/>	120	USDA Food Values Database-Open Database Without Key Values
<input type="checkbox"/>	121	USDA Food Values Database-Key Values and Displayed Record
<input type="checkbox"/>	122	USDA Food Values Database-Nutrient Value vs. Measure Value
<input type="checkbox"/>	123	USDA Food Values Database-Search For USDA Food Item
<input type="checkbox"/>	124	USDA Food Values Database-Create Ingredients Using USDA Values
<input type="checkbox"/>	125	USDA Food Values Database-Post As Is

Submenu	Order	Link
<input type="checkbox"/>	126	USDA Food Values Database-Post Mul X
<input type="checkbox"/>	127	USDA Food Values Database-Post By The Dozen
<input type="checkbox"/>	128	USDA Food Values Database-Post Per Oz
<input type="checkbox"/>	129	USDA Food Values Database-Post Per LB
<input type="checkbox"/>	130	USDA Food Values Database-Post Div X
<input type="checkbox"/>	131	Select Navigate Filter-Record Selection
<input type="checkbox"/>	132	Select Navigate Filter-Record Navigation
<input type="checkbox"/>	133	Select Navigate Filter-Record Filtering
<input type="checkbox"/>	134	Preview Print Email-Preview and Print
<input type="checkbox"/>	135	Preview Print Email-Just Print
<input type="checkbox"/>	136	Preview Print Email-Email
<input type="checkbox"/>	137	Preview Print Email-Preview and Print All Recipes
<input type="checkbox"/>	138	Preview Print Email-Preview and Print Table of Contents
<input type="checkbox"/>	139	User Settings Menu-User Settings Menu
<input type="checkbox"/>	140	User Settings Menu-User Profile Form
<input type="checkbox"/>	141	User Settings Menu-Admin Users Console

Submenu	Order	Link
<input type="checkbox"/>	142	User Settings Menu-Exercise Types Form
<input type="checkbox"/>	143	User Settings Menu-Exercise Locations Form
<input type="checkbox"/>	144	User Settings Menu-Backup and Compact Utility
<input type="checkbox"/>	145	User Settings Menu-Import Web Meals Utility
<input type="checkbox"/>	146	Exercises-Exercise Log Form
<input type="checkbox"/>	147	Exercises-Log New Exercise
<input type="checkbox"/>	148	Exercises-Add Exercise Location
<input type="checkbox"/>	149	Exercises-Delete Exercise Record
<input type="checkbox"/>	150	Exercises-Exercise Report
<input type="checkbox"/>	151	Exercises-Differences In Forms
<input type="checkbox"/>	152	Exercises-Add Exercise Type
<input type="checkbox"/>	153	Nutrition Reports-Nutrition Report Buttons
<input type="checkbox"/>	154	Nutrition Reports-Report Date Range
<input type="checkbox"/>	155	Nutrition Reports-Nutrition History Report
<input type="checkbox"/>	156	Nutrition Reports-Daily Calories Report
<input type="checkbox"/>	157	Nutrition Reports-Daily Calories Snapshot Report

Submenu	Order	Link
<input type="checkbox"/>	158	Convert Measures-Convert Measures Form
<input type="checkbox"/>	159	Convert Measures-Reverse Conversion
<input type="checkbox"/>	160	Convert Measures-Work Directly In Listed Values
<input type="checkbox"/>	161	Convert Measures-Add New Measure Pair
<input type="checkbox"/>	162	Convert Measures-Delete Measure Pair
<input type="checkbox"/>	163	Convert Measures-Edit Listed Items
<input type="checkbox"/>	164	Ingredients From-Ingredients From Recipes & Meals
<input type="checkbox"/>	165	Ingredients From-Nutrition Values
<input type="checkbox"/>	166	Ingredients From-Ingredient Specific Controls
<input type="checkbox"/>	167	Ingredients From-Use Ingredient In Meal
<input type="checkbox"/>	168	Ingredients From-Navigate To Source Record
<input type="checkbox"/>	169	Ingredients From-Navigate To Used In Records
<input type="checkbox"/>	170	Ingredients From-Modify Source Record
<input type="checkbox"/>	171	Ingredients From-Update Ingredient Values
<input type="checkbox"/>	172	Ingredients From-Prior Use vs. Current Values
<input type="checkbox"/>	173	Ingredients From-Delete Ingredient

Submenu	Order	Link
<input type="checkbox"/>	174	Quantities-Quantity Values
<input type="checkbox"/>	175	Quantities-Display As Text
<input type="checkbox"/>	176	Quantities-Quantity Form
<input type="checkbox"/>	177	Quantities-Add New Quantity Value
<input type="checkbox"/>	178	Quantities-Unlock To Edit
<input type="checkbox"/>	179	Quantities-Delete Quantity
<input type="checkbox"/>	180	Quantities-Add New Value In Quantity Field
<input type="checkbox"/>	181	Quantities-Delete Quantity If Used
<input type="checkbox"/>	182	Quantities-Access From Managed Records Menu
<input type="checkbox"/>	183	Measures-Measure Values
<input type="checkbox"/>	184	Measures-Add New Measure Value
<input type="checkbox"/>	185	Measures-Delete Measure Value
<input type="checkbox"/>	186	Measures-Add New Measure In Measure Field
<input type="checkbox"/>	187	Measures-Delete Measure If Used
<input type="checkbox"/>	188	Measures-Add New Measure In Ingredients Form
<input type="checkbox"/>	189	Measures-Delete Measure If Used In Ingredient

Submenu	Order	Link
<input type="checkbox"/>	190	Measures-Access From Manage Records Menu
<input type="checkbox"/>	191	Food Categorioes-Food Category Values
<input type="checkbox"/>	192	Food Categorioes-Add New Food Category
<input type="checkbox"/>	193	Food Categorioes-Delete Food Category
<input type="checkbox"/>	194	Food Categorioes-Edit Food Category
<input type="checkbox"/>	195	Food Categorioes-Delete Food Category When Used
<input type="checkbox"/>	196	Food Categorioes-Add New Category In Category Control
<input type="checkbox"/>	197	Food Categorioes-Delete Food Category Will Delete Recipe Meal Record
<input type="checkbox"/>	198	Food Categorioes-Access From Manage Records Menu
<input type="checkbox"/>	199	Manage Recipe Meal Records-Manage Recipe and Meal Records
<input type="checkbox"/>	200	Manage Recipe Meal Records-Recipe Records
<input type="checkbox"/>	201	Manage Recipe Meal Records-Sort Options
<input type="checkbox"/>	202	Manage Recipe Meal Records-View Recipe
<input type="checkbox"/>	203	Manage Recipe Meal Records-Delete Recipe
<input type="checkbox"/>	204	Manage Recipe Meal Records-Meal Records
<input type="checkbox"/>	205	Manage Recipe Meal Records-Select Records For Delete

Submenu	Order	Link
<input type="checkbox"/>	206	Import Web Meals-Import Web Meals Utility
<input type="checkbox"/>	207	Import Web Meals-Export Web Meals
<input type="checkbox"/>	208	Import Web Meals-Save Email Attachment
<input type="checkbox"/>	209	Import Web Meals-Import Meals
<input type="checkbox"/>	210	Import Web Meals-Mark Meals As All Logged
<input type="checkbox"/>	211	Admin Functions-Backup and Compact Data File
<input type="checkbox"/>	212	Admin Functions-Admin Users Console
<input type="checkbox"/>	213	Admin Functions-Sign In As
<input type="checkbox"/>	214	Nutrition Report Accuracy-Nutrition Report Accuracy Dependencies
<input type="checkbox"/>	215	Nutrition Report Accuracy-BMR Derived From Profile Values
<input type="checkbox"/>	216	Nutrition Report Accuracy-BMR Factor Applied
<input type="checkbox"/>	217	Nutrition Report Accuracy-Nominal BMR Factor
<input type="checkbox"/>	218	Nutrition Report Accuracy-Use Extended Report Period
<input type="checkbox"/>	219	Nutrition Report Accuracy-Adjust BMR Factor To Match Reality
<input type="checkbox"/>	220	Nutrition Report Accuracy-Good Data Makes Accurate Reports
<input type="checkbox"/>	221	Datasheets-Datasheet Forms

Submenu **Order** **Link**

 222 [Datashheets-Recipes Datasheet](#)

 223 [Datashheets-Meals Datasheet](#)

 224 [Datashheets-Exercise Datasheet](#)