

# CookBookPlus Desktop 2016 <> Ingredients From Recipes and Meals

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	<a href="#">Ingredients From Recipes &amp; Meals</a>
<input type="checkbox"/>	2	<a href="#">Nutrition Values</a>
<input type="checkbox"/>	3	<a href="#">Ingredient Specific Controls</a>
<input type="checkbox"/>	4	<a href="#">Use Ingredient In Meal</a>
<input type="checkbox"/>	5	<a href="#">Navigate To Source Record</a>
<input type="checkbox"/>	6	<a href="#">Navigate To Used In Records</a>
<input type="checkbox"/>	7	<a href="#">Modify Source Record</a>
<input type="checkbox"/>	8	<a href="#">Update Ingredient Values</a>
<input type="checkbox"/>	9	<a href="#">Prior Use vs. Current Values</a>
<input type="checkbox"/>	10	<a href="#">Delete Ingredient</a>