

CookBookPlus Desktop 2016 <> Main Form Command Buttons

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	Food Item Ingredients Form
<input type="checkbox"/>	2	New Recipe or Meal Record
<input type="checkbox"/>	3	Change Listing Order
<input type="checkbox"/>	4	Nutrition History Summary Report
<input type="checkbox"/>	5	Find Ingredients By Key Word
<input type="checkbox"/>	6	Printable Recipe or Meal
<input type="checkbox"/>	7	Print Without Previewing
<input type="checkbox"/>	8	Email Recipe or Meal
<input type="checkbox"/>	9	Daily Calories Snapshot Report
<input type="checkbox"/>	10	Manually Save Changes
<input type="checkbox"/>	11	Daily Calories Report
<input type="checkbox"/>	12	Create or Convert Measure Values
<input type="checkbox"/>	13	Exercise Logs Forms
<input type="checkbox"/>	14	Spell Checker
<input type="checkbox"/>	15	Delete Recipe or Meal
<input type="checkbox"/>	16	Quantity Values Form

Submenu	Order	Link
<input type="checkbox"/>	17	Measure Values Form
<input type="checkbox"/>	18	Food Categories Form
<input type="checkbox"/>	19	Ingredient With Most Grams of Fat
<input type="checkbox"/>	20	Create Single Serving Ingredient
<input type="checkbox"/>	21	Display Single Serving Ingredient
<input type="checkbox"/>	22	Update Single Serving Ingredient