

CookBookPlus Desktop 2016 <> New Meal Record

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	New Meal Record
<input type="checkbox"/>	2	Enter Ingredients
<input type="checkbox"/>	3	Ingredient From Meal Record
<input type="checkbox"/>	4	Meal Planning