

CookBookPlus Desktop 2016 <> User Settings Menu

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 | User Settings Menu |
| <input type="checkbox"/> | 2 | User Profile Form |
| <input type="checkbox"/> | 3 | Admin Users Console |
| <input type="checkbox"/> | 4 | Exercise Types Form |
| <input type="checkbox"/> | 5 | Exercise Locations Form |
| <input type="checkbox"/> | 6 | Backup and Compact Utility |
| <input type="checkbox"/> | 7 | Import Web Meals Utility |