

CookBookPlus On The Web 2016 <> Daily Calories Report Page

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	Overview
<input type="checkbox"/>	2	Mark Meals All Logged
<input type="checkbox"/>	3	Nutrition History Report
<input type="checkbox"/>	4	BMR Must Be Accurate
<input type="checkbox"/>	5	BMR Factor and Long Reports
<input type="checkbox"/>	6	Nutrition History Chart