

CookBookPlus On The Web 2016 <> Daily Calories Snapshot Chart

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	Left Gauge
<input type="checkbox"/>	3	Center Gauge
<input type="checkbox"/>	4	Right Gauge
<input type="checkbox"/>	5	Example Charts
<input type="checkbox"/>	6	Blue Day Blue Twist
<input type="checkbox"/>	7	Blue Day Yellow Twist
<input type="checkbox"/>	8	Blue Day Orange Twist
<input type="checkbox"/>	9	Blue Day Red Twist
<input type="checkbox"/>	10	Yellow Day Blue Twist
<input type="checkbox"/>	11	Yellow Day Yellow Twist
<input type="checkbox"/>	12	Yellow Day Orange Twist
<input type="checkbox"/>	13	Yellow Day Red Twist