

CookBookPlus On The Web 2016 <> Food Item Ingredients 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	Private vs. Public Ingredient
<input type="checkbox"/>	3	Nutrient Values
<input type="checkbox"/>	4	Record Navigation
<input type="checkbox"/>	5	Blank Ingredient
<input type="checkbox"/>	6	Ingredients Made From Recipe or Meal
<input type="checkbox"/>	7	Included Meals Date Range
<input type="checkbox"/>	8	View Records Used In
<input type="checkbox"/>	9	All Ingredients List
<input type="checkbox"/>	10	Add New Ingredient
<input type="checkbox"/>	11	Edit Ingredient
<input type="checkbox"/>	12	Before Deleting Verify Not Used
<input type="checkbox"/>	13	Delete Ingredient
<input type="checkbox"/>	14	Cannot Delete If Used
<input type="checkbox"/>	15	USDA Food Values Database