

CookBookPlus On The Web 2016 <> Quick Tour

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	Access The Application
<input type="checkbox"/>	2	Log In Page
<input type="checkbox"/>	3	Main Form Page
<input type="checkbox"/>	4	Meals Date Range
<input type="checkbox"/>	5	Records Navigation
<input type="checkbox"/>	6	Daily Calories Snapshot Report
<input type="checkbox"/>	7	Daily Calories Report
<input type="checkbox"/>	8	Nutrition History Report
<input type="checkbox"/>	9	Nutrition History Chart
<input type="checkbox"/>	10	Exercise Logs Page
<input type="checkbox"/>	11	Quantities, Measures, Food Categories
<input type="checkbox"/>	12	Food Item Ingredients Page
<input type="checkbox"/>	13	USDA Food Values Database Page
<input type="checkbox"/>	14	Manage User Accounts Page
<input type="checkbox"/>	15	Add New Meal Record
<input type="checkbox"/>	16	Add New Food Item Ingredient

Submenu	Order	Link
<input type="checkbox"/>	17	Add New Recipe Record
<input type="checkbox"/>	18	Add Recipe Ingredients
<input type="checkbox"/>	19	Make Ingredient From Recipe
<input type="checkbox"/>	20	Make Change To Recipe
<input type="checkbox"/>	21	Update Recipe Ingredient
<input type="checkbox"/>	22	Use Recipe Ingredient In Meal
<input type="checkbox"/>	23	Log Exercise
<input type="checkbox"/>	24	Daily Calories Snapshot Report
<input type="checkbox"/>	25	Daily Calories Report
<input type="checkbox"/>	26	Nutrition History Report
<input type="checkbox"/>	27	Nutrition History Chart
<input type="checkbox"/>	28	Export Meal Records
<input type="checkbox"/>	29	Email Recipe