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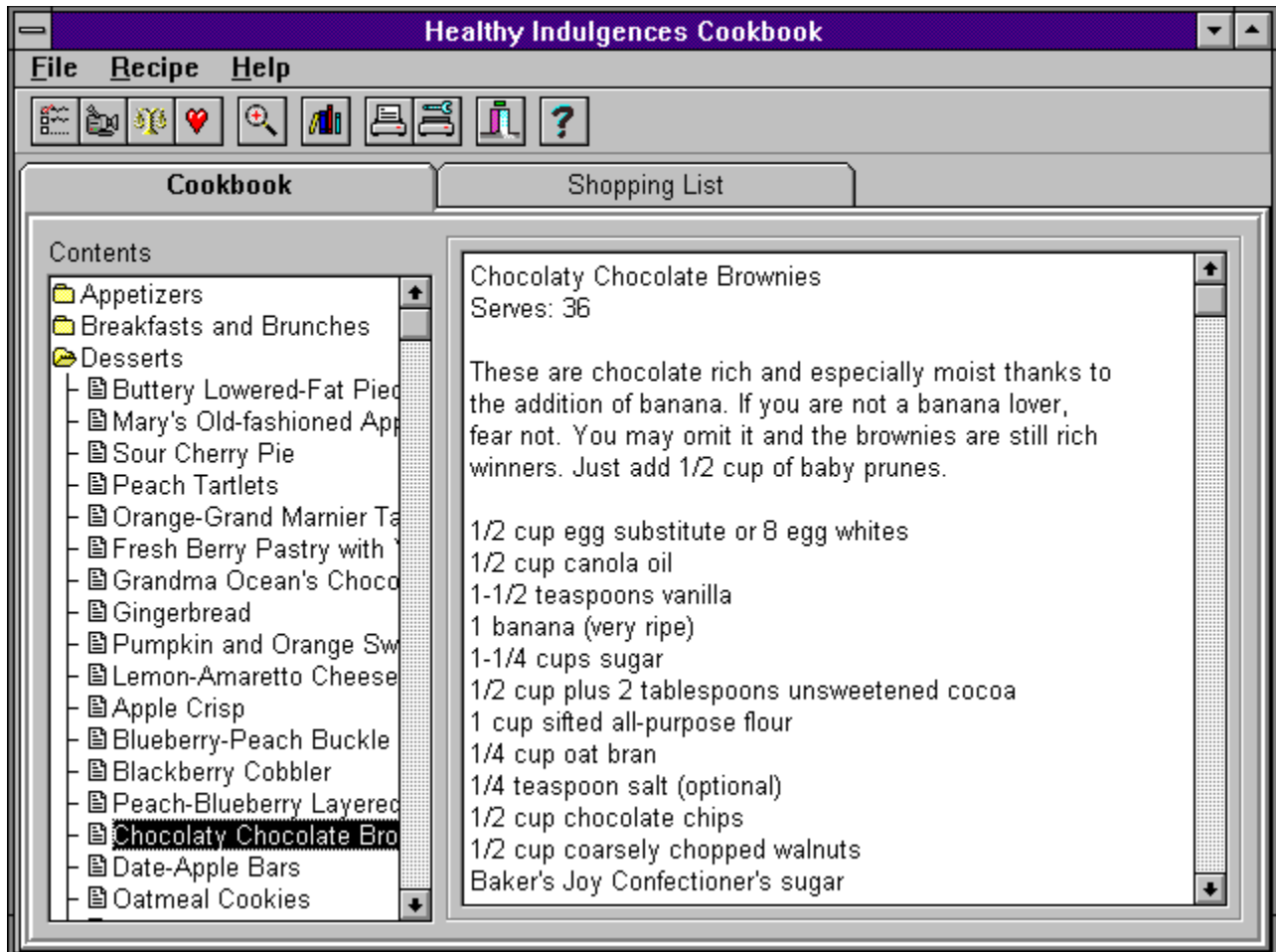
# What is the Healthy Indulgences Cookbook Program?

This program is the electronic version of the **Healthy Indulgences Cookbook**.

The following is a list of things you can do with the program.

- Search for a Recipe by Name or Ingredient
- Scale a Recipe to serve any number of persons you would like.
- View Nutritional Information on a Recipe.
- Creating a Shopping List of Ingredients for the Recipes.
- Print a Recipe or Shopping List
- Viewing Pictures of the prepared Recipes
- Viewing Video of how to prepare some Recipes.
- Using the Gallery to view all Pictures and Video in the program.

## Elements of the Interface

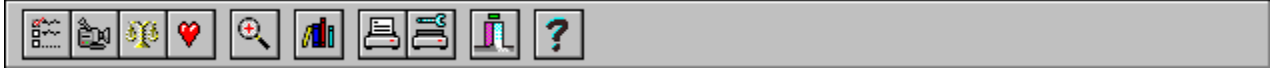


Click anywhere on the picture to get more information on that part of the interface.

# Main Menu

- File Menu
- Recipe Menu
- Help Menu

# Speed Buttons



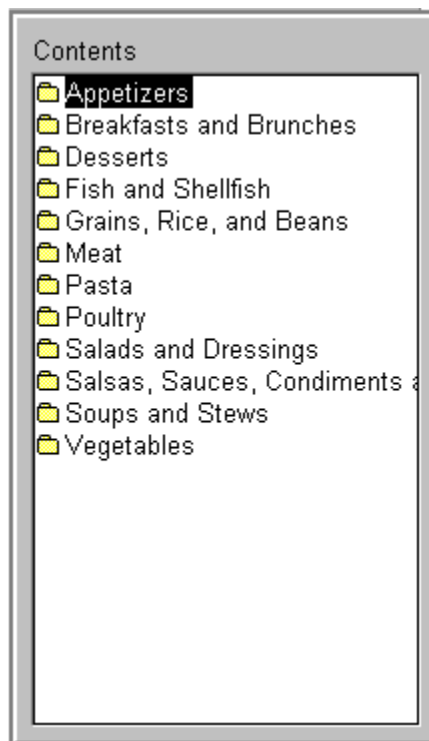
Click on any of the above buttons to get more information on their function.

# Cookbook

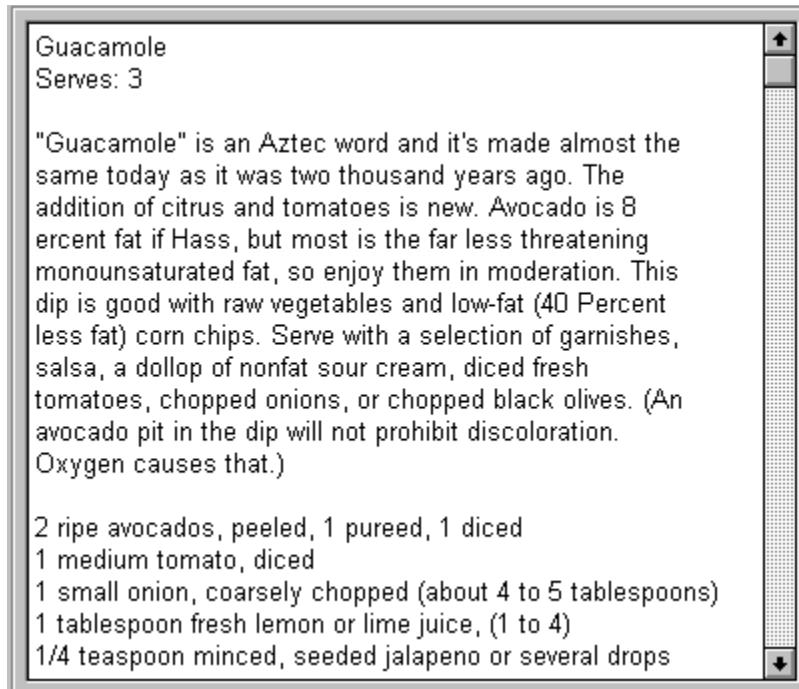
The Cookbook is displayed when the program first comes up and can be redisplayed when the Cookbook tab is selected



When this tab is selected, the Cookbook is displayed on the left in a hierarchical control resembling the file manager.



You may click with the left mouse button on the Chapter Folders (like Appetizers in the above graphic) to view all the recipes in that chapter. When you single click (with the left mouse button) on a recipe, the information for that recipe appears to the right of the hierarchical control.



There is a scroll bar in case the text of the recipe runs longer than the window.

# Shopping List

The Shopping List appears when you click on the Shopping List tab.



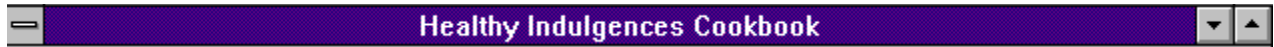
A list of all the ingredients that you have added from the Cookbook selection appears in the Shopping List window.



You may select any of these ingredients and modify or delete them from the shopping list by using the control bar at the bottom of the program's window. Click on any of the buttons in graphic above to get more information on their use.

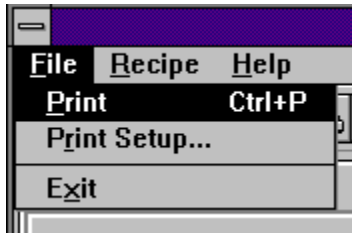


## Caption



This area of the window contains the name of the Cookbook, the **system menu** (the gray area on the left) which lets you move, size, minimize, maximize or restore the window, and the **minimize and maximize buttons** on the right which make the window an icon on the desktop or enlarge it to the entire size of the desktop respectively.

# File



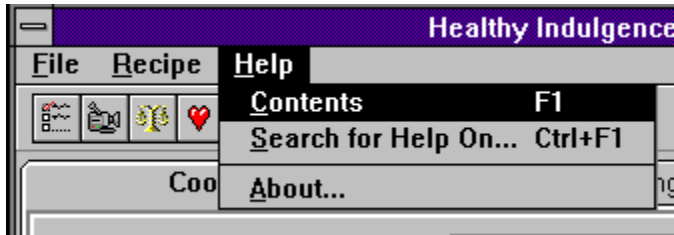
From the file menu you may select **Print**, **Print Setup** or **Exit**. Note that pressing and holding down one of the **Ctrl** keys on your keyboard and then pressing **P** is a short cut for selecting **Print** off this menu. Click on any selection in the picture of the file menu above to see more information on that topic.

# Recipe



click on any of the recipe menu items in the above graphic to view more information about their function.

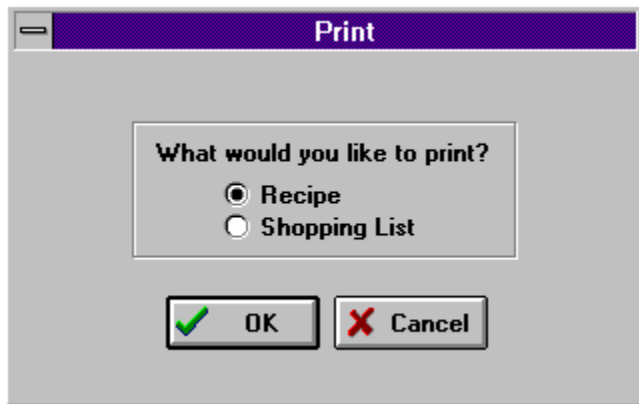
# Help



If you select **C**ontents off this menu it will start the help system and display the table of contents for this help file. The **S**earch for Help On menu item it will start the help system and allow you to search through all of the topics the help system covers. The **A**bout menu item will bring up a dialog with information on the program.

# Print

Selecting **Print** from the **File** menu or the print speed button will bring up the following dialog:



Select either **Recipe** or **Shopping List** and click the OK button. If you select recipe, you will get another dialog prompting you to select a particular recipe to print.

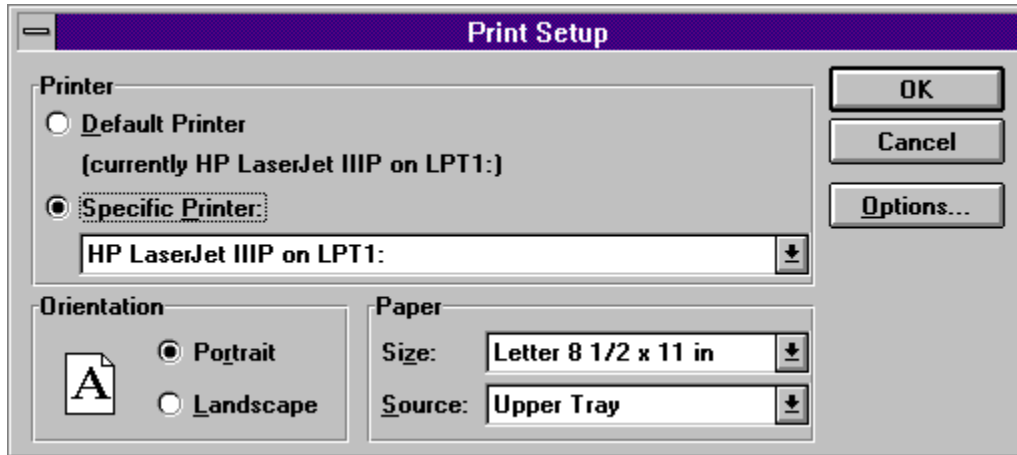


Select the recipe you would like to print and then click the OK button. The program will then print your recipe.

If you select **Shopping List**, the program will immediately begin printing your **Shopping List**.

# Print Setup

The print setup option of the **File** menu allows you to configure a printer.



This dialog that the program uses is a standard Windows dialog.

Consult your Windows Users Manual for more information about setting up printers under Windows.

# Exit

You can exit the program by using one of the following methods:

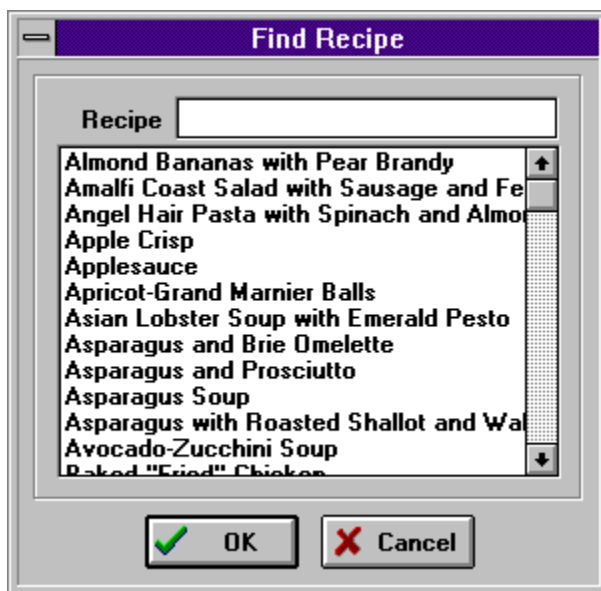
1. Click on the file menu and then click on exit in the file menu.
2. Double click on the system menu.
3. Click on the system menu and then click on the close menu item.
4. Click on the open door speed button.

## Find

Clicking on **Find** under the **Recipe** menu will bring up a dialog asking you what you are trying to find.



You have the option of looking by **Recipe** or **Ingredient**. Click one of these and then click the OK button. After selecting the criteria, another dialog appears. If you selected find by **Recipe** you will see the following dialog:



If you selected find by **Ingredient** you will see:

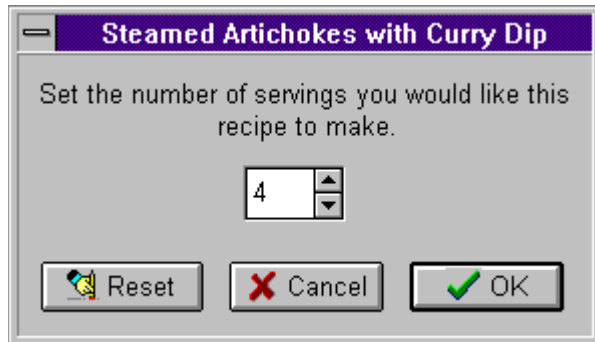




Select one of the items from the list or type the item you wish to search for in the edit. Click the OK button and the program will search the cookbook for the first occurrence of that recipe or ingredient.

## Scale

When you select scale from the **Recipe** menu or depress the **Scale speed button**, the program will scale the currently selected recipe by bringing up the following dialog and letting you enter a scaling factor:



After you click the OK button the program automatically changes the recipe to fit the number of servings you requested.

If you wish to return the recipe to its original number of servings, simply press the **Reset** button before pressing the OK button.

## Adding an item to the Shopping List

Clicking this button allows you to add any item to your Shopping List. First type the name of the item in the edit control at the bottom of the program's window. Then press the add item button. That's It!

## Changing an Item in the Shopping List

Clicking this button will change the currently highlighted item in the shopping list to contain the text in the edit at the bottom of the programs window.

## Deleting an item in the Shopping List

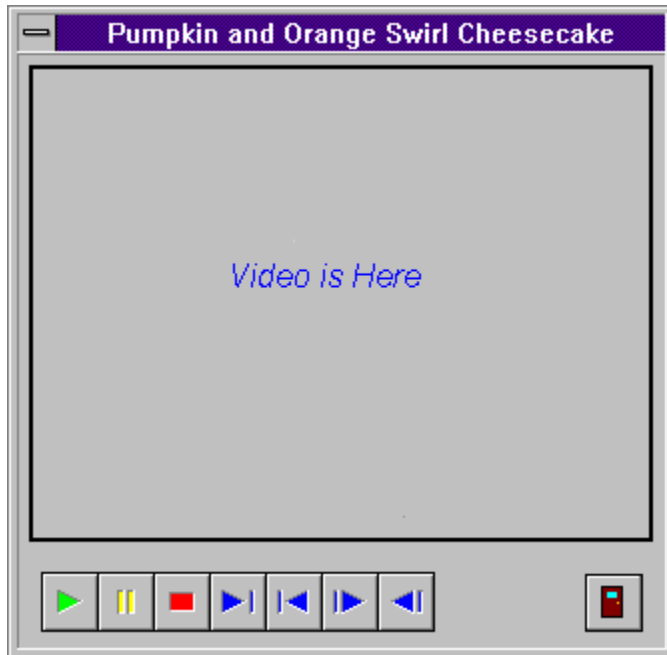
Pressing this button will delete the highlighted item from your shopping list.

## Adding a recipe to the Shopping List

Simply clicking this button will add all the ingredients to your shopping list. You may then click the Shopping List tab to go edit your list.

## Viewing a Picture or Video

If there is a video for the currently selected recipe, you will see the following dialog:



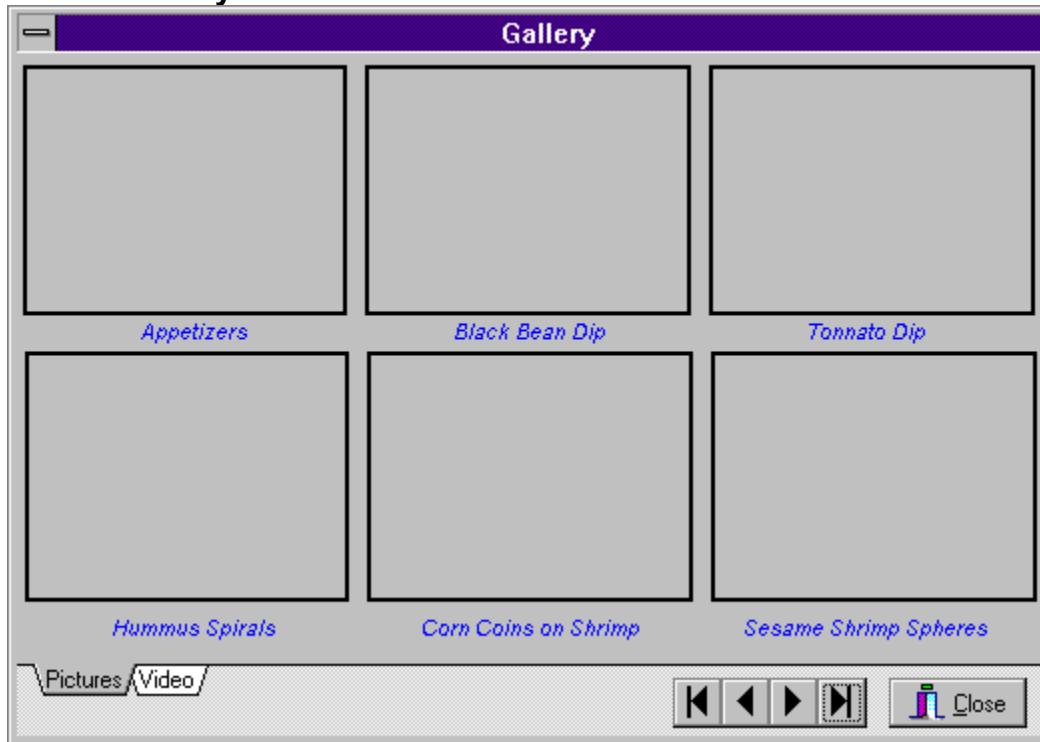
The video starts playing immediately. You may use the other controls to control the video's playback while you are viewing it. The controls in order from left to right are Play, Pause, Stop, End of Video, Beginning of Video, Fast Forward, Rewind, and the last control is Exit.

If there is a picture for the currently selected recipe, you will see the same dialog containing the picture, the video controls will be grayed; only the exit control will be available.

# Gallery

When you push the **Gallery speed button** on the button bar, the following dialog appears with pictures from the cookbook.

## Picture Gallery



The triangular buttons at the bottom allow you to traverse through the pictures in the cook book. They have the following functions in order from left to right:

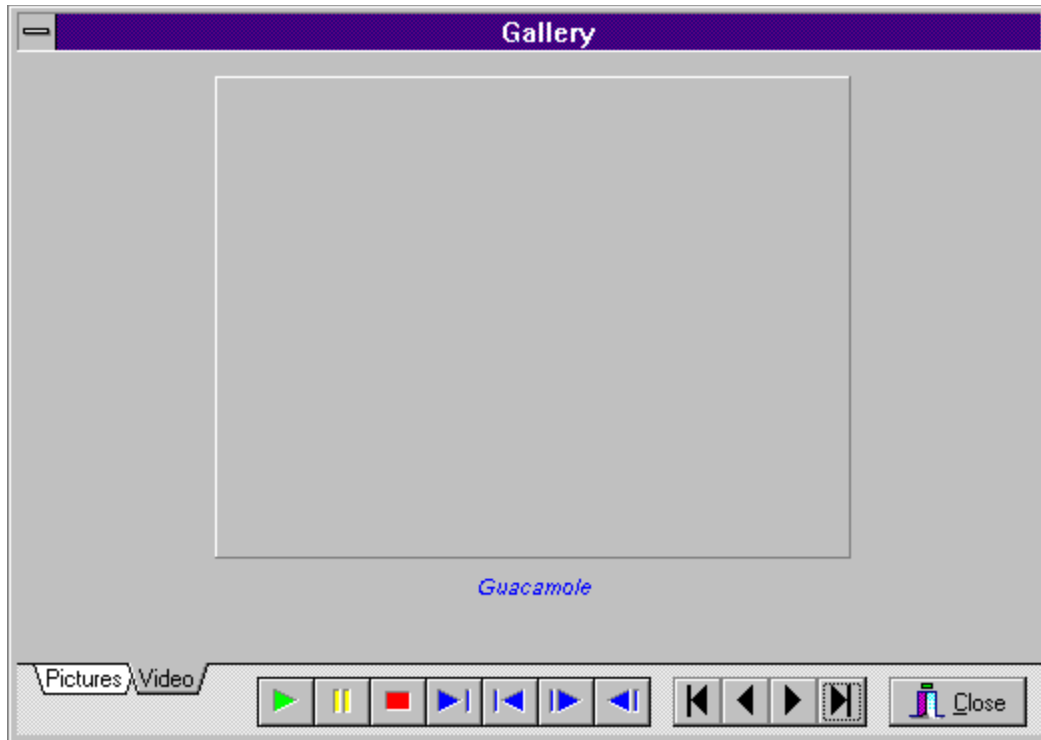
- Go to the first page of pictures
- Go to the previous page of pictures
- Go to the next page of pictures
- Go to the last page of pictures

You may double click on any of the pictures or the recipe names underneath to close the dialog and go to that recipe in the program.

If you click on the tabs at the bottom left, you may change between the **Picture Gallery** and the **Video Gallery**. If you click on the "Video" tab you will see the dialog change to the **Video Gallery** (see below).

## Video Gallery





The first video (or last one you were on) comes up and starts playing. The triangular buttons now have a similar function with the video:

- Go to the first video
- Go to the previous video
- Go to the next video
- Go to the last video

Additionally, a set of VCR like controls appears. You may use these to control the playback of

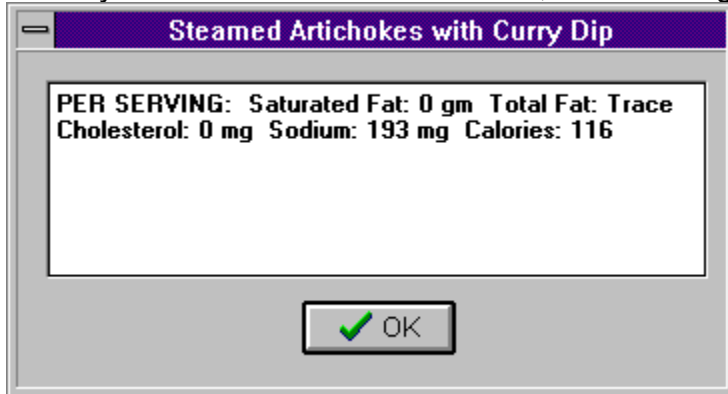
- the current video. The controls in order from left to right are:
- Play (if you have stopped the video and wish it to play again)
  - Pause
  - Stop
  - Go to the end of the video
  - Go to the beginning of the video
  - Scan forward in the video
  - Scan backward in the video

Just like the in the Picture Gallery, you may double click on the video to close the dialog and go to the recipe that the video was teaching you to prepare. You may also click on the text of the recipe name to do the same thing.

When you are through browsing in the **Gallery**, you may exit the dialog by clicking the **Close** button.

## Getting nutritional information

When you click on the nutrition button, the following dialog appears:



It contains the nutrition information for the currently selected recipe. After you are finished viewing this information, click the OK button to resume using the program.

# Navigating through the Recipes

First, make sure you are in the [cookbook](#) (not in the [Shopping List](#)).

To view a particular recipe in the cookbook use one of the following methods:

1. If you know what chapter it is in, open that chapter by double clicking on its folder (if it is not open already) and then click on the recipe you are interested in.

2. If you don't know where it is, select [Find](#) off the [Recipe Menu](#) to get an alphabetical listing of all the recipes

3. If the recipe is close to the first recipe in the cookbook, you can select [First](#) off the [Recipe Menu](#) to go to the top of the cookbook.

4. If the recipe is close to the last recipe in the cookbook, you can select [Last](#) off the [Recipe Menu](#) to go to the bottom of the cookbook.

5. [Previous](#) on the [Recipe Menu](#) takes you to the recipe immediately previous to the one selected.

6. [Next](#) on the [Recipe Menu](#) takes you to the next immediate recipe to the one selected.

## Clearing The Shopping List

When you press the **Clear** button at the bottom of the Shopping List, it immediately clears all the items in the list. See Shopping List.

## Tips on Scaling

Unfortunately, Lynn wasn't able to examine every possible scaled version of each recipe, so there is still a little work for you to do. First, you should keep in mind that scaling recipes for baked goods is very tricky; the chemistry involved is complicated, and baking pans may not even be available for the scaled size of the recipe. Lynn suggests that you stay with the given recipe sizes for baked goods.

Second, you should probably compare your scaled version of the recipe with the original version. Although the ingredients list should have been scaled accurately, there are a few things to look for. Information in parentheses and second ingredients on a single line may not have changed. In addition, you should keep in mind that many herbs and spices don't impart much flavor if you use less than 1/2 teaspoon. Moreover, please note that directions for recipes have not been changed, so you should watch out for any amounts listed there. Finally, you may have to adjust cooking times a little bit to suit your new, scaled recipe sizes.

Most dishes, however, should work out very well when you scale them. Enjoy and be well!



