ADVANTAGE

Cooking!

✓ Cooking Day Planner

✓ Recipe Manager

✓ Grocery Lists

✓ Action List

✓ Container List

✓ Easy to Use!

Take the Advantage!

The Complete Solution for Cooking Multiple Meals All at Once!

Version 2.0

Advantage Cooking!

Printed: May 2010

Publisher

Custom Access

Managing Editor

Shelley Miller

Table of Contents

Part I

1   Cookbook Setup

Advantage Cooking can be setup with

1) a new cookbook, or

2) an existing cookbook (if an earlier version of Advantage Cooking is already installed on the computer).

Click "Create" to start with a new cookbook, or

click "Find" to specify the location of an existing cookbook.
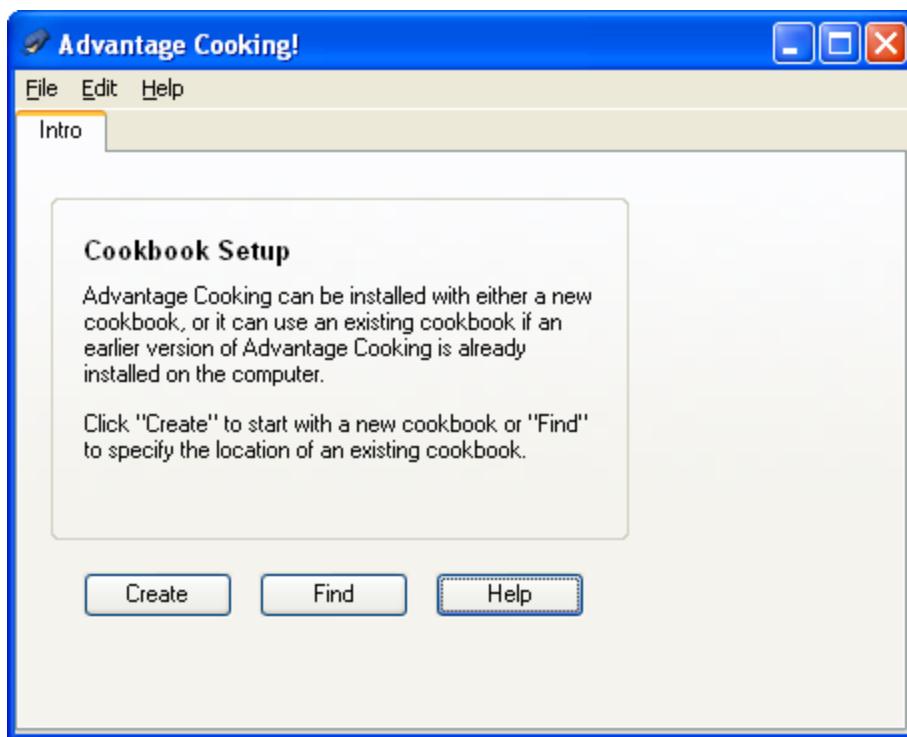
1.1   Create New Cookbook

Creating a new cookbook requires you to specify two things:

1) Cookbook Location - a location (folder) for the new cookbook, and

2) Cookbook Contents - the recipes you want included in that cookbook.
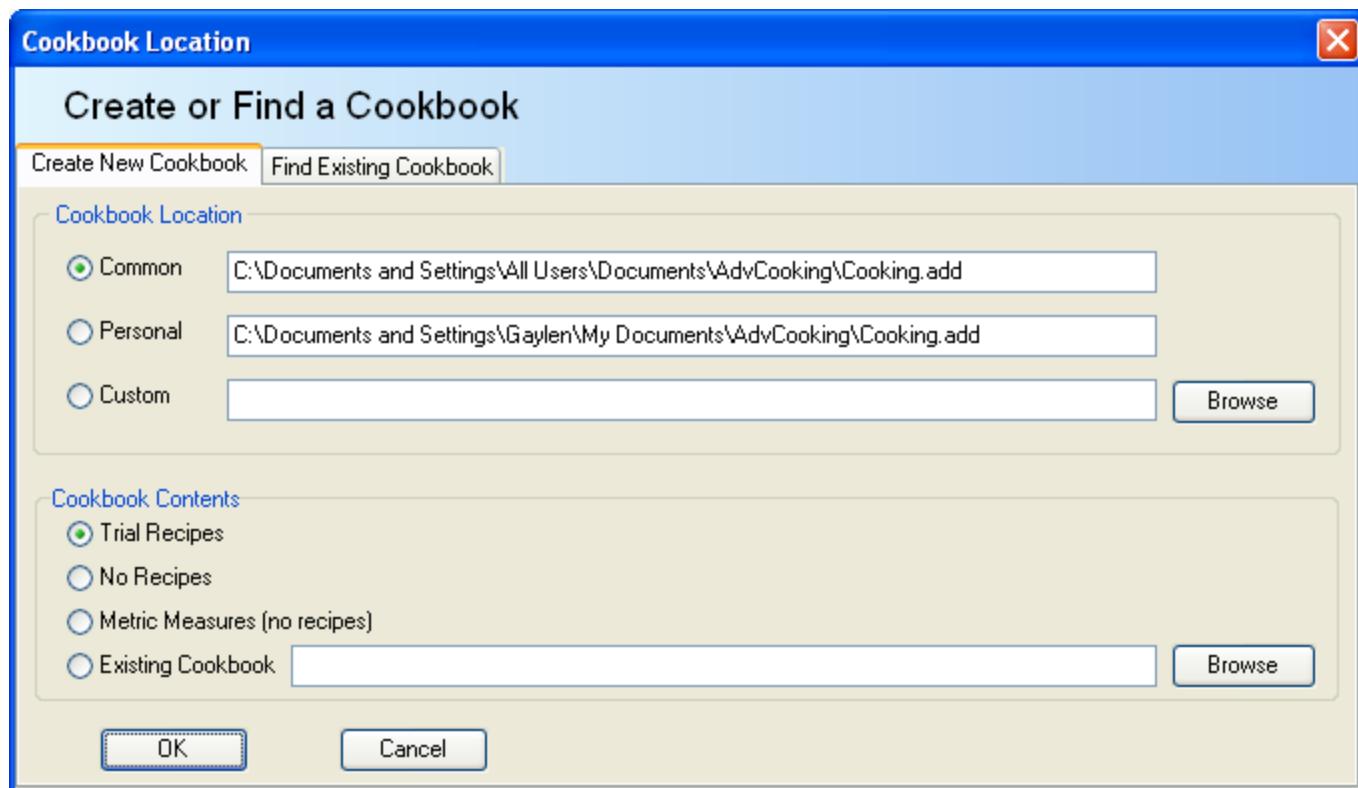
Sample screen from Window s XP

Cookbook Location

The location has three options: Common, Personal, or Custom.

> The common location is the folder defined by Windows as the "Common Documents" folder.
> > For Vista: C:\Users\Public\Documents
> > For XP: C:\Documents and Settings\All Users\Documents

> The personal location is the folder defined by Windows as the "Personal Documents" folder.
> > For Vista: C:\Users\User Name\Documents (also displayed as the user's name beneath

"Desktop")
> > For XP: C:\Documents and Settings\User Name\My Documents (also known as "My

Documents")
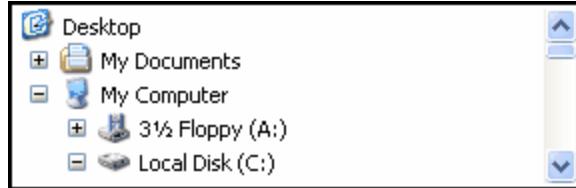
> The custom location is a folder defined by the user.

Cookbook Contents

The contents has four options: Trial Recipes, No Recipes, Metric Measures (no recipes), or Existing

Cookbook.

The "Trial Recipes" option loads the recipes that come with the trial version.

The "No Recipes" option loads no recipes, but still includes ingredients, packagings and measures.

The "Metric Measures" option loads ingredients and metric measures, but no recipes or packagings.

The "Existing Cookbook" creates a copy of an existing cookbook.

Windows 7 users will see different folder names for cookbook locations:
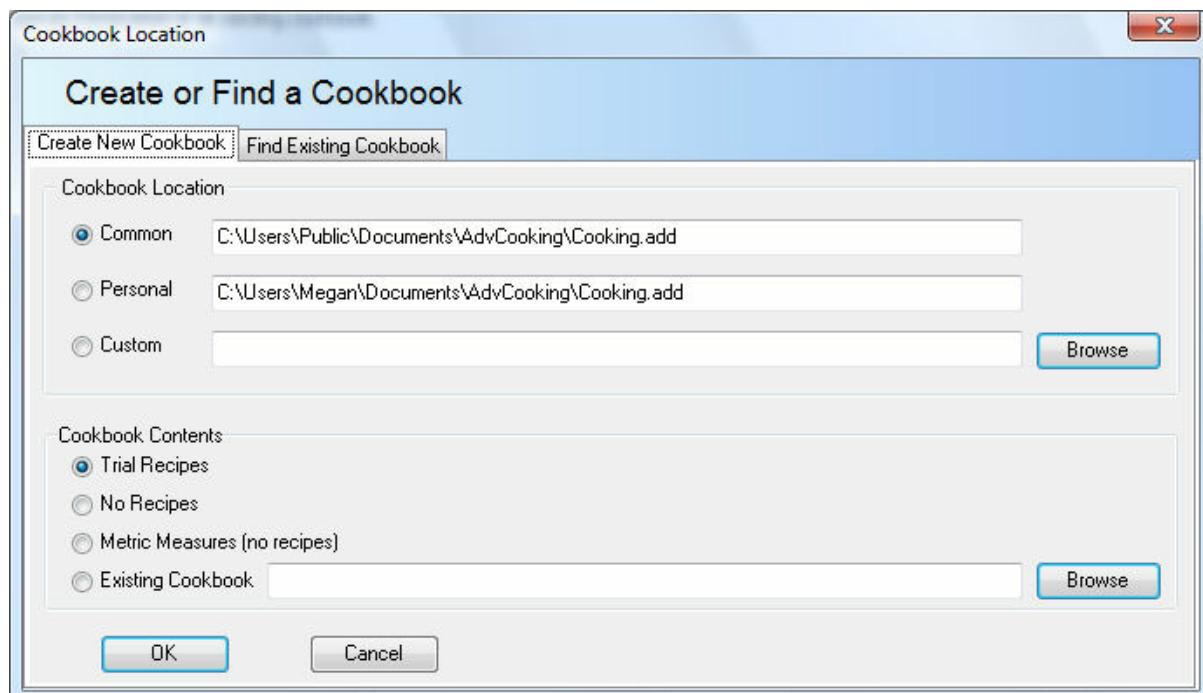
Sample Screen: Window s 7

1.2   Find Existing Cookbook

Find Existing Cookbook allows you to specify an existing set of recipes that you want to use with the new version of Advantage Cooking,

If you have been using Advantage Cooking Version 1.5.2 (or earlier), the cookbook is in the folder with the program.

For Window XP, the program folder is C:\Program Files\AdvCooking.
For Vista and Windows 7, the program folder is normally C:\AdvCooking.
If the cookbook is in a non-default location, the "Browse" button can be clicked to find the folder.

If you have been using Advantage Cooking Version 2.0 (or later), the cookbook may be in your Common

or Personal folders.

If a cookbook exists in any of these folders, the option is enabled. If a cookbook doesn't exit, the option is disabled (grayed-out).

Warning for Advantage Cooking 1.x.x users: If Advantage Cooking 2.0 is using the 1.x.x cookbook, **do not uninstall the 1.x.x software**. This would remove your recipes.
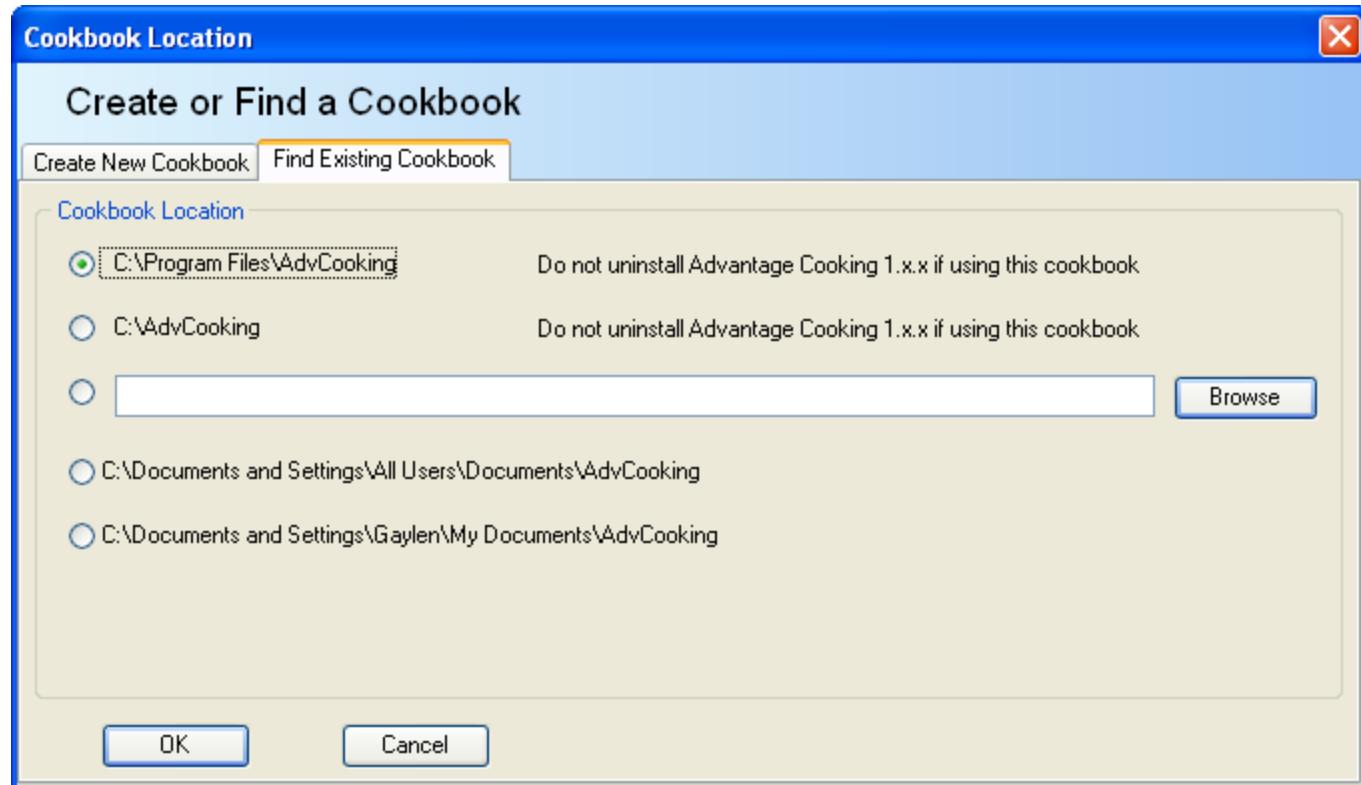
Sample screen from Window s XP

Sample screen from Window s 7

Part II
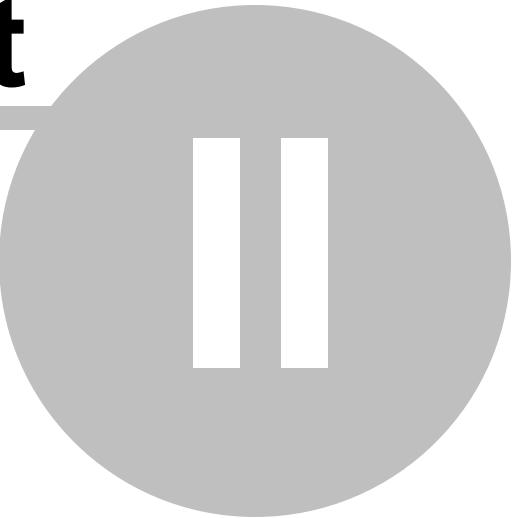
2   Welcome

Welcome to Advantage Cooking, the recipe software designed to help you cook multiple recipes at the same time. Whether I'm planning a large cooking session or just making a grocery list to shop for meals for the week, Advantage makes my life easier!

I've been freezer cooking for 13 years, and I wanted a software program to help me plan a cooking session and generate a grocery list, two of the big tasks associated with cooking multiple recipes at a time. My husband created Advantage Cooking for me, and it does just what I need it to do!

I'm so glad that you've found this tool, and I hope that you will use it. I've created several tutorials, both basic and advanced, that will help you become familiar with the features of the software. There's also a How to Get Started section which takes you through the steps of planning a cooking session.

Preparing delicious and nutritious meals for my family is not only important, it's also very satisfying for me. Advantage Cooking has become the key ingredient that makes cooking and serving meals so much easier.

So let's get started!

All my best to you,
Shelley Miller

2.1   Bird's Eye View

Bird's Eye View

The primary element of Advantage Cooking is the *Cooking Day*. A *Cooking Day* consists of *Recipes*. The *Recipes* consist of *Ingredients* and Instructions.

Another way of looking at the design is that the most basic element of Advantage Cooking is the *ingredient*. A *recipe* consists of a combination of *ingredients*. A *cooking day* consists of a combination of *recipes*.

The Advantage Cooking screen is usually divided into two windows: the upper window and the lower window. The information in the upper window is determined by one of the five tabs which appear below the main menu bar.
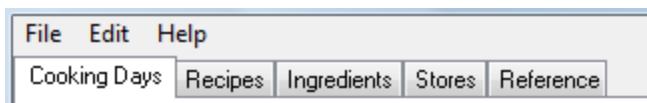
Cooking Days:

Click the **Cooking Days** tab to go to the Cooking Day Planner. A list of cooking days is shown in the upper window. A list of recipes associated with a cooking day is shown in the lower window.

The recipes, shown in the lower window, change based on the current cooking day in the upper window. The current cooking day is the one with the triangle next to it.

Important: All new recipes must be added via the Recipes tab (see below) before they can be added to a cooking day. The [Define Recipe] button moves to the Recipe tab and starts a new recipe.

Recipes:

Click the **Recipes** tab to go to the Recipe Manager. A list of recipes is shown in the upper window. The lists of ingredients, instructions, or containers are shown in the lower window.

The information shown in the lower window changes based on the current recipe in the upper window. The current recipe is the one with the triangle next to it.

Description	Category	Servings	Appliance	Recipe Source
▶ Build-Your-Own Nachos	Beef Entrees	serves 6	Fry Pan	
California Pilaf	Sides and Salads	serves 6	Skillet	
Carrot Wedding Cake	Snacks and Desserts	serves 12	Oven	
Cashew Chicken	Poultry Entrees	serves 6		
Celebration Salad	Sides and Salads	serves 6		
Champagne Salad	Sides and Salads	makes 8 cups		
Cheddar Broccoli Soup	Soups and Sandwiches	serves 6	Stovetop	
Cheese-Filled Shells	Meatless Entrees	serves 8	Stovetop	

⏮ ⏪ ◀ ▶ ⏩ ⏭ + − ▲ ✓ × ↻ ✳ ▷✳ ▽   Print   Print Preview   Copy   Scale

Ingredients | Instructions | Containers

Amount	Measure	Ingredient	When	Comment
▶ 1	Pound	Ground Beef, cooked	Cooking Day	
1/2	Cup	Onion, chopped	Cooking Day	
2	Tablespoon	Taco Seasoning Mix (bulk)	Cooking Day	
4	Fluid Ounce	Tomato Sauce	Cooking Day	
10 1/2	Ounce	Fiesta Nacho Cheese Soup (can)	Serving Day	
3/4	Cup	Milk	Serving Day	
1	Pound	Tortilla Chips	Serving Day	
2	Ounce	Olives, sliced	Serving Day	
1/2	Cup	Sour Cream	Serving Day	

⏮ ⏪ ◀ ▶ ⏩ ⏭ + − ▲ ✓ × ↻ ✳ ▷✳ ▽   Move Ingredient ▲▼   Change Measure   Define

File   Edit   Help

Cooking Days	Recipes	Ingredients	Stores	Reference			

Description	Category ▼	Servings ▼	Appliance ▼	Recipe Source
▶ Build-Your-Own Nachos	Beef Entrees	serves 6	Fry Pan	
California Pilaf	Sides and Salads	serves 6	Skillet	
Carrot Wedding Cake	Snacks and Desserts	serves 12	Oven	
Cashew Chicken	Poultry Entrees	serves 6		
Celebration Salad	Sides and Salads	serves 6		
Champagne Salad	Sides and Salads	makes 8 cups		
Cheddar Broccoli Soup	Soups and Sandwiches	serves 6	Stovetop	
Cheese-Filled Shells	Meatless Entrees	serves 8	Stovetop	

|◄◄ ◄◄ ◄ ► ►► ►►| + — ▲ ✓ ✕ ⟳ ✳ ⁕ ⩒   [Print] [Print Preview] [Copy] [Scale]

Ingredients	Instructions	Containers

Amount ▼	Measure ▼	Ingredient ▼	When ▼	Comment ▼
▶ 1	Pound	Ground Beef, cooked	Cooking Day	
1/2	Cup	Onion, chopped	Cooking Day	
2	Tablespoon	Taco Seasoning Mix (bulk)	Cooking Day	
4	Fluid Ounce	Tomato Sauce	Cooking Day	
10 1/2	Ounce	Fiesta Nacho Cheese Soup (can)	Serving Day	
3/4	Cup	Milk	Serving Day	
1	Pound	Tortilla Chips	Serving Day	
2	Ounce	Olives, sliced	Serving Day	
1/2	Cup	Sour Cream	Serving Day	

|◄◄ ◄◄ ◄ ► ►► ►►| + — ▲ ✓ ✕ ⟳ ✳ ⁕ ⩒   Move Ingredient ▲▼   [Change Measure]   [Defin...]

Important: All ingredients must be defined in the Ingredients tab (see below) before they can be added

to a recipe. The [Define Ingredient] button quickly adds a new ingredient without moving to the Ingredients tab.

Ingredients:

Click the **Ingredients** tab. A list of ingredients is shown in the upper window.
The lists of packaging, conversions, and recipes which use this ingredient are shown in the lower window.

The information shown in the lower window changes based on the current ingredient in the upper window. The current ingredient is the one with the triangle next to it.

Important: If an ingredient can be purchased at a grocery store, packaging should be added. If an ingredient cannot be purchased at a grocery store (e.g. chopped onions), conversions should be added.

Stores:

Click the **Stores** tab. A list of stores is shown in the upper window. A list of ingredient packaging is shown in the lower window.

The information shown in the lower window changes based on the current store in the upper window. The current store is the one with the triangle next to it.

Cooking Days	Recipes	Ingredients	Stores	Reference

Description	▾
▸ Store #1	
Store #2	
Store #3	

Ingredient Packaging

Ingredient Package	▾	Aisle	▾	Price	▾
▸ Egg(s) - Dozen		4		$1.79	
Enchilada Sauce - Jar (15 oz)		7		$1.85	
English Muffins - Pack of 6		2		$2.29	
Evaporated Milk - Can (12 fl oz)		9		$1.69	
Fettucini - Pound Package		8 pasta		$0.89	
Fiesta Nacho Cheese Soup (can) - Can (10 1/2 oz)		8 soup		$1.39	
Flour - Bag (10 pound)		9		$3.29	
Flour - Bag (5 pound)		9		$1.69	

Ingredient Selector

Reference:

Click the **References** tab. A row of reference tabs appears below the main menu tabs.

Cooking Days	Recipes	Ingredients	Stores	Reference

Actions	Appliance	Containers	Ingredient Types	Measures	Packaging	Recipe Categories

To customize the features of Advantage Cooking, use the Reference Lists. Once the information is set to the user's preference, the lists seldom change. For a more detailed description of each reference list, see the y section.

2.2   Main Menu

Main Menu Bar

Menu options appear in the top left corner of the upper window. Each option has a drop down list that appears.

File

Print Setup
Select a printer, paper, and orientation.

Exit
Exit the Advantage Cooking program.

Edit
Edit operates on the currently highlighted text. It is used for text only (not cooking days, recipes, or packaging/conversions).

Undo
Reverse the most recent editing action.

Cut
Copy the selected text to the clipboard and then delete the text.

Copy
Copy the selected text to the clipboard.

Paste
Insert the clipboard text.

Paste into MC Import
A MasterCook® recipe doesn't have to be in a separate file before importing. The recipe must be in MasterCook® format, but could be part of an email message, for example. To perform the import, select the entire recipe text, copy to the clipboard, and then select "Paste into MC Import." The text is inserted as the "Original Recipe", the recipe conversion is performed, and the converted recipe is displayed for editing before importing into the Advantage Cooking recipe file. See Recipe Importing for more information.

Help

Contents
View the help file.

Topic Search
Search the help file.

About
Software version number, web address.

2.3   Toolbars and Buttons

Toolbars and Buttons

Toolbars:

This toolbar appears at the bottom of each window. The function of each button is described below.

First Record - move to the first record of the list.

Prior Page - move toward the top of the list, a page at a time.

Prior Record - move to the previous record.

Next Record - move to the next record.

Next Page - move toward the bottom of the list, a page at a time.

Last Record - move to the last record of the list.

Insert Record - insert a record in the list.

Delete Record - delete the current record in the list.

Edit Record - edit the current record.

Post Edit - save the changes made to the current record. This button is disabled until a record has been changed.

Cancel Edit - abandon any changes made to the current record. This button is disabled until a record has been changed.

Filter Data - advanced options for filtering records.

Drop Down Lists:

The drop down button ▾ appears within a field when a drop down list is available. The drop down lists function two ways. You can start typing and the first option that matches what you typed so far is displayed. Keep typing until the value you need appears. You can also click the drop down button to display the list of possible choices and choose from the list. New values can be added to all drop down lists. You can find the lists on the Reference tab.

Filtering:

The filter button ▾ looks very similar to the drop down button above, but performs a completely

different function. The filter button appears only in the heading of each column and is used to select only those records with a specific value in that column. The filter button will also produce a drop down list for selection. More information is available in Data Filters.

Alphabetizing:

When a column is alphabetized from A-Z, the icon △ will appear in the heading of the column.

Clicking the icon button will cause the list to alphabetize in reverse order, from Z-A, and the icon ▽ will appear. Clicking this button, will alphabetize the list from A-Z.

Upper and Lower Window Resizing:

Between the upper and lower windows is a grey resizing bar. When the cursor moves over the bar, it will change to ⬍. Click and drag the cursor to change the proportions of the upper and lower windows.

2.4   Searching for a Record

Searching for a Record.

Description	△	Category	▼	Servings
Breakfast McBiscuits		Breads and Breakfast		serves 12
Broccoli, Rice and Cheese Casserole		Sides and Salads		serves 12
▶ Build-Your-Own Nachos		Beef Entrees		serves 6
California Pilaf		Sides and Salads		serves 6
Carrot Wedding Cake		Snacks and Desserts		serves 12
Cashew Chicken		Poultry Entrees		serves 6
Celebration Salad		Sides and Salads		serves 6
Champagne Salad		Sides and Salads		makes 8 cups
Cheddar Broccoli Soup		Soups and Sandwiches		serves 6
Cheese-Filled Shells		Meatless Entrees		serves 8
Cheeseburger Quiche		Beef Entrees		serves 6
Cheesy Spinach Pesto		Sides and Salads		serves 6
Cherry Pie Filling		Snacks and Desserts		serves 6

Tabs: Cooking Days | Recipes | Ingredients | Stores | Reference

A powerful feature of Advantage Cooking is the incremental search used to locate records. Whenever a field is solid green, you can search for a record. Here's how it works:

Typing the letter "C" moves the current record to the first record starting with a "C".

Build-Your-Own Nachos
▶ California Pilaf
Carrot Wedding Cake
Cashew Chicken
Celebration Salad
Champagne Salad
Cheddar Broccoli Soup
Cheese-Filled Shells
Cheeseburger Quiche
Cheesy Spinach Pesto
Cherry Pie Filling

Then the letter "H" moves the current record to the first record starting with a "CH"

California Pilaf
Carrot Wedding Cake
Cashew Chicken
Celebration Salad
▶ Champagne Salad
Cheddar Broccoli Soup
Cheese-Filled Shells
Cheeseburger Quiche
Cheesy Spinach Pesto
Cherry Pie Filling

The letter "E" moves the current record to the first record starting with a "CHE"

Champagne Salad
▶ Cheddar Broccoli Soup
Cheese-Filled Shells
Cheeseburger Quiche
Cheesy Spinach Pesto
Cherry Pie Filling

The letter "R" moves the current record to the first record starting with a "CHER"

Champagne Salad
Cheddar Broccoli Soup
Cheese-Filled Shells
Cheeseburger Quiche
Cheesy Spinach Pesto
▶ Cherry Pie Filling

Pressing the "Esc" escape key will clear the incremental search.

The incremental search feature is only available in the columns in the top window. The bottom windows function in the edit mode only.

2.5 Editing a Record

Editing a Record

There are three indicators which appear on the left side of a window to indicate the status of the current record:

▶ the record is in search mode, or is waiting to be edited.

I the record has been edited and is waiting to be saved.

* this is a new record that has not been saved.

There are two ways to being editing:

1) click the cursor in any field, or

2) click the edit button ▲ in the toolbar.

Notice that the three "edit mode" buttons on the toolbar toggle on and off:

▲ ✓ ✕ = edit mode can be selected; there are currently no edits to post or cancel

▲ ✓ ✕ = edit mode already selected, edits can be posted (checkmark) or canceled (red X).

When in edit mode, it is important to note that clicking in another record or window will **save any changes** made.

2.6 Data Filters

Data Filters

The filter button ▾ appears in the heading of each column and is used to select only those records with a specific value in that column. The filter button will produce a drop down list for selection.

In the example below, the Category column in the Recipes tab has been filtered to include only Beef Entrees. Notice the grey bar at the bottom of the window which specifies the filter that is currently in effect.

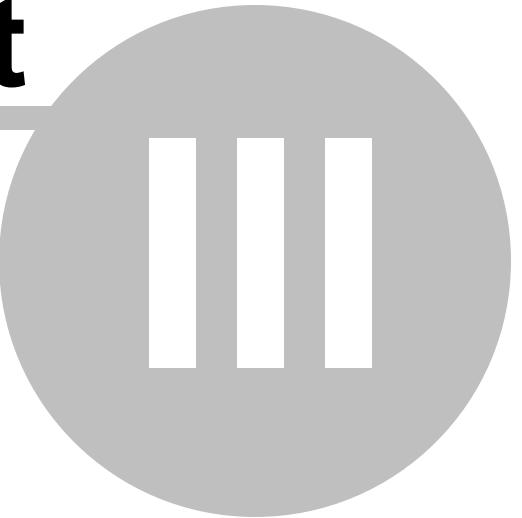There are two buttons in the grey filter bar:

☑ will toggle the filter off and on. It will remember the filters that have been used since Advantage Cooking was last opened.

❎ will turn off the filter and remove the grey filter bar from the window.

Part III

3 Basic Recipe Manager Tutorial

The Basic Recipe Manager Tutorial teaches you how to add new ingredients, and then how to add a new recipe.

3.1 Basic Adding Ingredient Tutorial

Basic Adding Ingredients Tutorial

Ingredients are a primary, although seemingly hidden, part of Advantage Cooking. Once an ingredient is defined, it seldom changes. The ingredient information is crucial for creating useful Grocery Reports.

Adding an Ingredient Exercise:

Click the **Ingredients** tab at the top of the screen.

Click the **Add New Ingredient** button ⊞ on the toolbar in the upper window.

Type **Anchovies** in the **Description** column.

Press the **Tab** key to move to the next column.

Type **Ca** in the **Ingredient Type** column. ("Canned Good" is displayed)

Press the **Tab** key to move to the next column.

This ingredient requires no **Action**.

Click on the **Packaging** tab in the lower window.

Click in the **Packaging** column.

Type **Can (8 o** in the Packaging column or click the drop down list button ⏷ and pick "Can (8 oz)" from the list.

Congratulations! This exercise is complete. A new ingredient is now available.

3.2 Basic Adding Recipe Tutorial

Basic Adding Recipe Tutorial

Adding a recipe to the Recipe Manager can initially seem to be a daunting task. Fortunately, after successfully adding a recipe or two, the process doesn't appear as complicated.

Adding a Recipe Exercise:

Click the **Recipes** tab at the top of the screen.

Click the **Add New Recipe** button ⊞ on the toolbar below the list of recipes.

Type **Grandma's Quiche Casserole** in the **Description** column.

Press the **Tab** key to move to the next column.

Type **P** in the **Category** column. (Pork and Fish Entrees is displayed).

Press the **Tab** key to move to the next column.

Type **serves 12** in the **Servings** column.

Press the **Tab** key to move to the next column.

Type **St** in the **Appliance** column. (Stovetop is displayed).

Press the **Tab** key to move to the next column.

Type **Recipe Tutorial** in the **Recipe Source** column.

Press the **Tab** key to move to the next column.

Type **30 Min** in the **Preparation Time** column.

Entering Ingredients:

Click on the **Ingredients** tab in the lower window.

Click on the **Amount** column.

Type **1** in the **Amount** column.

Press the **Tab** key to move to the next column.

Type **Po** in the **Measure** column. (Pound is displayed).

Press the **Tab** key to move to the next column.

Type **Sau** in the **Ingredient** column. (Sausage, hot is displayed).

Press the **Tab** key to move to the next column.

Leave the **Use On** column as **Cooking Day**.

Press the **Tab** key to move to the next column.

Type **browned and drained** in the **Comment** column.

Press the **Tab** key to move to the first column on the next line.

Type **1** in the **Amount** column.

Press the **Tab** key to move to the next column.

Type **Po** in the **Measure** column. (Pound is displayed).

Press the **Tab** key to move to the next column.

Type **Mon** in the **Ingredient** column. ("Monterey Jack Cheese" is displayed).

Click the **drop-down button** in the Ingredient column.

Click on **Monterey Jack Cheese, shredded**.

Press the **Tab** key to move to the next column.

Leave the **Use On** column as **Cooking Day**.

Press the **Tab** key to move to the next column.

Leave the **Comment** column blank.

Press the **Tab** key to move to the first column on the next line.

Now enter the following ingredients. Type **S** in the **Use On** column to change it from Cooking Day to Serving Day.

Amount	Measure	Ingredient	Use On	Comment
10	Each	Egg	Serving Day	
1/2	Cup	Flour	Serving Day	
16	Ounce	Cottage Cheese	Serving Day	
1/4	Cup	Butter	Serving Day	
8	Ounce	Green Chilies, chopped	Serving Day	

Entering Instructions:

Click on the **Instructions** tab.

Enter the following **instructions**.

Cooking Day:
Brown and drain sausage. Freeze in a quart bag.
Freeze the shredded jack cheese in another quart bag.
Put the sausage and cheese in a gallon freezer bag.

To Serve:
Mix all ingredients together and pour into 9x13 greased pan. Bake at 350 degrees for 40-45 minutes.

Enter Containers:

Click on the **Containers** tab.

Enter the following **containers**.

Quantity	Container
1	Freezer Bag - Gallon
2	Freezer Bag - Quart

Congratulations! This exercise is complete. A new recipe is now available.

Part

IV

4 Cooking Day Tutorial

The Cooking Day Tutorial takes you step by step through the process of setting up a cooking day in the software and then printing the reports you'll need to make it easier to cook once you're in the kitchen.

4.1 Adding Cooking Days Tutorial

Adding Cooking Days Tutorial

A cooking day is a group of recipes. The description and date of the cooking day are shown in the upper window. The recipes are shown in the lower window.

Adding a Cooking Day Exercise:

Click the **Cooking Day** tab at the top of the screen.

Click the **Add New Cooking Day** button ![+] on the toolbar below the list of Cooking Days.

Type **Tutorial Cooking Day** in **Description** column.

Press the **Tab** key to move to the next column.

Type today's date in the **Cooking Date** column.

Adding Recipes to a Cooking Day:

Click on the **Recipe Selector** button at the bottom of the screen.

Click on the first recipe in the **Not In Cooking Day** column.

Click on the **Right Arrow** button ![>] to move the recipe to the **In Cooking Day** column.

Double-click the top recipe in the **Not In Cooking Day** column to move it to the **In Cooking Day** column. (This is an alternate method of moving recipes.)

Click the **OK** button to close the **Recipe Selector**.

Changing Recipe Quantities:

Click in the **Quantity** column of the first recipe.

Type **2** to change the Recipe **Quantity**.

Congratulations! This exercise is complete. A new Cooking Day is now available.

4.2 Cooking Day Report Tutorial

Cooking Day Report Tutorial

Advantage Cooking prints a variety of reports for a Cooking Day.

Click on the **Cooking Days** tab in the upper window.

Click on the **Tutorial Cooking Day** description (added in the prior tutorial).

Click on the Print Preview button 🖥️ next to the [Recipes 🖨️] button on the right side of the upper window.

A preview of the Recipe Report is displayed. The recipes in your Cooking Day are shown in alphabetical order by recipe category.

Click on the **Close** button.

Click on the [Recipes 🖨️] to print the report.

Click on the [Ingredients 🖨️] button.

The Ingredients Report is printed. The ingredients are shown in alphabetical order along with any recipes in your Cooking Day which use that ingredient.

Click on **All Ingredients** radio button in the "Include on Grocery Reports" box.

Click on the Print Preview button 🖥️ next to the [Grocery 🖨️] button on the right side of the upper window.

The Grocery List Generator status window is displayed as Advantage Cooking totals, converts and summarizes the recipe ingredients.

The Grocery Report is displayed in the preview window.

Click on the **Close** button.

Congratulations! This exercise is complete.

Part V

5 Advanced Recipe Manager Tutorial

The Advanced Recipe Manager Tutorial helps you understand several of the important features of managing the ingredients and recipes in the software in order to make the information more useful.

There are so many features! Take a quick look at them now.

5.1 Advanced Ingredients

Understanding ingredient conversions will make your Grocery Report more readable and will expedite the trip to the grocery store.

5.1.1 Adding Ingredient Conversions

Adding Ingredient Conversions

Scenario: A recipe calls for Diced Tomatoes, which are not in the ingredient list.

Add Diced Tomatoes as described in the Basic Adding Ingredient Tutorial:

> Description – **Tomatoes, fresh, diced**
> Ingredient Type – **Produce**
> Action – **Dice**
> Packaging – < leave empty >

Because diced tomatoes are not available at the grocery store, this ingredient must be converted to an ingredient that can be purchased.

Add Tomatoes:

> Description – **Tomatoes**
> Ingredient Type – **Produce**
> Action – < leave empty >
> Packaging – **Each**

Click on the **Tomatoes, fresh, diced** ingredient.

Click on the **Conversions** tab in the lower window.

Enter the conversion:

> From Amount – **.75**
> From Measure – **Cup**
> To Amount – **1**
> To Measure – **Each**
> To Ingredient – **Tomatoes**

This means that ¾ cup of diced tomatoes is equivalent to 1 tomato. This conversion allows Advantage Cooking to print a grocery report with 2 tomatoes (something you can buy) instead of 1-½ cups of diced tomatoes (something you cannot buy).

If you have a recipe that calls for "one diced tomato", the following conversion handles that situation:

> From Amount – **1**
> From Measure – **Each**
> To Amount – **1**
> To Measure – **Each**
> To Ingredient – **Tomatoes**

This conversion allows Advantage Cooking to print a grocery report with one line for tomatoes instead of one line for Tomatoes and one line for "Tomatoes, fresh, diced".

Congratulations! This exercise is complete.

5.1.2   Copying Conversions

Copying Conversions

Scenario: A recipe calls for Oat Flour, which is not in the ingredient list.

Add Oat Flour as described in the Basic Adding Ingredient Tutorial:

> Description – **Flour, oat**
> Ingredient Type – **Baking Goods**
> Action – < leave empty >
> Packaging – < leave empty >

The packaging and conversions for Flour are already present and can be copied.

Click on the **Copy Packaging and Conversions** button in the upper window.

The Copy Packaging and Conversion window is displayed.

Set the Source to **Flour**.

Set the Destination to **Flour, oat**.

Click the **Copy** button.

The Oat Flour now has the same packaging and conversions as Flour.

Congratulations! This exercise is complete.

5.1.3   General Tips

General Tips

Before adding a new ingredient, do a quick check for an alternate spelling or phrasing of the ingredient. For example, a recipe may call for "shredded cheddar cheese", but it is in Advantage Cooking as "Cheddar Cheese, shredded".

Ingredient descriptions can be changed to fit personal preferences. Any changes will be reflected in the recipes using that ingredient.

5.2   Advanced Recipes

Scaling recipes and changing measures helps you tailor your recipes to your desires.

Importing is the easiest way to add new recipes to your software.

5.2.1   Quick Define Ingredient

Quick Define Ingredient

Enter this recipe as described in the Basic Adding Recipe Tutorial.

Description – **Spicy Grilled Chicken**
Category – **Chicken** or **Chicken & Turkey**
Servings – **Serves 4-6**
Appliance - < leave empty >

Adding Ingredients:

Add the following ingredients. Some of the ingredients are not defined. When you encounter a new ingredient, click the [Define Ingredient] button at the bottom of the lower window. This is the quick way to enter missing ingredients.

Amount	Measure	Ingredient	Use On	Comment
1	**Cup**	**Chili Sauce**	**Cooking Day**	
1/2	**Cup**	**Red Wine Vinegar**	**Cooking Day**	
1	**Tablespoon**	**Horseradish**	**Cooking Day**	
1/4	**Teaspoon**	**Garlic Powder**	**Cooking Day**	
1/2	**Teaspoon**	**Salt**	**Cooking Day**	
1 1/2	**Pound**	**Chicken Breast, boneless**	**Cooking Day**	

Instructions:

Cooking Day:

Fillet chicken and freeze in freezer bag.

Combine marinade ingredients and freeze in plastic container.

To Serve:

Marinate chicken in 1/2 of sauce for 5 minutes. Place chicken on grill and discard marinade from bowl. Grill or broil chicken, turning and basting frequently with the remaining sauce. If using bone-in chicken, precooking in the microwave will save time.

Containers:

Quantity	Container
1	**Container (2 Cup)**
1	**Freezer Bag - Quart**

The recipe is complete. Click the **Print Preview** button in the upper window to view the recipe.

5.2.2   Scale and Change Measure

Scale and Change Measure

Click on the **Recipes** tab and notice the ▶ current row indicator and the solid blue bar.

Type **Spicy Grilled** to find the Spicy Grilled Chicken recipe added in the Quick Define Ingredient exercise. Typing in the description box performs an incremental search and locates the recipe.

Click the **Scale** button in the upper window. The Scale dialog box is displayed.

Click on the **4 X Recipe** button.

Click the **Scale** button. This multiples the recipes 4 times.

A new recipe appears in the list, Spicy Grilled Chicken -- X 4.

Click on the **Chili Sauce** ingredient in the lower window.

Click on the **Change Measure** button in the lower window and select the "2 Pint" entry. The ingredient amount changes from "4 Cup" to "2 Pint".

Click on the **Horseradish** ingredient in the lower window.

Click on the **Change Measure** button and select the "1/4 Cup" entry.

You can cut a recipe in half with the "Halve Recipe" button on the Scale Recipe dialog box. You can cut a recipe to 1/4 by selecting the "Other" button and putting .25 in the number box.

Congratulations! This exercise is complete.

5.2.3 Send, Export and Import

Send, Export and Import

Sending Recipes:

Click on the **Recipes** tab and notice the ▶ current row indicator and the solid blue bar.

Cooking Days	Recipes	Ingredients	Stores	Reference

Description	Category ▾
▶ 4 Layer Cookie Bars	Snacks and Desserts
Apple Bread	Breads and Breakfast

Type **Spicy Grilled** to find the Spicy Grilled Chicken recipe. Typing in the description box performs an incremental search and locates the recipe.

Click the ✉ Send button.

Advantage Cooking creates an e-mail with a display version of the recipe in the body and a copy of the recipe as an attachment. Just fill in the **To** box of the e-mail and Click **Send** to send to recipe to a friend. (Details may vary depending upon your particular e-mail program.)

Exporting Recipes:

Another way to share recipes is to export them.

Click the **Export** button to display the **Save As** dialog box.
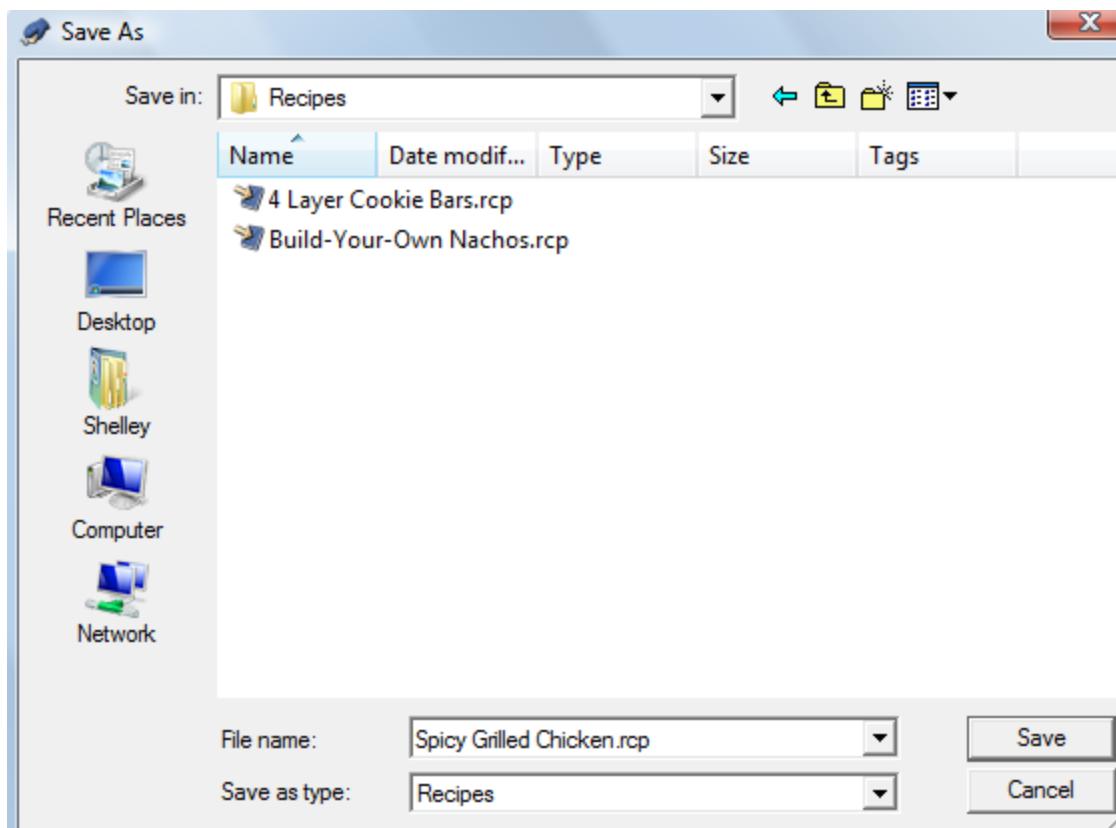
This allows you to put a copy of your recipe on your computer so you can save it or share it.

Importing Recipes:

Advantage Cooking imports a recipe simply by double clicking on it. If you are downloading the recipe, select Open instead of Save As to import automatically.

The other alternative is to Click the **Import** button to display the **Open** dialog box.
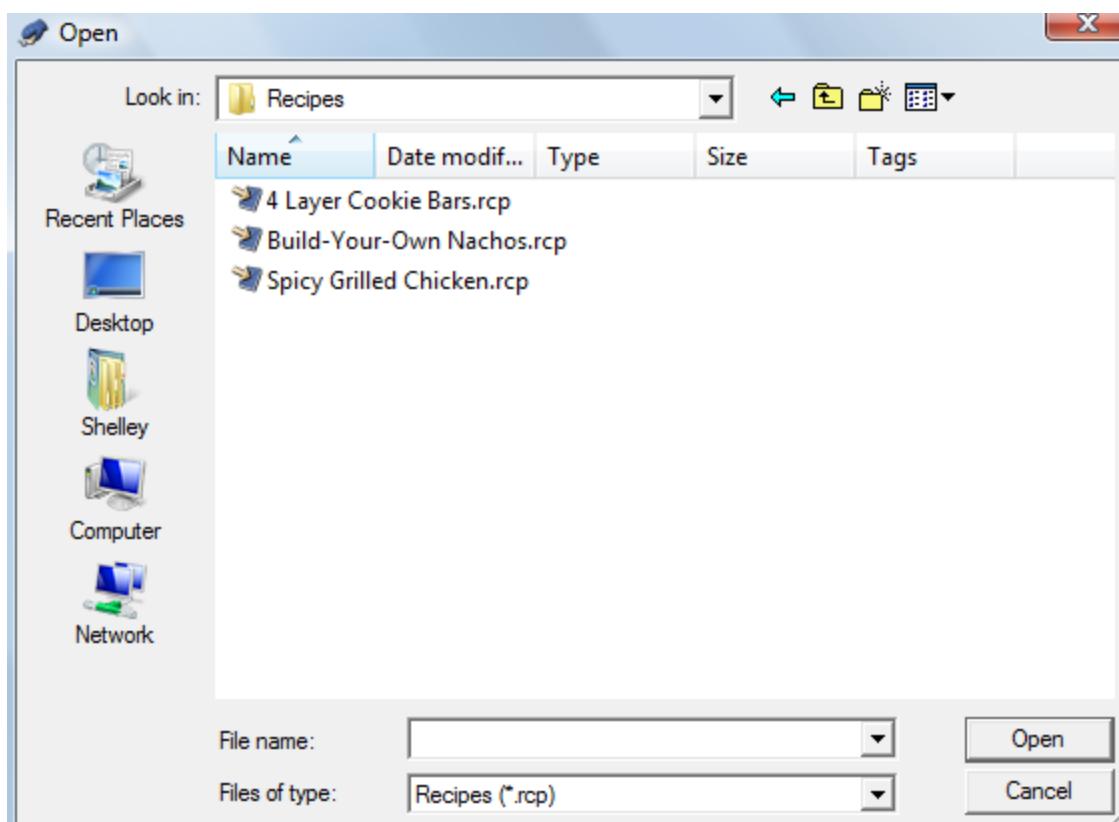
This dialog box allows you to locate the recipe file, click on it to select it and the click the **Open** button to import it.

Part

VI

6   How to Get Started

Now that you've stepped through the tutorials, you're ready to put it all together and create a cooking day plan. Even if you never intend to cook it all in one day and stock your freezer, this section shows you how to collect a group of recipes and create a grocery list.

6.1   Add Recipes

Add Recipes

Make sure you've read the "Bird's Eye View"

Use the Recipes tab to access the Recipe Manager. All recipes must be added here before they can be assigned to a cooking day.

There are four ways to add a new recipe:

1) Use the "Add New Recipe" button [+] on the toolbar. Enter the recipe description, category, and serving information in the upper window. Enter the ingredients, instructions, and container information in the lower window.

Important: some recipe ingredients may need to be added to the ingredients list before they can be used for a recipe. Use the [Define Ingredient] button to quickly add a new ingredient. In order to make the grocery report as useful as possible, take the time to specify packaging for each ingredient. For more information on adding recipes, see Recipes or the Add Recipe Tutorial. For more information on ingredient packaging, see Ingredient Packaging.

2) Use the auto-import feature. Double-click on any Advantage Cooking recipe file (.rcp) and the recipe will automatically import. The recipe file can be imported from a file, a website, or an email attachment. Advantage Cooking does not have to be open for the auto-import feature to work.

3) Use the [Import] button to the right of the toolbar. Specify the location and filename of an Advantage Cooking recipe file (.rcp), which was created using the recipe export function (see Send, Export and Import) Click the [Open] button and the recipe information is automatically added to the list. The import/export capability facilitates recipe "swapping" and eliminates unnecessary data entry.

4) Convert and import a MasterCook® recipe. Use the [Import] button to the right of the toolbar. Specify the location and filename of a MasterCook® (.mxp) file. Click the [Open] button and the recipe is converted and displayed for editing. See Recipe Importing.

6.2   Create a Cooking Day

Create a Cooking Day

Use the Cooking Days tab to access the Cooking Day Planner.

There are two ways to create a new Cooking Day definition:

1) Use the "Add New Cooking Day" button ⊞ on the toolbar. This creates a cooking day with an empty recipe list. Enter the description and date.

2) Select an existing cooking day and use the [Copy] button to the right of the toolbar. This creates a copy of the selected cooking day and its associated recipe list.

For more information on Cooking Days, see Adding Cooking Days Tutorial or the Cooking Day description.

6.3   Assign Recipes and Quantities to the Cooking Day

Assign Recipes and Quantities to the Cooking Day

Use the Cooking Day Recipes tab on the lower window of the Cooking Days screen.

There are two ways to assign recipes to a cooking day:

1) Use the "Add New Cooking Day Recipe" button ⊞ on the toolbar. Enter the recipe name or select a recipe from the drop-down-list. Specify the recipe quantity.

2) Use the [Recipe Selector] button to the right of the toolbar (see Cooking Day Recipes).

For more information on Cooking Day Recipes, see Cooking Day Recipes.

6.4   Print the Reports

Print the Reports

To preview reports on the screen, click on the 🖳 corresponding to the desired report. To print a report, click on the report button with the printer icon.

❑ **Print the Recipes Report**
The Recipes Report lists the recipes assigned to a cooking day. See Recipes Report for more information.

Review the Recipes Report, confirming the recipe selection and recipe quantity for this cooking day.

If desired, print the recipes to be cooked using the [Print] or [Print Many] button.

❑ **Print the Grocery Report or the Grocery Store Report**
The Grocery Report is printed in order by Ingredient Type and requires no additional information. See Grocery Report for more information.

The Grocery Store Report is printed in order by grocery store aisle and requires that aisle numbers be entered for any ingredient packaging assigned to a grocery store. For more information see Grocery Store Report.

Manually eliminate any items on the printed grocery report that are currently available in the freezer or pantry.

❑ **Print the Container Report**
The Containers Report details the containers needed to freeze the recipes for a cooking day. See Containers Report for more information.

Verify that the containers listed are available. Manually add the necessary freezer bags and containers to the grocery report.

❑ **Print the Actions Report**
The Actions Report lists all ingredients that require some action before they can be assembled in a recipe. See Actions Report for more information.

❑ **Print the Appliance Report**
The Appliance Report is used to manage the use of kitchen appliances during the cooking day. See Appliances Report for more information

❑ **Print the Recipe Inventory Report**
The Recipe Inventory Report is used to maintain an inventory of the meals available in the freezer. The report also lists the ingredients needed on hand to serve each recipe. See Recipe Inventory Report for more information.

6.5   Celebrate the Time Saved

Celebrate the Time Saved

Making a grocery list was a breeze. And now with the recipes in the Recipe Manager, planning the next cooking day will be just as easy!

Part VII

7   The Whole Enchilada

The tutorials and "Getting Started" sections stepped you through the most important functions Advantage. This section will describe every field, every feature, every button, and every pop-up window that you will find.

7.1   Cooking Days

Cooking Days are so important! This is the feature that other recipe managers don't have.

7.1.1   Cooking Day

Cooking Day

A cooking day is a group of recipes. The description and date of the cooking day are shown in the upper window. The recipes are shown in the lower window.
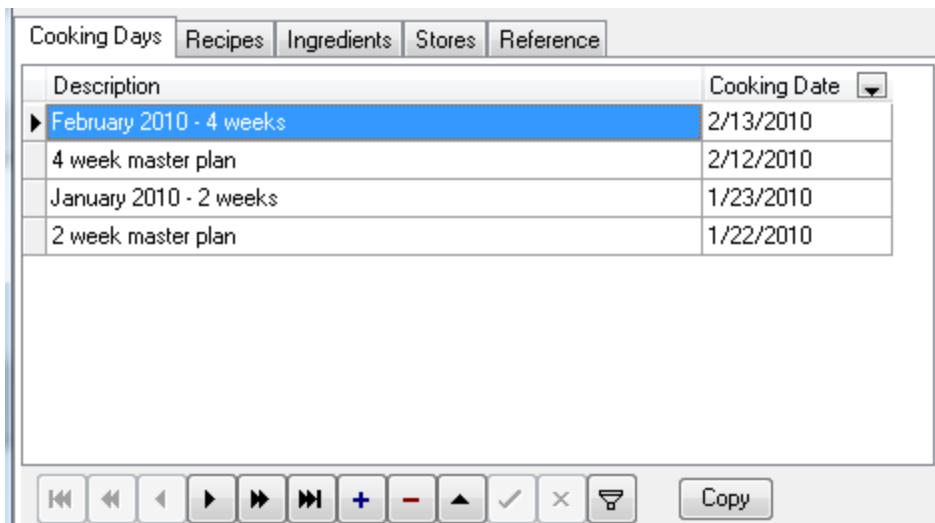
Description

The description can be anything that uniquely represents this collection of recipes. The description could indicate the number of recipes or meals that were cooked (e.g. 6 weeks, 20 meals, 2 months). It could also reflect the associated recipes (e.g. chicken, beef, summer, holiday, camping). The cooking day description must be unique. This description is shown on the top of the reports.

Date

The date is when the recipes for a cooking day were prepared or are going to be prepared. This date is shown on the top of the reports.

There are two ways to create a new *cooking day* definition:

Use the "Add New Cooking Day" button ➕ on the toolbar. This creates a cooking day with an empty recipe list. Enter the description and date.

Select an existing cooking day and use the Copy button to the right of the toolbar. This creates a copy of the selected cooking day and its associated recipe list.

Copy button

To create a copy of an existing cooking day, select the cooking day and use the [Copy] button. The description of the new cooking day becomes "Copy of <old name>" and the cooking date is set to the current date. Change the description to reflect something meaningful.

7.1.2   Cooking Day Recipes

Cooking Day Recipes

The cooking day recipes appear in the lower window. This list of recipes correspond to the cooking day selected in the upper window. Remember that recipes must have previously been entered via the Recipes window before they can be used on a cooking day.

Quantity

The recipe quantity is the number of times this recipe will be cooked.

There are two ways to assign recipes to a cooking day:

1) Use the "Add New Cooking Day Recipe" button ⊞ on the toolbar. Enter the recipe name or select a recipe from the drop-down-list. Specify the recipe quantity.

2) Use the Recipe Selector button to the right of the toolbar (see below).

Move Recipe Up ▲

Select a recipe and move it toward the top of the recipe list.

Move Recipe Down ▼

Select a recipe and move it toward the bottom of the recipe list.

Alphabetize Recipe List A

Sort recipe list in alphabetical order.

Recipe Selector Recipe Selector

A new window is displayed which shows the recipes "Not in Cooking Day" on the left and the recipes "In Cooking Day" on the right. Move the recipes between lists with a double-click of the mouse, or by using the available buttons:

>   add the selected recipe to the assigned recipe list

>>   add ALL recipes to the assigned recipe list

<   remove the selected recipe from the assigned recipe list

<<   remove ALL recipes from the assigned recipe list
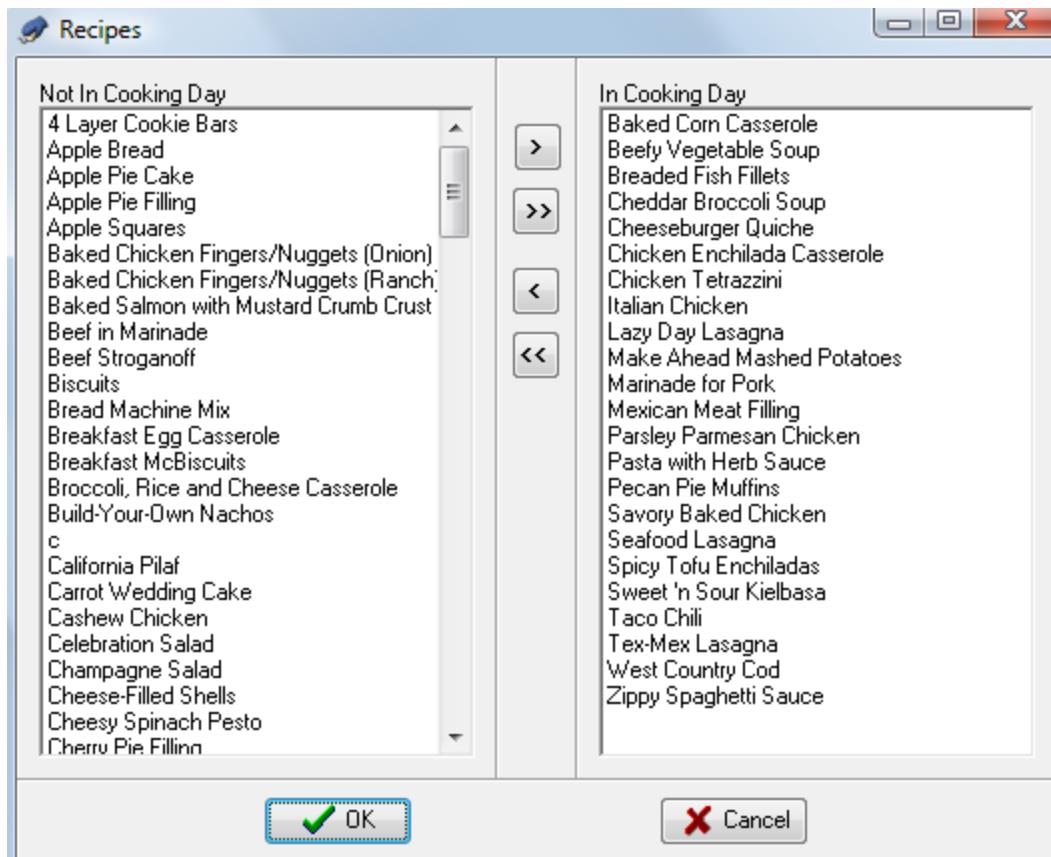
Define Recipe [Define Recipe]
Quickly add a recipe that's not already in the Recipe Manager. Advantage Cooking moves to the
Recipes tab and sets up for a new recipe.

Preview [Preview]
A preview of the selected recipe is displayed. Click the printer button to send the recipe to the printer.

Print [Print]
Print the selected recipe.

Print Many [Print Many]
Select the recipes in the Cooking Day to be printed. Select all of the recipes, or specify a list to be
printed.
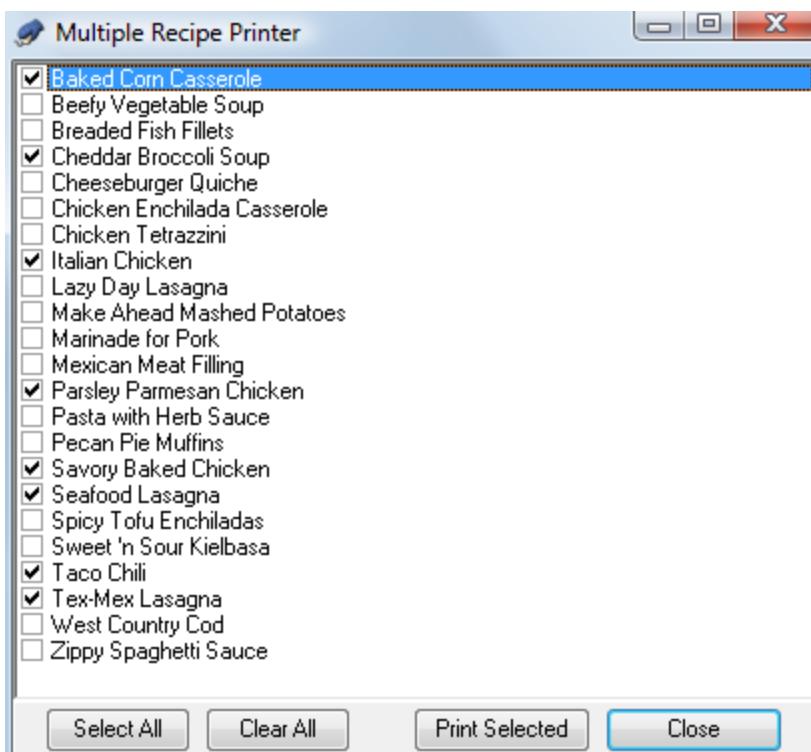
7.1.3   Cooking Day Reports

Freezer cooking is a great concept; there have been dozens of books written on the subject. They give you recipes, grocery lists, and assembly instructions. But what if you don't like what they're cooking? What if you want to use your own recipes? What do you do now that all those lists have become obsolete?

You can create your own lists! The Cooking Day Reports give you a list of recipes, a list of ingredients, a shopping list, a list of actions for assembling your recipes, and a list of appliances and containers you'll need. Now you've got it all!

7.1.3.1   Cooking Day Reports

Cooking Day Reports

Advantage Cooking prints a number of reports for any Cooking Day. The reports are selected from the upper window of the Cooking Days screen.
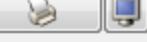
Preview Reports

To see a preview of all reports on the screen before printing, check the icon next to the corresponding report.

Ingredients to Include on Grocery Reports

Three options are available for the Grocery Report and the Grocery Store Report. The reports can include:

Ingredients are specified as cooking day or serving day ingredients on each recipe. See Recipe Ingredients for more information.

7.1.3.2   Actions Report

Actions Report

The Actions Report details the actions required for a cooking day. The report shows the action, the ingredient and the ingredient amount to be prepared per recipe.

An action can be assigned to any Ingredient. A list of available actions is found in the Actions list.

A portion of the Actions Report is below:

Actions for 2/13/2010	February 2010 - 4 weeks		

Chop		Recipe Qty	Amount Per Recipe
Celery, chopped			
1 Cup	Beefy Vegetable Soup	1	1
Chicken, cooked & chopped			
3 Cup	Chicken Enchilada Casserole	1	3
4 Cup	Chicken Tetrazzini	1	4
Onion, chopped			
1 Cup	Beefy Vegetable Soup	1	1
1/4 Cup	Cheddar Broccoli Soup	1	1/4
1/3 Cup	Sweet 'n Sour Kielbasa	1	1/3
1/2 Cup	West Country Cod	1	1/2
Parsley, fresh, chopped			
2/3 Cup	Lazy Day Lasagna	2	1/3
Pecans, chopped			
1 Cup	Pecan Pie Muffins	1	1

7.1.3.3 Appliances Report

Appliances Report

Appliances 🖨

The Appliances Report details the appliances needed for a cooking day. For each appliance, every recipe in the selected cooking day, which requires that appliance, is listed.

An appliance can be assigned to any recipe. The available appliances are found in the Appliances list.

An example of the Appliances Report is below:

Appliances for 2/13/2010	February 2010 - 4 weeks	
\<none\>	Quantity	Servings
Baked Corn Casserole	2	serves 8
Breaded Fish Fillets	1	serves 4
Cheeseburger Quiche	2	serves 6
Chicken Enchilada Casserole	1	serves 6
Marinade for Pork	1	serves 6
Tex-Mex Lasagna	1	serves 6
Blender	Quantity	Servings
Pasta with Herb Sauce	1	serves 6
Crock Pot	Quantity	Servings
Italian Chicken	1	serves 6
Sweet 'n Sour Kielbasa	1	serves 6
Zippy Spaghetti Sauce	1	serves 6; makes 6 cups
Oven	Quantity	Servings
Parsley Parmesan Chicken	1	serves 6
Pecan Pie Muffins	1	makes 10 muffins
Skillet	Quantity	Servings
Beefy Vegetable Soup	1	makes 13 cups
Lazy Day Lasagna	2	serves 12
Mexican Meat Filling	1	serves 6
Savory Baked Chicken	1	serves 4-6
Spicy Tofu Enchiladas	1	serves 6
Taco Chili	1	serves 12

7.1.3.4   Containers Report

Containers Report

Containers 🖨

The Containers Report details the containers needed to freeze the recipes for a cooking day. For each available container, the recipes and corresponding container quantity are listed.

Containers can be assigned to a recipe. The available containers are found in the Containers list.

A portion of the Containers Report is below:

```
┌─────────────────────────────────────────────────────────────────────┐
│ Containers For  2/13/2010      February 2010 - 4 weeks                │
└─────────────────────────────────────────────────────────────────────┘
```

9" Round Pan

Chicken Enchilada Casserole	2	
Total 9" Round Pan		2

9x13 Baking Dish

Lazy Day Lasagna	2	
Seafood Lasagna	1	
Tex-Mex Lasagna	1	
Total 9x13 Baking Dish		4

Freezer Bag - 2 Gallon

Lazy Day Lasagna	2	
Pasta with Herb Sauce	1	
Seafood Lasagna	1	
Tex-Mex Lasagna	1	
Total Freezer Bag - 2 Gallon		5

Freezer Bag - Gallon

Breaded Fish Fillets	1
Cheeseburger Quiche	2
Chicken Tetrazzini	1
Italian Chicken	1

7.1.3.5   Ingredients Report

Ingredients Report

Ingredients 🖨

The Ingredients Report alphabetically lists the ingredients needed for the recipes on a cooking day. For each ingredient, the amount needed for each recipe is specified.

A portion of the Ingredients Report is below:

Ingredients for 2/11/2004   February 2004 - 4 weeks

			Recipe Qty	Amount Per Recipe
Almonds, sliced				
1/4 Cup		Make Ahead Mashed	1	1/4
Basil, leaves				
1 Teaspoon		Lazy Day Lasagna	2	1/2
2 Teaspoon		Pasta with Herb Sauce	1	2
1/4 Teaspoon		Savory Baked Chicken	1	1/4
1/4 Teaspoon		Zippy Spaghetti Sauce	1	1/4
Beef Broth				
48 Fluid Ounce		Beefy Vegetable Soup	1	48
Black Beans				
15 Ounce		Taco Chili	1	15
Bread Crumbs, dry				
1 Cup		Breaded Fish Fillets	1	1
1/3 Cup		Parsley Parmesan Chicken	1	1/3
Broccoli, frozen				
20 Ounce		Cheddar Broccoli Soup	1	20
Brown Sugar				
1 Cup		Pecan Pie Muffins	1	1
1 Cup		Sweet 'n Sour Kielbasa	1	1

7.1.3.6   Recipes Report

Recipes Report

Recipes 🖶

The Recipes Report lists the recipes assigned to a cooking day. The recipes are listed in order by recipe category.

A recipe can be assigned a category. The available categories are found in the Recipe Categories list.

A portion of the Recipes Report is below:

Recipes for   2/13/2010   February 2010 - 4 weeks

Beef Entrees	Quantity	Servings
Cheeseburger Quiche- - - - - - - - - - - - - - - - - -	2	serves 6
Lazy Day Lasagna- - - - - - - - - - - - - - - - - - -	2	serves 12
Mexican Meat Filling - - - - - - - - - - - - - - - - -	1	serves 6
Zippy Spaghetti Sauce - - - - - - - - - - - - - - - -	1	serves 6; makes 6 cups

Meatless Entrees	Quantity	Servings
Pasta with Herb Sauce- - - - - - - - - - - - - - - -	1	serves 6
Spicy Tofu Enchiladas - - - - - - - - - - - - - - - -	1	serves 6
Tex-Mex Lasagna - - - - - - - - - - - - - - - - - - -	1	serves 6

Pork and Fish Entrees	Quantity	Servings
Breaded Fish Fillets- - - - - - - - - - - - - - - - - -	1	serves 4
Marinade for Pork - - - - - - - - - - - - - - - - - - -	1	serves 6
Seafood Lasagna - - - - - - - - - - - - - - - - - - -	1	serves 12
Sweet 'n Sour Kielbasa- - - - - - - - - - - - - - - -	1	serves 6
West Country Cod- - - - - - - - - - - - - - - - - - -	1	serves 4-6

Poultry Entrees	Quantity	Servings
Chicken Enchilada Casserole- - - - - - - - - - - - -	1	serves 6
Chicken Tetrazzini- - - - - - - - - - - - - - - - - - -	1	serves 12
Italian Chicken -	1	serves 6
Parsley Parmesan Chicken - - - - - - - - - - - - - -	1	serves 6
Savory Baked Chicken - - - - - - - - - - - - - - - -	1	serves 4-6

7.1.3.7   Recipe Inventory Report

Recipe Inventory Report

Recipe Inventory 🖶

The Recipe Inventory Report lists the recipes assigned to a cooking day. The left side of the report is an inventory of the number of times the recipe was cooked. The right side of the report lists the ingredients needed to serve the recipe. The recipe inventory report can be used to maintain an ongoing inventory of meals remaining in the freezer.

A portion of the Recipe Inventory Report is below:

```
┌────────────────────────────────────────────────────────────────┐
│ Recipe Inventory for    2/13/2010       February 2010 - 4 weeks │
└────────────────────────────────────────────────────────────────┘
```

	Beef Entrees	**Needed to Serve**
☐☐	Cheeseburger Quiche	Pie Shell, unbaked
☐☐	Lazy Day Lasagna	Parmesan Cheese, grated
☐	Mexican Meat Filling	
☐	Zippy Spaghetti Sauce	

	Meatless Entrees	**Needed to Serve**
☐	Pasta with Herb Sauce	
☐	Spicy Tofu Enchiladas	Enchilada Sauce
☐	Tex-Mex Lasagna	

	Pork and Fish Entrees	**Needed to Serve**
☐	Breaded Fish Fillets	
☐	Marinade for Pork	
☐	Seafood Lasagna	Romano Cheese, grated
☐	Sweet 'n Sour Kielbasa	
☐	West Country Cod	

	Poultry Entrees	**Needed to Serve**
☐	Chicken Enchilada Casserole	
☐	Chicken Tetrazzini	
☐	Italian Chicken	Pasta, angel hair
☐	Parsley Parmesan Chicken	
☐	Savory Baked Chicken	Chicken Broth

7.1.3.8   Grocery Report

Grocery Report

[Grocery 🖅]

Ingredients to Include on Grocery Reports

Three options are available for the Grocery Report. The report can include:

```
┌─ Include on Grocery Reports ──────────────┐
│  ⦿ All Ingredients                        │
│  ○ Cooking Day Ingredients Only           │
│  ○ Serving Day Ingredients Only           │
└───────────────────────────────────────────┘
```

Ingredients are specified as cooking day or serving day ingredients on each recipe (see Recipe Ingredients).

When a grocery report is requested, Advantage Cooking displays a Grocery Report Generator status screen. The status screen disappears automatically when the grocery list has been generated.

The Grocery Report lists the ingredients required for the recipes assigned to a cooking day. The ingredients are listed in order by ingredient type. The available types are found in the Ingredient Types list. The report prints the total ingredient amount (as opposed to individual recipe amounts)

accumulated from the recipes assigned to the selected cooking day. The total ingredient amount is compared to the available ingredient packaging information, and the "best fit" package is selected and printed on the report.

A portion of the Grocery Report is below:

Grocery Report 2/11/2004	February 2004 - 4 weeks	

<None>	Total Needed	Packages
Water	13 1/2 Cup	14 Cup

Baking Goods	Total Needed	Packages
Bread Crumbs, dry	1 1/3 Cup	2 Cup
Brown Sugar	7/8 Pound	1 2 Pound Package
Corn Muffin Mix	2 Each	
Cornstarch	1/3 Cup	1 Cup
Flour	1/2 Pound	1 Bag (5 pound)
Salt	1/8 Cup	1 Cup
Sugar	1/8 Pound	1 Bag (5 pound)

Bread	Total Needed	Packages
Tortilla Chips	1 Pound	1 Pound Package
Tortilla, corn	12 Each	1 Pack of 12
Tortilla, flour, 10 inch	4 Each	1 Pack of 10

Canned Good	Total Needed	Packages
Black Beans	15 Ounce	
Chicken Broth	7/8 Quart	1 Can (2 qt)
Chili Seasoning Mix	1 Each	
Corn, canned	45 Ounce	3 Can (15 oz)
Creamed Corn	30 Ounce	2 Can (15 oz)

If the Total Needed for any ingredient on the Grocery Report is not as expected, check the following:
1) Confirm the correct packaging for the ingredient has been entered (see Ingredient Packaging.
2) Compare the ingredient total on the Grocery Report to the ingredient amount on the Ingredient Report, checking the amount per recipe and the recipe quantity.
3) Check the conversions of any related ingredient converted to this ingredient.

If an ingredient is listed twice on the Grocery Report it is because the ingredient has both a weight and a volume measure, which cannot be combined into one measure. Change one of the measures, or add a conversion.

Use the Grocery Report to "cleanup" the Ingredients file. The items on the report clearly indicate which ingredients need packaging, need conversions, have differing measures, or have different names for the same ingredient (e.g. "Ground Beef" and "Hamburger"). To combine similar ingredients see the Merge option in Ingredients.

7.1.3.9   Grocery Store Report

Grocery Store Report

Grocery Store 🖎

Ingredients to Include on Grocery Reports

Three options are available for the Grocery Store Report. The report can include:

Include on Grocery Reports

⦿ All Ingredients

○ Cooking Day Ingredients Only

○ Serving Day Ingredients Only

Ingredients are specified as cooking day or serving day ingredients on each recipe (see Recipe Ingredients).

When a Grocery Store Report is requested, Advantage Cooking displays a **Grocery List Generator status screen**. The status screen disappears automatically when the grocery list has been generated.

The Grocery Store Report is similar in format to the Grocery Report. One difference is that the **Grocery Store Report is printed in order by grocery store aisle** (instead of by ingredient type). If more than one grocery store is available, a Grocery Store Report is printed for each store.

The report prints the total ingredient amount (as opposed to individual recipe amounts) accumulated from the recipes assigned to the selected cooking day. The total ingredient amount is compared to the available ingredient packaging information (see Ingredient Packaging), and the "best fit" package is selected and printed on the report.

In the process of assigning ingredient packaging to the grocery stores (see Store Ingredient Packaging), there is a possibility that an ingredient needed for a cooking day will be inadvertently overlooked. Have no fear, a "Grocery Store <None>" Report is generated that includes any ingredient needed that has not been assigned packaging or has not been assigned to a store. Any ingredient assigned to a store, but not assigned to an aisle, appears under an "Aisle <None>" heading (see the example below).

A separate report is printed for each store. Below is a portion of three Grocery Store Reports.

Grocery Store \<None\>   2/13/2010   February 2010 - 4 weeks

Aisle \<None\>

	Total Needed	Packages	Price
Chili Seasoning Mix	1 Each	1 Each	.00
Kielbasa Sauage, smoked	2 Pound	2 Pound Package	.00
Oregano	1/8 Cup	1 Cup	.00
Pie Shell, unbaked	2 Each	2 Each	.00
Thyme	1/8 Cup	1 Cup	.00
Tomatoes, Italian style	29 Ounce	1 Can (29 oz)	.00

Grocery Store Store #1   2/13/2010   February 2010 - 4 weeks

Aisle 1 - dairy

	Total Needed	Packages	Price
Butter	7/8 Pound	1 Pound Package	.00
Cheddar Cheese	2 1/2 Pound	2 2 Pound Package	.00
Cottage Cheese	24 Ounce	3 Container (8 oz)	.00
Cream Cheese	1 Pound	1 Pound Package	.00
Egg(s)	14 Each	2 Dozen	3.58
Monterey Jack Cheese	3/8 Pound	1 2 Pound Package	.00
Mozzarella Cheese	1 Pound	1 2 Pound Package	.00
Ricotta Cheese	16 7/8 Ounce	2 Container (15 oz)	.00
Sour Cream	24 Ounce	3 Container (8 oz)	.00

Aisle 4 - frozen

	Total Needed	Packages	Price
Broccoli, frozen	20 Ounce	1 Bag (20 oz.)	.00

Aisle 7 - canned

	Total Needed	Packages	Price
Corn, canned	45 Ounce	3 Can (15 oz)	.00
Creamed Corn	30 Ounce	2 Can (15 oz)	.00
Enchilada Sauce	15 Ounce	1 Jar (15 oz)	1.85
Tomato Paste	6 Ounce	1 Can (6 oz)	.00
Tomato Sauce	23 Fluid Ounce	3 Can (8 f oz)	.00
Tomatoes, canned	28 Ounce	1 Can (28 oz)	.00

Grocery Store Store #2   2/13/2010   February 2010 - 4 weeks

Aisle \<None\>

	Total Needed	Packages	Price
Chicken Breast	6 Each	6 Each	.00
Chicken Breast, boneless	7 Pound	7 Pound Package	.00
Crab, imitation	1/2 Pound	1 Pound Package	.00
Fish Fillets, fresh	1 1/2 Pound	2 Pound Package	.00
Fish, white, pieces	1 1/2 Pound	2 Pound Package	.00
Fryer Parts, fresh	2 Pound	2 Pound Package	.00
Ground Beef, uncooked	9 1/8 Pound	10 Pound Package	.00
Pork Chops	6 Each	1 Pack of 6	.00
Shrimp, cooked	1/2 Cup	1 Cup	.00

7.2   Recipes

The recipes are the reason we're doing this! I want to customize each of my recipes to reflect my preferences. I can alter the ingredients, scale the amounts, and update the instructions. And when my friends rant and rave over the meal, I can email them the recipes with just a click of my mouse.

7.2.1   Recipes

Recipes

The Recipes tab displays the Recipe Manager screen. The recipe description, category, servings, and appliance are located in the upper window. The recipe ingredients, instructions and containers are located in the lower window.

Recipe Locator

To quickly locate a recipe in the recipe list, type the recipe description in the text box located above the recipe window.

Description
The recipe description, or title, uniquely identifies a recipe. The recipe description is shown on the reports wherever this recipe is referenced.

Category
Recipes can be assigned a recipe category. The categories are found in the Recipe Categories list. Categories can be added or changed at any time.

Servings
The recipe serving size is informational and is shown on the printed recipe. Use this space for additional comments and enter anything that's meaningful.

Appliance
Recipes can be assigned an appliance. The available appliances are found in the Appliances list. Appliances can be added or changed at any time. The appliances and their corresponding recipes are

shown on the Appliance Report.

Recipe Source
The recipe source indicates from where this recipe originated.

Preparation Time
The amount of time required to prepare the recipe.

Print Print

Print the selected recipe.

Print Preview Print Preview

A preview of the printed recipe is displayed. Click the printer button to send the recipe to the printer.

Copy Copy

Copy the selected recipe. An identical recipe is created with the text "- copy" appended to the recipe description.

Scale Scale

Scale the selected recipe. A window, shown below, lists the scaling options. Check the "Copy Recipe" box to create a new recipe, or clear the "Copy Recipe" box to change the existing recipe.
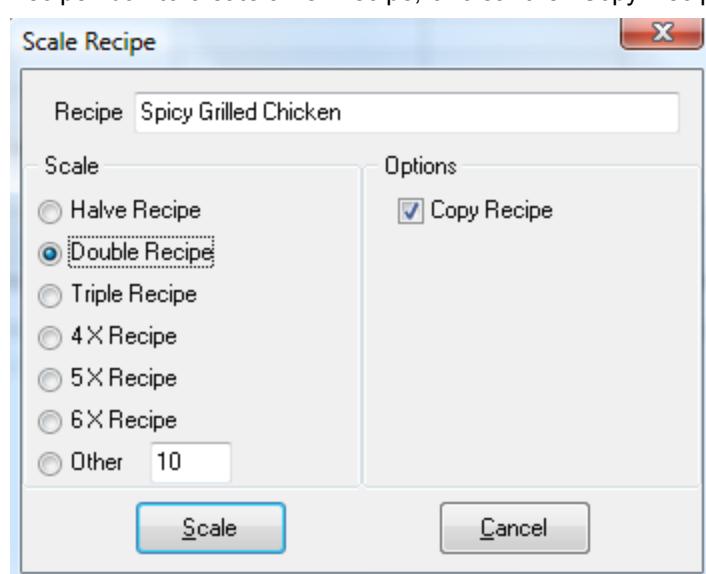
Export Export

Send a recipe to a friend. Specify the directory and filename and Save the file. Advantage Cooking writes the recipe information to the file. Export files have a .rcp file extension. The import/ export capability facilitates recipe "swapping" and eliminates unnecessary data entry.

Import Import

Specify the location and filename of an Advantage Cooking recipe file (.rcp) which was created using

the recipe export function or a MasterCook® recipe file in .mxp format. Click the Open button and the recipe information is automatically added to the list. The import/export capability facilitates recipe "swapping" and eliminates unnecessary data entry. See Recipe Importing for more information.
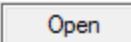
Send Send

Sends the recipe via e-mail. Click Send, fill in the To: box and send the e-mail. (Advantage Cooking uses the default mail program installed in Windows. If you don't have a mail program or e-mail access, this button will not work.)

Add Recipe

There are four ways to add a new recipe:

1) Use the "Add New Recipe" button + on the toolbar. Enter the recipe description, category, and serving information in the upper window. Enter the ingredients, instructions, and container information in the lower window.

Important: some recipe ingredients may need to be added to the ingredients list before they can be

used for a recipe. Use the Define Ingredient button to quickly add a new ingredient. In order to make the grocery report as useful as possible, take the time to specify packaging for each ingredient. For more information on adding recipes, see Recipes or the Add Recipe Tutorial. For more information on ingredient packaging, see Ingredient Packaging.

2) Use the auto-import feature. Double-click on any Advantage Cooking recipe file (.rcp) and the recipe will automatically import. The recipe file can be imported from a file, a website, or an email attachment. Advantage Cooking does not have to be open for the auto-import feature to work.

3) Use the Import button to the right of the toolbar. Specify the location and filename of an Advantage Cooking recipe file (.rcp), which was created using the recipe export function (see Send, Export and Import) Click the Open button and the recipe information is automatically added to the list. The import/export capability facilitates recipe "swapping" and eliminates unnecessary data entry.

4) Convert and import a MasterCook® recipe. Use the Import button to the right of the toolbar.

Specify the location and filename of a MasterCook® (.mxp) file. Click the Open button and the recipe is converted and displayed for editing. See Recipe Importing.

7.2.2   Recipe Ingredients

Recipe Ingredients

The recipe ingredients appear in the lower window of the Recipe Manager.

Amount

How much of the ingredient, specified in whole numbers, fractions, or both. Remember to separate whole numbers and fractions with a space. Enter fractions as 1/2 or 1 1/2, and not .5 or 1.5.

Measure

Cups, ounces, and teaspoons are three examples of measures. The available measures are found in Measures. Measures can be added or changed at any time.

Ingredient

Ingredients are the food items needed to assemble a recipe. The available ingredients are found in Ingredients. Ingredients can be added or changed at any time. To quickly add an ingredient to the ingredient list, use the Define Ingredient button.

Use On

When will this ingredient be used: cooking day or serving day? Some ingredients are needed on cooking day, while other ingredients stay on the shelf until ready to serve the recipe. If this ingredient can wait to be purchased until later, change the "cooking day" entry to "serving day". This designator provides the information needed to make three different grocery reports (or grocery store reports) available:

All Ingredients – This option saves time, purchasing all ingredients in one trip to the grocery store.

Cooking Day Only Ingredients – This option requires less money to complete a cooking day, because some items are purchased at a later date.

Serving Day Only Ingredients – This list is a reminder of the items needed to complete the recipes already in the freezer.

Comment

This space is informational and is shown on the printed recipe. Enter anything that's meaningful.

Move Ingredients Move Ingredient▲▼

Reposition an ingredient in the ingredient list. Select the ingredient to be moved and click the up or down buttons.

Change Measure Change Measure

Make a selection from a list of equal measures.

Change Measure
- ○ 1/8 Pint
- ● 1/4 Cup
- ○ 2 Fluid Ounce
- ○ 4 Tablespoon
- ○ 12 Teaspoon

Define Ingredient Define Ingredient

Quickly add an ingredient that's not already in the ingredient list. Advantage Cooking pops up a screen to add the ingredient and packaging without moving to the Ingredients tab.
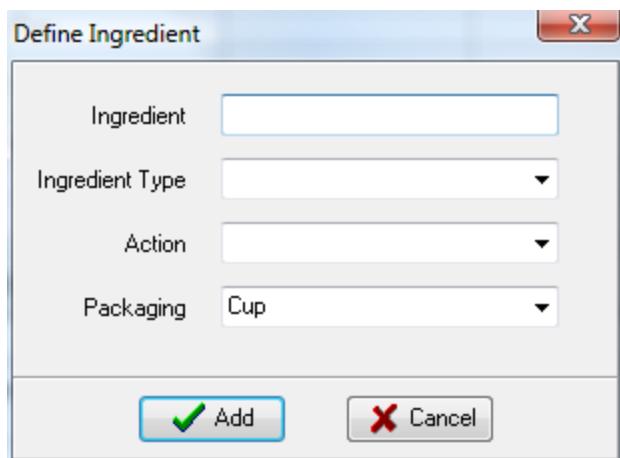
7.2.3 Recipe Instructions

Recipe Instructions

The recipe instructions appear in the lower window of the Recipe Manager.

Describe the procedure for cooking and serving this recipe. It may be helpful to separate the "cooking day" instructions from the "serving day" instructions. These directions are shown on the printed recipe.

7.2.4   Recipe Containers

Recipe Containers

The recipe containers appear in the lower window of the Recipe Manager.

Quantity

How many of corresponding containers does this recipe require? The quantity provides the information necessary to produce the Container Report.

Container

What container(s) will be used to freeze this recipe? The available containers are found in the Containers list. Containers can be added or changed at any time. This entry provides the information necessary to produce the Container Report.

7.2.5 Recipe Importing

Recipe Importing

There are three options for importing recipes:

Auto-Import Feature
Double-click on any Advantage Cooking recipe file (.rcp) and the recipe will automatically import. The recipe file can be imported from a stored location or from an email attachment. Advantage Cooking

does not have to be open for the auto-import feature to work.

Import Recipe Button

Import multiple recipes all at once. Click on the Import button in the upper window of the Recipes tab. See Recipe Importing - Advantage Cooking for more information.

MasterCook Import

Convert MasterCook recipes to Advantage Cooking format. See Recipe Importing - MasterCook for more information.

7.2.6   Recipe Importing - Advantage Cooking

Recipe Importing - Advantage Cooking

When the Import button from the Recipes tab is selected, the following window will appear. Locate the recipe files by specifying the folder where they are saved. Advantage will import a single .rcp file, multiple .rcp files, or a .zip file with multiple .rcp files included. In the example below, seven files are selected for import.
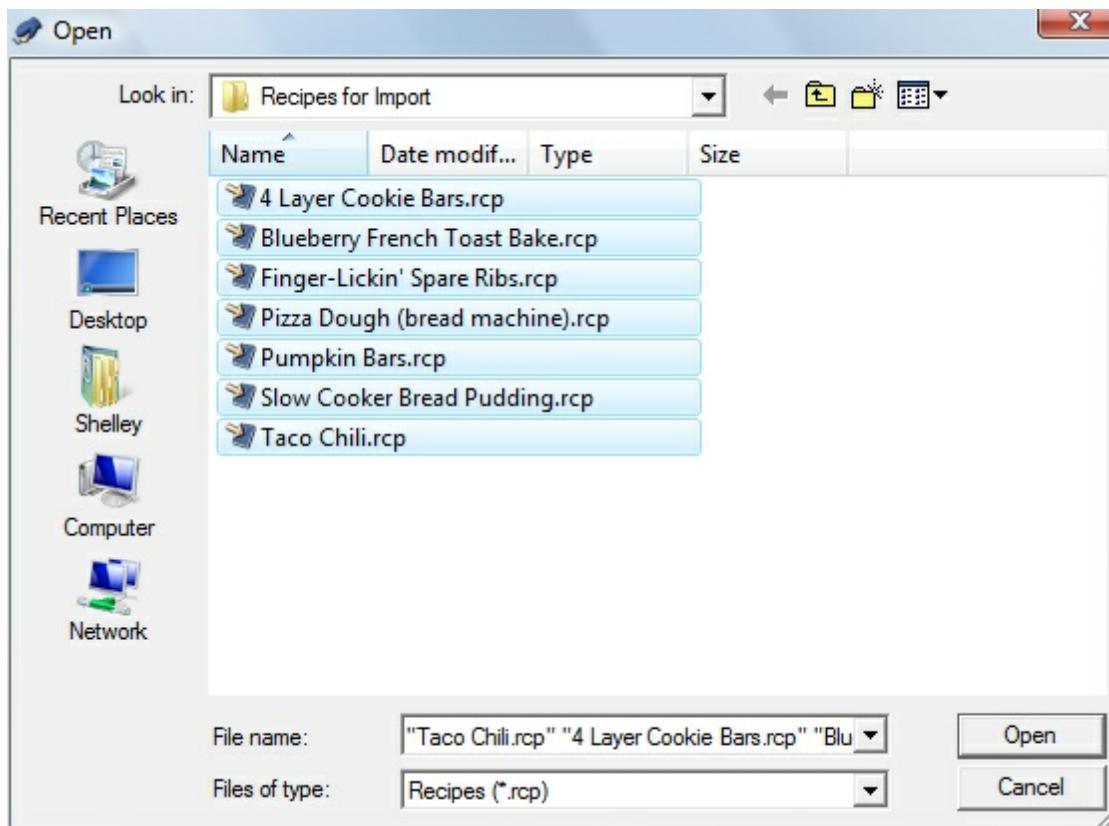
Advantage will ask you to confirm the recipes to be added. This is **Step 1: Select Recipe to Import** shown in the window below. Each recipe will be marked as either a Duplicate, meaning it already exists in your recipe file, or as selected for import. The check boxes in the Import column can be toggled on and off. The list of recipes can be sorted by any of the four columns.
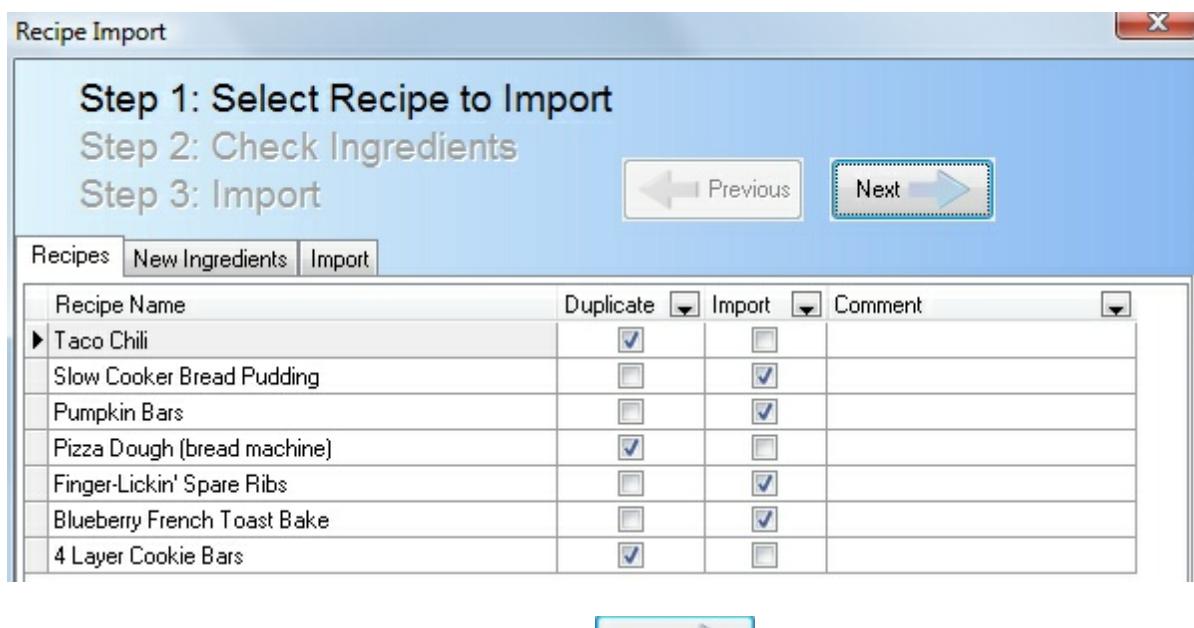
After selecting the desired recipes for import, click

Advantage will ask you to confirm the ingredients to be added. This is **Step 2: Check Ingredients** shown in the window below. Any ingredient that does not already exist in the ingredient file will be listed. Advantage will make a best guess, which appears in the "Substitute Ingredient" column. For each ingredient listed in the left column, there are two options: 1) toggle the check box to add as a new ingredient, or 2) select a substitute ingredient from the current list in your Advantage ingredient file.

Recipe Import

Step 1: Select Recipe to Import
Step 2: Check Ingredients
Step 3: Import

Ingredient in Recipe	Add As New Ingredient?	Substitute Ingredient
Apple Pie Filling	☐	Apples, chopped
Blueberries, Fresh or Frozen	☐	Bouillon Cubes
Bread, slices	☐	Broccoli
Celery Seed	☐	Celery, chopped
Heavy Cream	☐	Hoagie Rolls
Instant Oatmeal	☐	Instant Pudding, vanilla
Lemon	☐	Lemon Juice
Pork Spare Ribs, country style	☐	Potatoes
Pumpkin	☐	Raisins
Raisin Bread	☐	Raisins
Rum	☐	Safflower Oil
Vanilla Extract	☐	Vegetable (for quiche)
Walnuts	☐	Walnuts, chopped

Comparing the window above with the window below, notice that 8 new ingredients will be added, and 5 ingredients will be substituted with other ingredient names which already exist in the ingredient file.

It is possible to return to the previous screen and change the recipes selected. Either select the Recipes tab, or click [Previous]

After all the ingredients have been confirmed, click [Next] and Advantage will import the recipes, adding new ingredients where necessary.

As recipes are imported, they will appear in the window below, marked as Complete.

Click [✓ OK] to leave the Import process.

7.2.7   Recipe Importing - MasterCook

MasterCook® Import

Specify the location and filename of a MasterCook® (.mxp) file. Click the [Open] button and the recipe information is converted and displayed for editing.

The original text from the MasterCook® recipe is available for viewing. Click the [Original Recipe] tab at the top of the window to display the recipe.

```
Original Recipe   Converted Recipe

                * Exported from  MasterCook *

                   Almond Cookies

Recipe By    :
Serving Size  : 24  Preparation Time :0:40
Categories   : Desserts              Low Cholesterol
             Dairy-Restricted Diets      Low Sodium

 Amount  Measure      Ingredient -- Preparation Method
 -------- ----------- --------------------------------
                Safflower oil for coating baking sheet
  2 3/4  cups       whole wheat pastry flour
   1/2  cup        date sugar
  1    teaspoon     baking powder
   3/4  cup        honey
   1/2  cup        safflower oil
   1/4  cup        soy margarine -- softened
  1    beaten      egg
  1    tablespoon   almond extract
  1    cup         whole almonds

1. Preheat oven to 300 degrees F. Lightly oil a large baking sheet.

2. In a large bowl combine flour, date sugar, and baking powder. In a separate bowl combine honey, the 1/2 cup safflower oil, margarine, egg,

3. Mix contents of 2 bowls to form dough. Roll in small balls about 2 inches in diameter. Press into circles and place on cookie sheet about 2 in

4. Bake cookies for 12 minutes, watching carefully as they tend to brown quickly. Remove from cookie sheet and let cool on rack.

Makes 24 to 30 cookies.


        - - - - - - - - - - - - - - - - -

NOTES : Rich-tasting but dairy free, Almond Cookies are a good choice to end a Chinese menu. They can be made the night before, then wra
Nutr. Assoc. : 1300 1646 4095 0 0 0 0 0 0 18
```

[Convert Original Recipe Again]   [✕ Cancel]   MasterCook is a registered trademark of Sierra On-Line, Inc.

If the recipe didn't convert as expected, click the [Convert Original Recipe Again] button to try again.

To leave the conversion without importing the recipe, click [✕ Cancel].

The converted recipe is available for viewing. Click the [Converted Recipe] tab at the top of the window to display the recipe.

When this button appears at the bottom of the window, it means that there is an empty field in the "AC Measures" column. In the example above, type the word "Each" in the empty field. When all of the fields have a valid measure in them, the button at the bottom will change to:

Clicking this button will import the recipe into Advantage Cooking. Before importing, edit the entries in

the MC Ingredient, AC Ingredient, and Comment columns to reflect your preferences.

7.3 Ingredients

The ingredients are the basic building blocks of your software. Ingredients build the grocery list and they build a recipe, which in turn builds a cooking plan. Manage them well, and they'll make it all so easy!

7.3.1 Ingredients

Ingredients

The Ingredients tab displays the ingredients list. The ingredient description, type, and action are located in the upper window.

Description

The ingredient description, or name, uniquely identifies an ingredient. The ingredient description is shown on the reports wherever this ingredient is referenced.

Ingredient Type

Ingredients can be assigned an ingredient type. The ingredient types are found in the Ingredient Types list. Ingredient types can be added or changed at any time. The ingredients on the Grocery Report are listed in alphabetical order by the ingredient type.

Action

Ingredients can be connected to an action. For example, the ingredient "cheddar cheese, shredded" would be assigned the action "shred". The ingredient "onion, chopped" would be assigned the action "chop". The actions are found in the Actions list. Actions can be added or changed at any time. The Action Report details the actions necessary for a cooking day.

Copy Packaging and Conversions [Copy Packaging and Conversions]

Packaging and conversion information can be time consuming to specify. This feature copies the packaging and conversion information from one ingredient to another ingredient. Using the cheddar cheese example (see Ingredient Conversions), the conversion could be copied to all cheese ingredients (e.g. Mozzarella, Jack, Swiss). Enter "cheddar cheese, shredded" as the source ingredient. Enter another shredded cheese ingredient as the destination.

Merge [Merge]

The ingredient file can easily become cluttered with entries that represent the same ingredient. For example, the ingredient "Ground Beef" may already exist when a new recipe is imported and a redundant "Hamburger" ingredient is automatically added. To eliminate the clutter in the ingredient file, as well as on the grocery report, use the Merge option. Using the window below, all references to "Hamburger" in any recipe will be changed to "Ground Beef" and the "Hamburger" entry will be deleted. Packaging and conversions may or may not be transferred, as indicated by the check boxes.
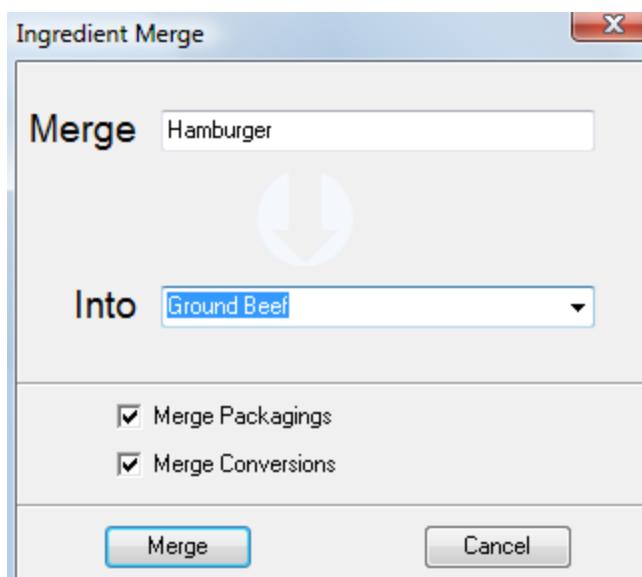
7.3.2   Ingredient Packaging

Ingredient Packaging

The ingredient packaging, conversions, and related recipes are located in the lower window.

Packaging can be assigned to an ingredient. The available packages are found in the Packaging list. Packaging can be added or changed at any time.

The Grocery Report shows the suggested purchase packaging for ingredients that have packaging defined.

To quickly add a new packaging definition, use the Define Packaging button.

7.3.3   Ingredient Conversions

Ingredient Conversions

Ingredient conversions may seem confusing at first, but an example or two should uncover their importance. Consider cheddar cheese. It would be most appropriate for the Grocery Report to indicate the number of **pounds** of cheese to be purchased. But the recipes call for **cups** of **grated** cheese. Advantage Cooking needs to know the correlation between the cups of grated cheese and the weight of the cheese. For the "cheddar cheese, shredded" ingredient, the conversion would be entered as follows:

From Amount	From Measure	To Amount	To Measure	To Ingredient
1	Cup	4	Ounce	Cheddar Cheese

This conversion shows that one cup of shredded cheddar cheese is equal to 4 ounces of cheddar cheese. **The conversion is necessary to change an ingredient used by a recipe to an ingredient that can be purchased at the grocery store.** If the cheese will be purchased already shredded, this conversion is not necessary.

Here is another example of conversion. For the "onion, chopped" ingredient the conversion would be entered as follows:

From Amount	From Measure	To Amount	To Measure	To Ingredient
1	Cup	1	Each	Onion

This conversion shows that one cup of chopped onion is equal to one whole onion. The amounts and measures will be determined by the size of the onions that will be purchased. Again, the conversion is necessary to change an ingredient used by a recipe to an ingredient that can be purchased at the grocery store.

7.3.4 Ingredient Recipes

Ingredient Recipes

This displays a list of recipes that require this ingredient, along with the amount and measure required. This list is for information and can not be modified. If any information in the recipe list needs to be modified, the changes must be made from the Recipe Manager. To quickly move to the recipe screen, use the Go To Recipe button.

7.4   Stores

If you shop at more than one grocery store, Advantage will print a grocery list for each store you specify.

7.4.1   Stores

Stores

Defining stores and which ingredients they stock provides the information for the Grocery Store Report. Several stores can be defined along with the ingredient packaging that is purchased at each store. The Grocery Store Report shows the items in aisle order to make the trip to the grocery store more efficient.
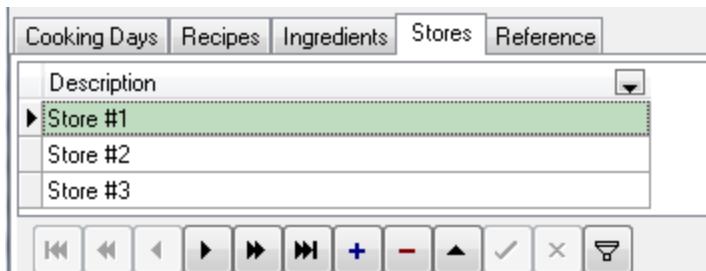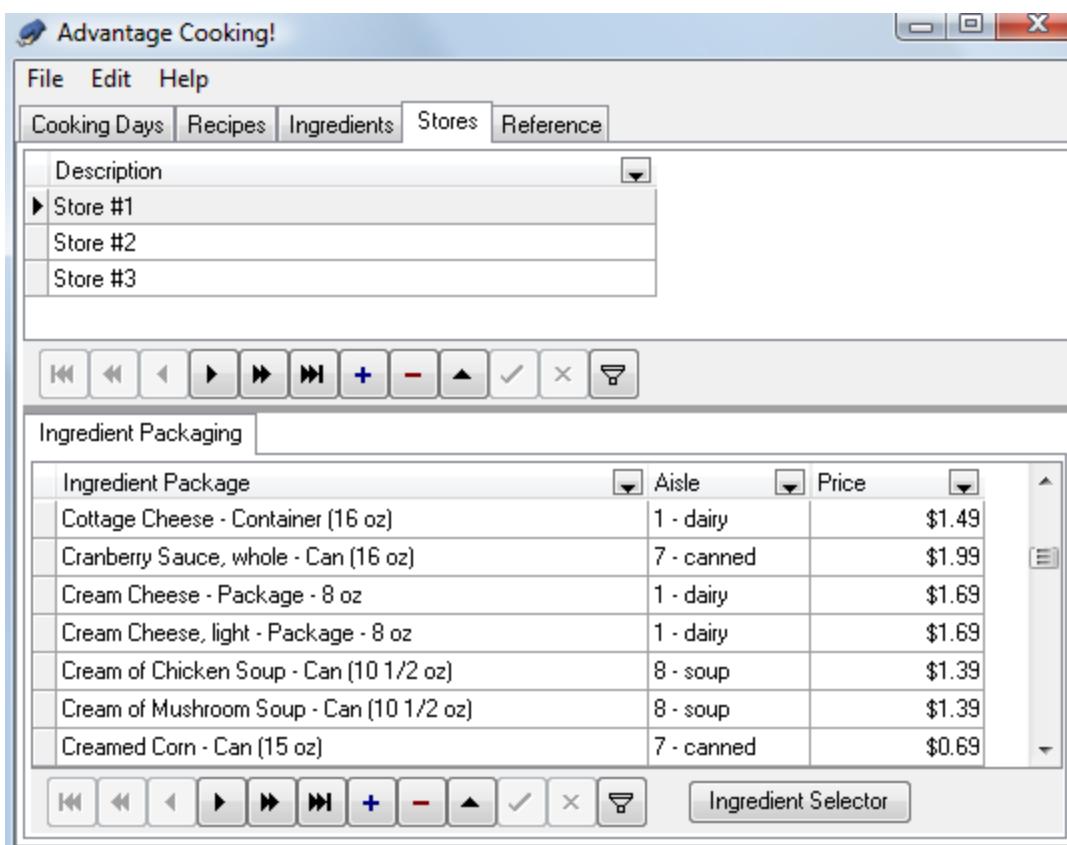

Description

The description is the name or location that uniquely identifies a grocery store or vendor.

7.4.2   Store Ingredient Packaging

Store Ingredient Packaging

This is the ingredient and package size that can be purchased at this store. If an ingredient can be purchased in more than one size, enter both packages and Advantage Cooking determines the package size to be purchased.

Aisle
The aisle number where this ingredient is located in the store.

Price
The amount paid for the selected ingredient at the selected store.

Adding Ingredient Packaging to Stores
There are two ways to assign ingredients to a store:

1) Use the **Add New Ingredient Packaging** button [+] on the toolbar. Enter the ingredient packaging or select from the drop-down-list.

2) Use the Ingredient Selector button to the right of the toolbar. A new window is displayed which lists the available packaging on the left and the assigned packaging on the right. Move the ingredients between lists with a double-click of the mouse, or with the available buttons:

[>]   add the selected packaging to the assigned packaging list

[>>]   add ALL packaging to the assigned packaging list

<   remove the selected packaging from the assigned packaging list

<<   remove ALL packaging from the assigned packaging list

The ingredients in the list are the ingredients that have packaging assigned to them. If an ingredient does not appear in the list, find the ingredient and assign the appropriate packaging as shown in the Ingredient Packaging section. But don't worry, if the cooking day requires ingredients that have not yet been assigned packaging (and therefore don't appear on the list to be assigned to a grocery store), these ingredients are printed on a Grocery Store <None> Report. All ingredients required for all the recipes listed on a cooking day **will** appear on a grocery report **somewhere**.

Note: To allow for aisles like "Produce", the aisle column accepts both letters and numbers and sorts alphabetically. The surprising aspect of this flexibility is that aisle numbers 1-12 sort 1, 10, 11, 12, 2, 3, 4 … If your store's aisles go past 9, use two digits for the aisle numbers so that the aisles sort correctly. (01, 02, 03 … 09, 10, 11, 12)

7.5   Reference

This is where you customize the software to make it look just like you want it. Change the recipe categories, ingredient types, and several other lists of options.

7.5.1   Actions

Actions

Chop, cube, and shred are examples of actions to prepare ingredients. These actions are assigned to an Ingredient. For example, the ingredient "onion, chopped" would be assigned the action "chop". Any action assigned to an ingredient must first be found in this list. Actions can be added or changed at any time. The Action Report lists the actions and related ingredients

Cooking Days	Recipes	Ingredients	Stores	Reference

Actions	Appliance	Containers	Ingredient Types	Measures

Action
Chop
Cook
Crush
Cube
Cut
Dice
Fry
Grate
Mince
Shred
Slice
Soak
Wash

7.5.2 Appliances

Appliances

Oven, crock pot, and fry pan are examples of appliances needed to prepare recipes. These appliances are assigned to a recipe. Any appliance assigned to a recipe must first be found in this list. Appliances can be added or changed at any time. The Appliance Report lists the appliances and related recipes.

7.5.3 Containers

Containers

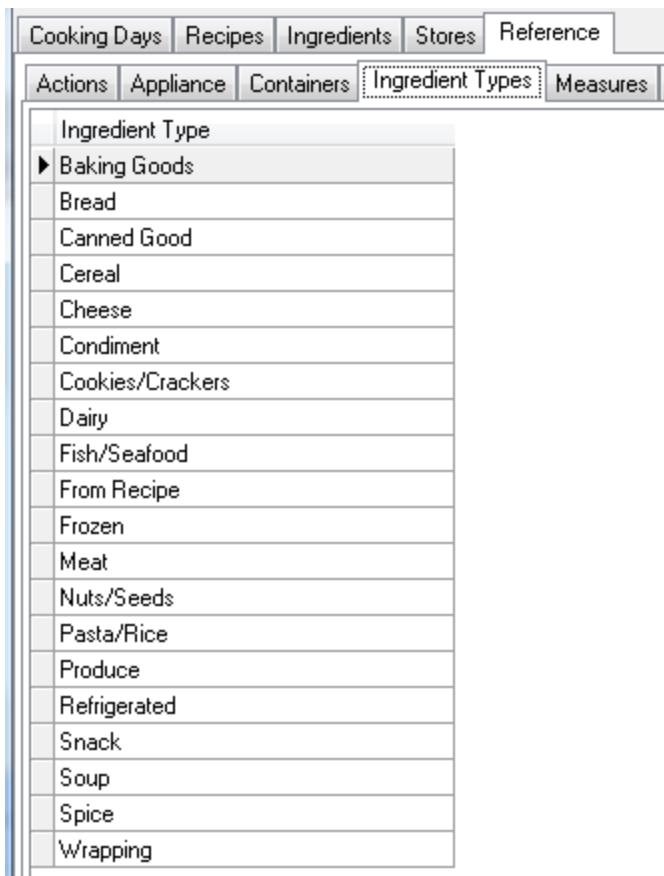Containers are assigned to a Recipe. Any container assigned to a recipe must first be found in this list. Containers can be added or changed at any time. The Containers Report lists the containers and related recipes.

7.5.4   Ingredient Types

Ingredient Types

Bread, dairy, and meat are examples of ingredient types. An ingredient type can be assigned to any ingredient. Any type assigned to an ingredient must first be found in this list. Ingredient types can be added or changed at any time. The ingredients on the Grocery Report are listed in alphabetical order by the ingredient type.

Ingredient Type
▶ Baking Goods
Bread
Canned Good
Cereal
Cheese
Condiment
Cookies/Crackers
Dairy
Fish/Seafood
From Recipe
Frozen
Meat
Nuts/Seeds
Pasta/Rice
Produce
Refrigerated
Snack
Soup
Spice
Wrapping

(Tabs: Cooking Days | Recipes | Ingredients | Stores | Reference; sub-tabs: Actions | Appliance | Containers | Ingredient Types | Measures)

7.5.5   Measures

Measures

Description

The measure description names a measure of quantity, weight, or volume (e.g. dozen, pound, or gallon).

Equivalent Amount

The quantity of the measure, specified in whole numbers or decimal numbers.

Equivalent Measure

The equivalent measure is quantity, volume, or weight (e.g. each, ounce, cup). The measure used must be previously defined in this same window.

Description	Equivalent Amount ▼	Equivalent Measure ▼
▶ Each	1	Each
Clove	1	Each
Bag	1	Each
Stalk	1	Each
Package	1	Each
Slice	1	Each
Box	1	Each
Six Pack	6	Each
Teaspoon	1	Teaspoon
Tablespoon	3	Teaspoon
Fluid Ounce	2	Tablespoon
Cup	16	Tablespoon
Pint	2	Cup
Quart	2	Pint
Gallon	4	Quart
Ounce	1	Ounce
Pound	16	Ounce

7.5.6   Packaging

Packaging

Description

The packaging description identifies a packaging size, quantity, weight, or volume for an item which can be purchased in the grocery store. These packages can be assigned to ingredients.

Amount

The quantity of the measure, specified in whole numbers or decimal numbers.

Measure

Cups, ounces, and teaspoons are three examples of measures. The available Measures can be added or changed at any time.
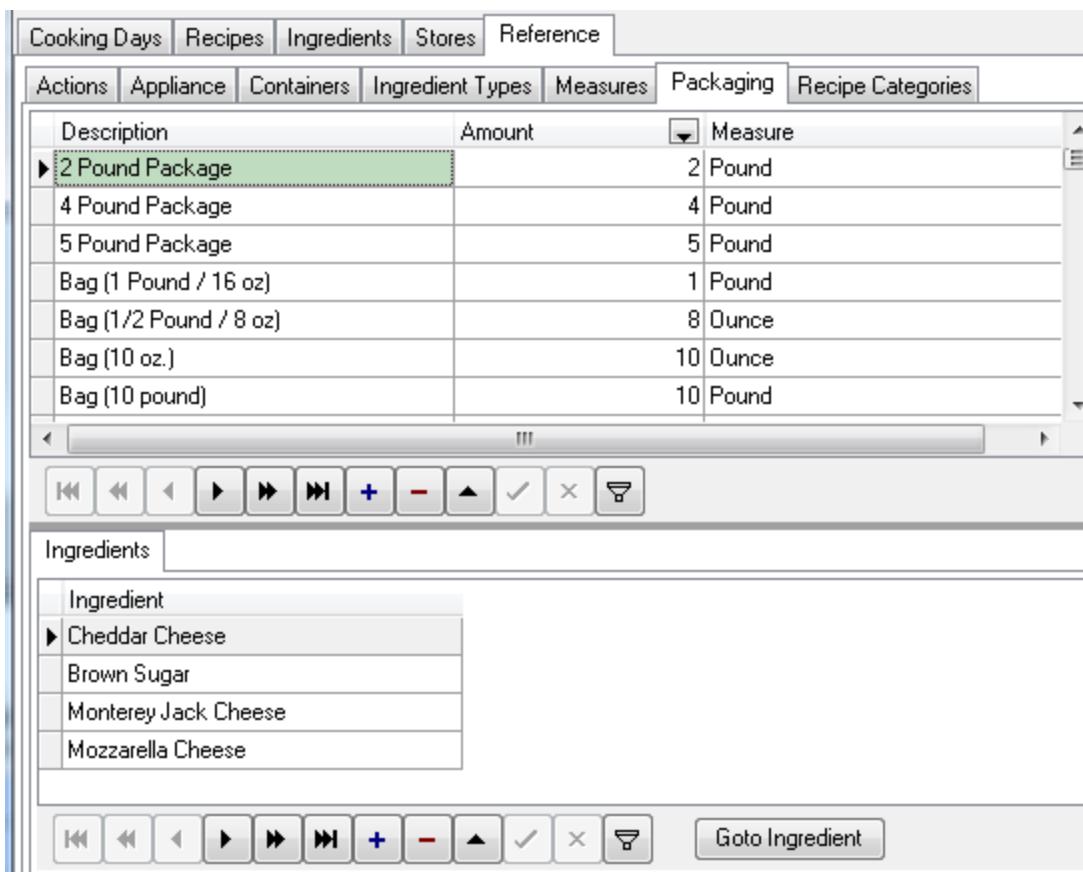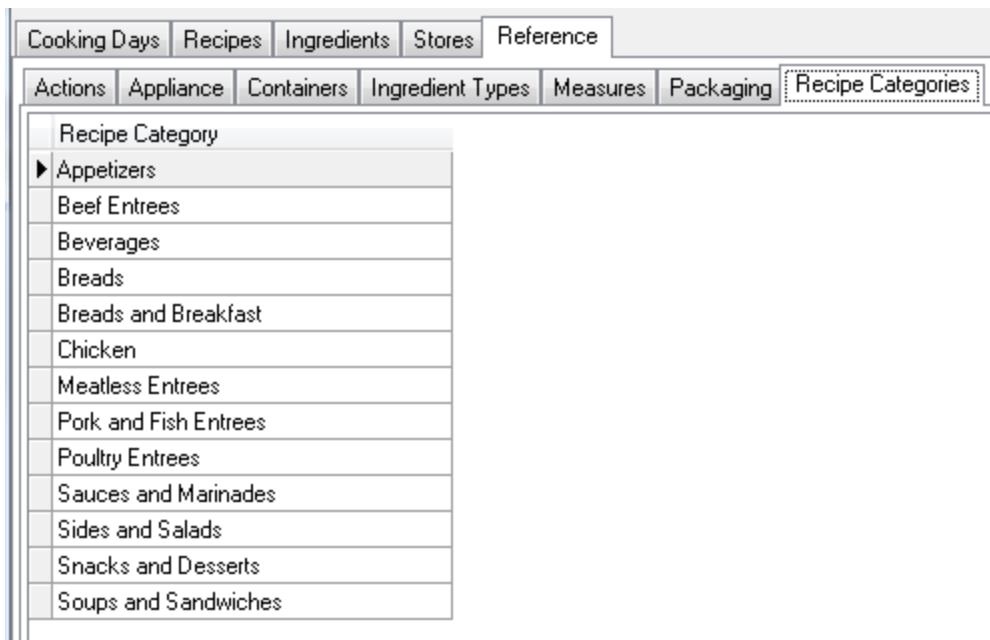
Ingredients

This displays a list of ingredients that can be purchased in this type of packaging. This ingredient list is for information and can not be modified. If any information in the list needs to be changed, the changes must be made from the Ingredients tab. To quickly move to this window, use the

[Goto Ingredient] button.

7.5.7   Recipe Categories

Recipe Categories

Chicken, beef, and pork are examples of recipe categories. A Recipe can be assigned to a recipe category. Any category assigned to a recipe must first be found in this list. Recipe categories can be added or changed at any time. The recipes on the Recipes Report are listed by recipe category.

Cooking Days | Recipes | Ingredients | Stores | Reference

Actions | Appliance | Containers | Ingredient Types | Measures | Packaging | Recipe Categories

Recipe Category
▶ Appetizers
Beef Entrees
Beverages
Breads
Breads and Breakfast
Chicken
Meatless Entrees
Pork and Fish Entrees
Poultry Entrees
Sauces and Marinades
Sides and Salads
Snacks and Desserts
Soups and Sandwiches

7.6   Mulligan Stew

Mulligan Stew: a soup made of various tidbits of meat and vegetables.

Mulligan Stew: a section of the manual composed of various topics unrelated to each other, but significant just the same.

7.6.1   Using the Degree Symbol in Recipe Instructions

Using the Degree Symbol in Recipe Instructions

You can use the degree symbol (°) in your recipe descriptions.

1)   Make sure the Number Lock is on. If it is not, press the **Num Lock** key.

2)   Hold down the **Alt** key (there is one on each side of the spacebar on most keyboards)

3)   Enter the number **0176** on the numeric keypad while holding down the Alt key.

4)   Release the **Alt** key, the degree symbol appears.

7.6.2   Frequenty Asked Questions

Frequenty Asked Questions

Q – **On my grocery report I am getting measurements in teaspoons. An example: 3 cups spaghetti sauce is showing as 144 teaspoons. (Sure wish I could figure out how to fix the tomato sauce to cans instead of 264 teaspoons!)**

A – Anytime an ingredient is showing up in a base measure like teaspoons, it means that there is no packaging defined for that ingredient. Advantage Cooking needs to be told how to buy the ingredient in the grocery store. For milk, packaging could be "Gallon". Sugar packaging could be "Bag (10

pound)" or "Bag (25 pound)". Packaging for spaghetti sauce could be "Cup" or "Jar (30 ounce)".

Q – Does Advantage Cooking make conversions such as 4 Tablespoons = ¼ cup?

A – In the lower window of the Recipes tab is the **Change Measure** button. Click the button to see the available conversions and make a selection.

Q – Are there any plans to include MasterCook .mx2 importing?

A – Yes. That feature is slated for a future release.

Q – How do I keep from losing the recipes I've entered when I upgrade to a new version of the software?

A – If you do not want any of the recipes in the new version, you can install only the new program. If you want the new recipes included with the new version, export your recipes, install the new version and then import your recipes.

Q – Some of the packaging amounts in the Grocery Report are way more than what recipes call for. For instance, one of my recipes calls for ½ pound of cheese and the Grocery Report says that I'll need 1 – 2 pound package. Why is that?

A – The Grocery Report specifies the "best fit" packaging. This means the packaging option that provides the closest to what is needed. If there is a smaller package available, add it to the ingredient packaging and the Grocery report will use it.

Q – I entered a new recipe that called for bananas. I added all the ingredients in and printed the grocery list, but bananas would not show up. Hmmm?

A – The Grocery List includes only the ingredients necessary to assemble the recipes listed on the selected Cooking Day. The new recipe that you entered must be added to a Cooking Day in order for "bananas" to appear on the Grocery List.

Q – This shopping list is set up with Cheese and Dairy as two separate ingredient types. I tried to delete the cheese category, but it wouldn't let me. How do I combine the two types into one?

A – Go through your ingredients and move all the Cheese ingredients to Dairy. You can then delete the Cheese Ingredient Type.

Q – It's my first look at the software and I can't figure out how to do anything!

A – Click Help in the main menu and use the tutorials.

Q – How do I change the ingredient's packaging? I used the "Define Ingredient" button to add the ingredient, now how do I change the packaging? I just guessed at packaging and wished now I took that part more seriously.

A – See the Ingredient Packaging section.

Q – When someone emails a recipe and I want to add it to my recipe list, will the program automatically add an ingredient if I do not already have that particular one in my ingredient

list yet?

A – Yes, anything that is missing is added when the recipe is imported.

Q – When the program is out, will I be able to update what I have here or will I need to email myself the recipes and then import them enter into the "new" version that has the more recipes?

A – You can export the recipes instead of sending them to yourself. This allows you to install the new version with the new recipes and them import your existing recipes.

Q – What does "conversion" mean?

A – Conversions are used to change an ingredient that cannot be purchased into an ingredient that can be purchased. Diced tomatoes cannot be purchased (normally). So a conversion from diced tomatoes to whole tomatoes allows Advantage Cooking to include on the Grocery Report how many whole tomatoes are needed.

Q – I hope the manual is in real people talk and not computer-ese language!

A – So do we.

Q – How do I move around without moving the mouse?

A – The underlined letters on the tabs and buttons are the shortcuts keys. Hold down the **Alt** key and press the underlined letter. Alt-C switches to the Cooking Days tab, Alt-R switches to the Recipes tab, etc.

Q – How do I save changes to the recipe before closing the program? As I was getting used to the program and playing around with the buttons, I noticed that it would change things in the recipes. If I were asked to save changes I would be aware that I changed something.

A – We're afraid you would quickly grow tired of answering the same question over and over again. Advantage Cooking saves your changes automatically.

Q – I would like to see a "Low-fat Recipes" recipe category.

A – It can quickly be added in the Recipe Category tab.

Q – All my new recipes are going to the bottom of the list. Why is that?

A – You're probably putting in your recipe titles in all lowercase letters. Your recipes are placed in the list alphabetically. The recipes included with Advantage Cooking are entered in mixed case, uppercase and lowercase. The lower case letters sort after the uppercase letters. So if all your recipe titles start with a lowercase letter, they'll go to the bottom. The solution is to capitalize the first letter of your recipe title.

Q – Can I e-mail an entire cooking day's worth of recipes?

A – No, not at this time, only one recipe can be e-mailed at a time.

7.6.3 Credits

Credits

MasterCook is a registered trademark of Sierra On-Line, Inc.

7.6.4 Support

Support

For questions concerning Advantage Cooking you can e-mail support@advantagecooking.com

Index

- A -

- B -

- C -

- F -

- G -

- I -

- M -

- P -

- R -

- S -

- T -

- U -

Endnotes 2... (after index)

Back Cover