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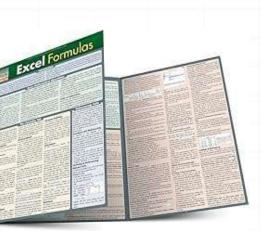
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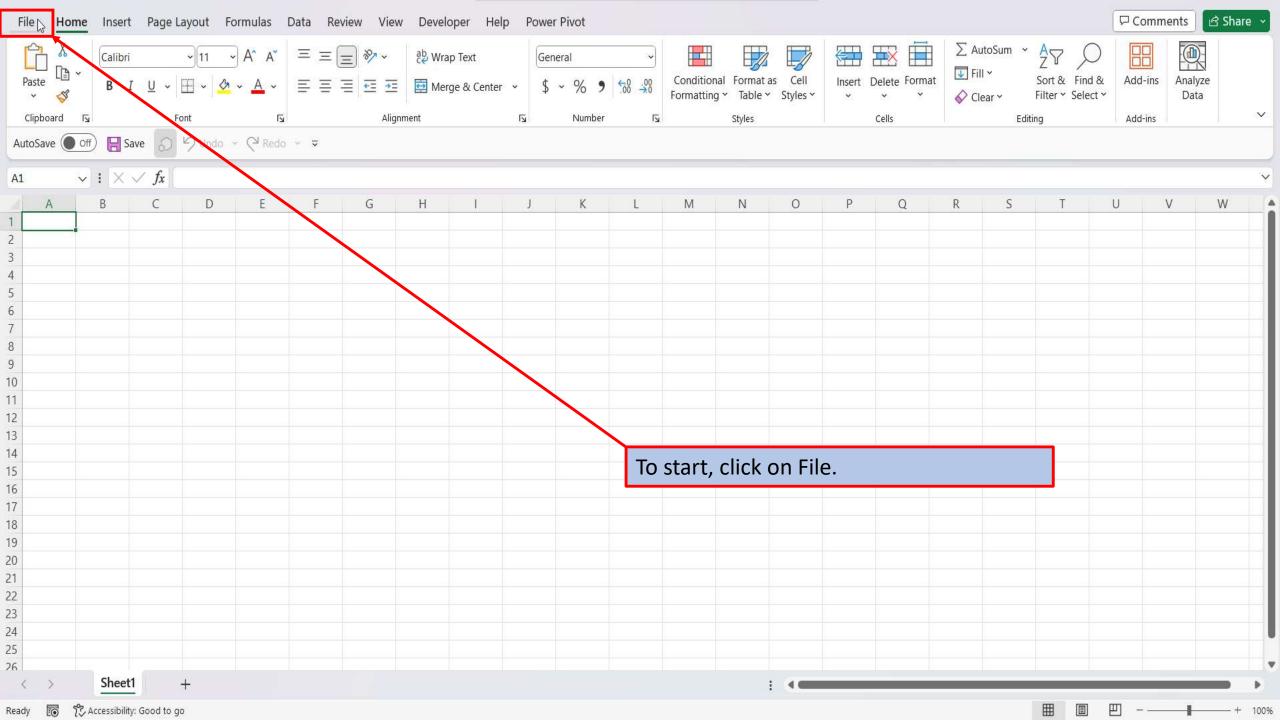
**Excel**: The Complete Illustrative Guide for Beginners to Learning any Fundamental, Formula, Function and Chart in Less than 5 Minutes with Simple and Real-Life Examples



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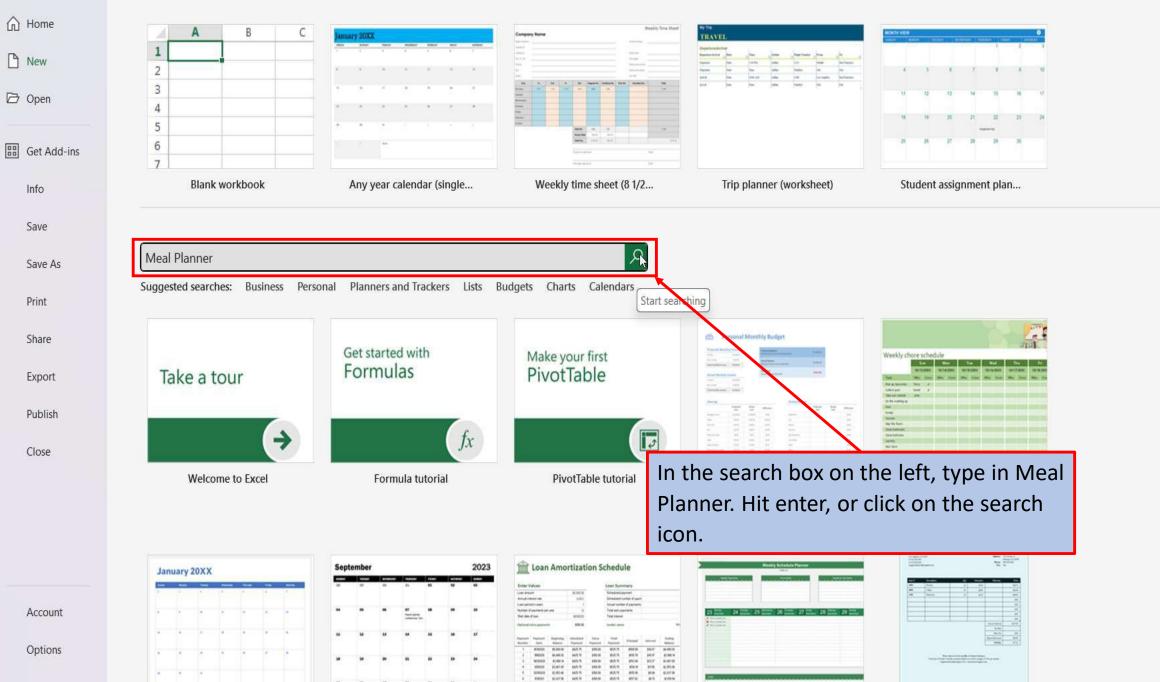
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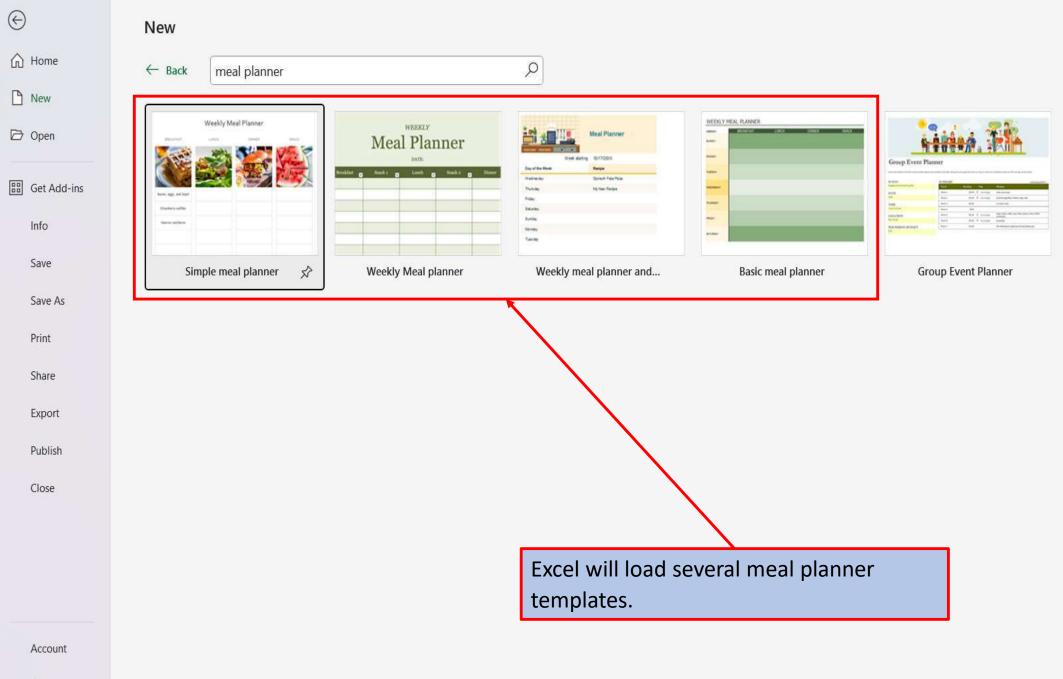


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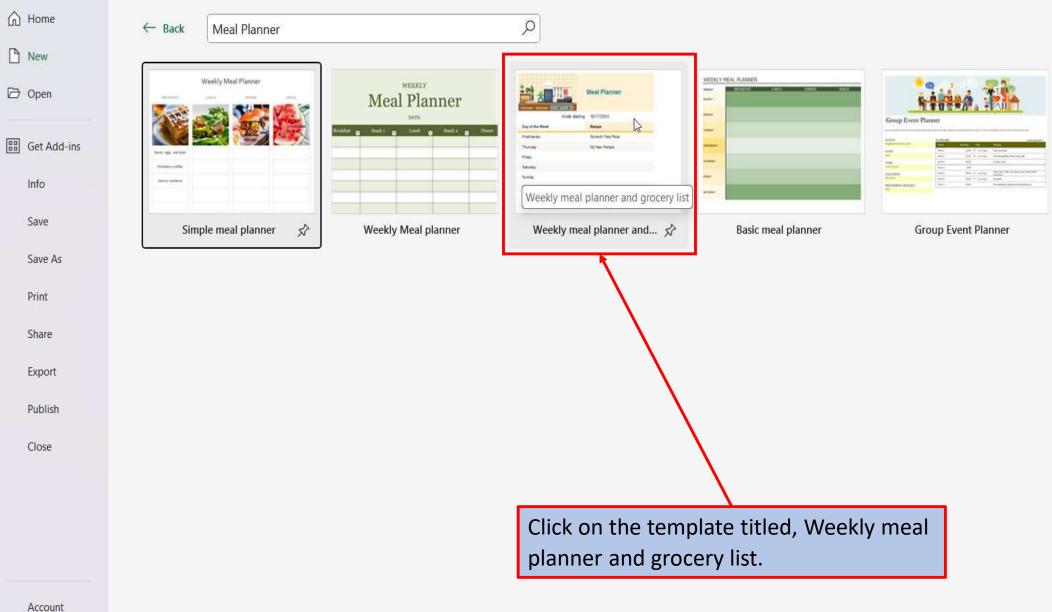




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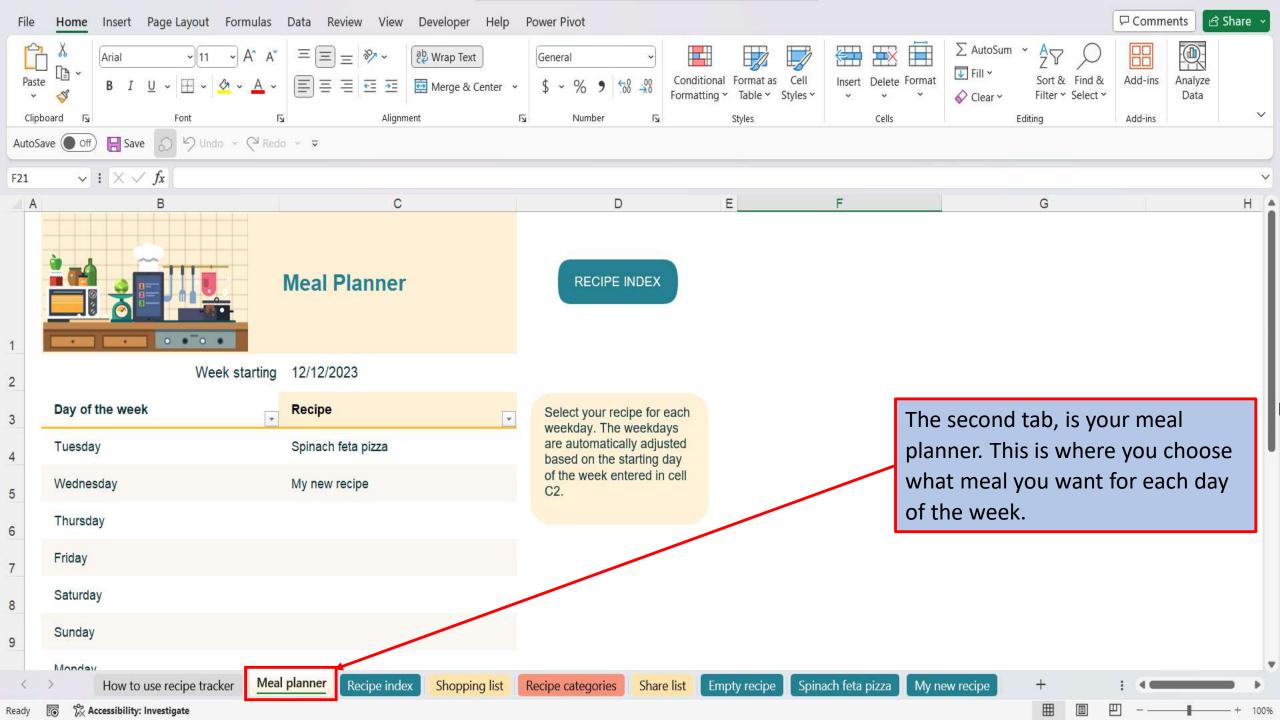
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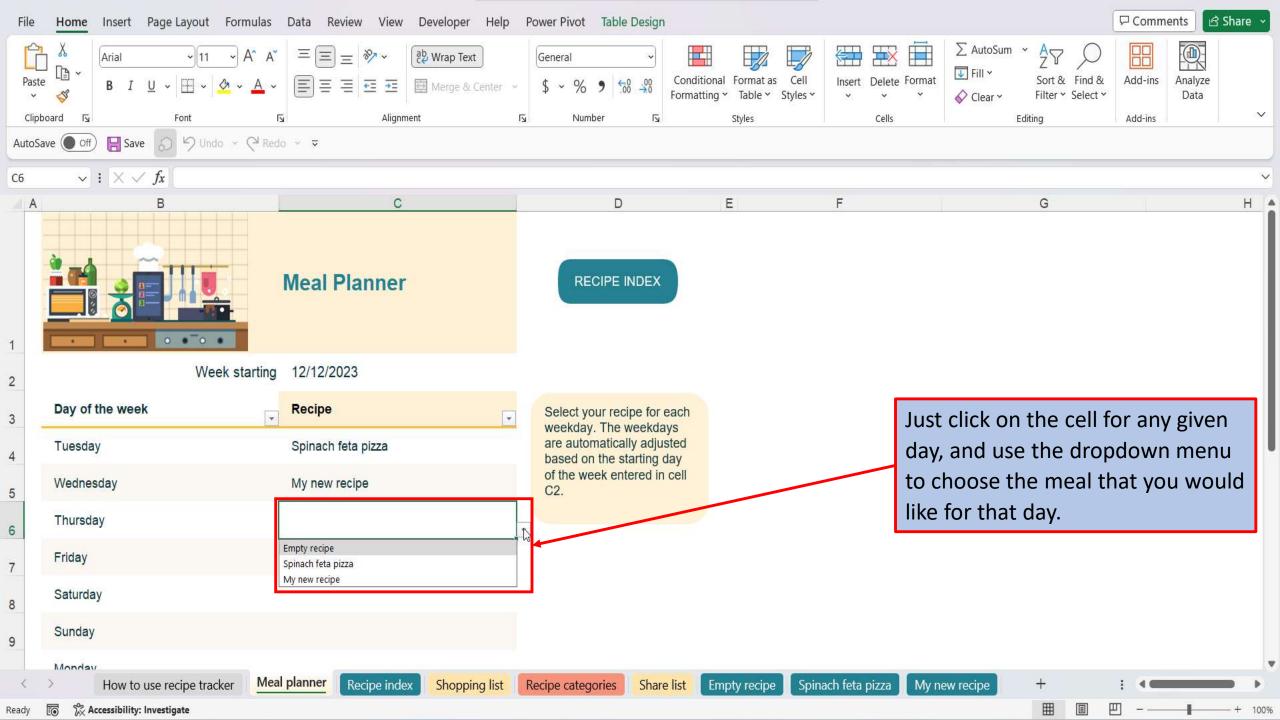
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2	About the weekly meal planner	How do I use the weekly meal planner?										
3	Go paperless and store your favorite recipes in this digital recipe tracker!	The <b>Recipe Index</b> sheet is your central hub for viewing your recipes at-a-glance. To view a specific recipe, select the <b>Recipe Link</b> and quickly jump to the recipe details. To return to the <b>Recipe Index</b> , on each recipe worksheet, select navigation cell G1 to view <b>Recipe Index</b> .										
4	Along with adding recipe ingredients and instructions, this template enables you to	How do I add my own recipes?										
5	create a shopping list, share with friends, and create meals for a given week. Add tags for finding your recipe by searching for keywords.	To get started, you can type over the Spinach Feta Pizza recipe we added as an example. Or, if you want to keep the scrumptious sample recipe and try it sometime. Copy the Empty Recipe worksheet, rename the tab to your recipe name, and add your new recipe information.										
		Add the new recipe to the end of Recipe Index list by typing the recipe name used in the tab. A link and	Excel, will load your meal planner									
6	Use the instructions on the right to help you get started.	recipe details get added automatically. Then on the <b>Recipe Card</b> , select the name of new recipe from the list to add the title to the card.	Template, ready for you to use.									
7		If you are using Excel online, create a new worksheet, copy and paste the <b>Empty Recipe</b> contents to that worksheet and rename the tab to the exact same name as the name you put in the <b>Recipe Index</b> .										
8		Warning: The shopping list won't work if the <b>Recipe Index</b> Recipe Name and your recipe worksheet name are mismatched.										
9		Tip: Use Recipe Categories worksheet to add categories such as "Main Course". This will help when searching for meals that are of a certain type. On that same worksheet, modify Measurement Types to make adding ingredients in the recipe worksheets easier.										
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5	create a shopping list, share with friends, and create meals for a given week. Add tags for finding your recipe by searching for keywords.	To get started, you can type over the Spinach Feta Pizza recipe we added as an example. Or, if you want to keep the scrumptious sample recipe and try it sometime. Copy the Empty Recipe worksheet, rename the tab to your recipe name, and add your new recipe information.	The first tab. (How to use recipe tracker), gives you step by step
6	Use the instructions on the right to help you get started.	Add the new recipe to the end of <b>Recipe Index</b> list by typing the recipe name used in the tab. A link and recipe details get added automatically. Then on the <b>Recipe Card</b> , select the name of new recipe from the list to add the title to the card.	instructions on how to use your new meal planner.
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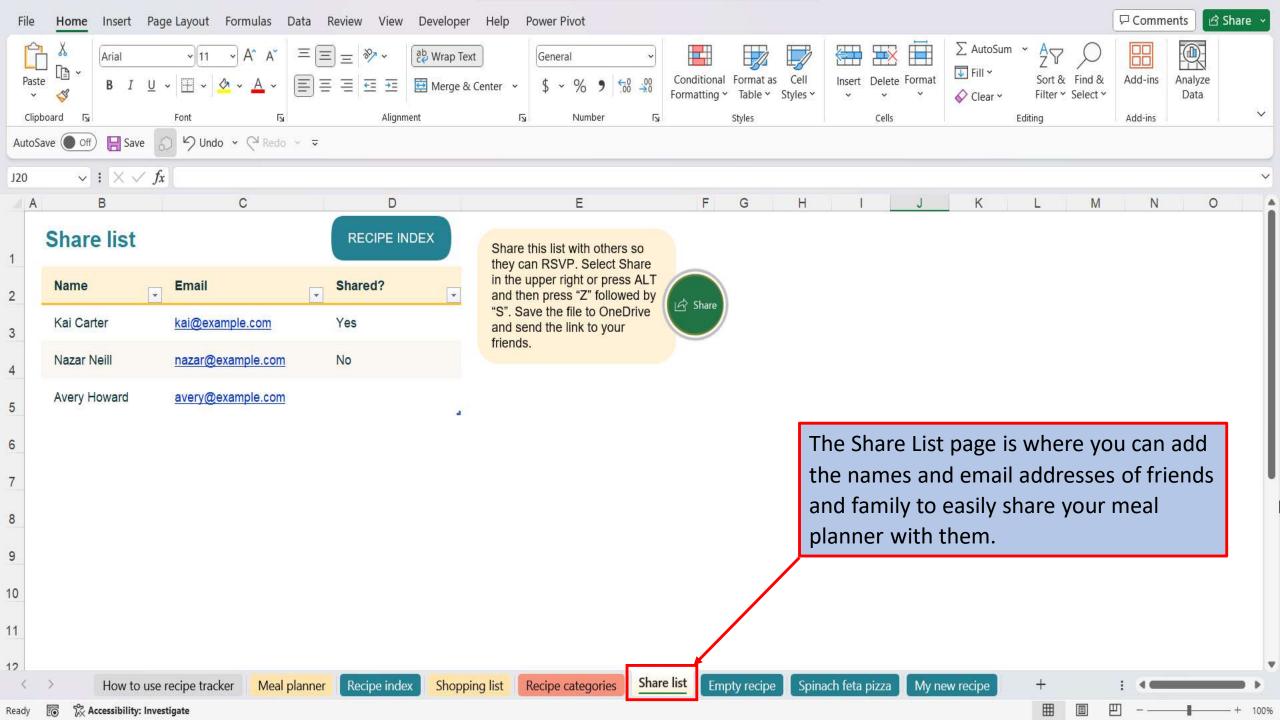


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2	Item	- Amount	▼ Need to Buy? ▼	for specific entries. Mark the items you need to buy in the Need to Buy? column.	
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4	Bread flour	2 Cups			n you add a meal to your
5	Chopped fresh spinach	2 Cups			nner page, the ingredients
6	Crackers	1 Box			ecipe will show up on
7	Cream cheese	1 Package		your shop	oping list.
8	Crumbled feta cheese	1/4 Cup			
9	Dried basil	1/2 Teaspoon			
	Froch dill	5 Sprig (e)			
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3	Corres of	2	Tablespoons	Olive or canola oil		In bread machine, place suggested by manufactu	the first five ingredients on irer.	order					ľ
4	A CONTRACT OF	1/2	Teaspoon	Salt		Select dough setting. Ch	45 Minutes				Ľ		
5	Calories	2	Cups	Bread flour			of water or flour if needed.						
6	007	2	Teaspoons	Active dry yeast		surface. Knead for 1 min	, turn dough onto a lightly fl nute.	owered	Cook time			_	
7	287	3/4	Cup	Warm water		Cover and let rest for 15	This meal plar	nner te	emplate, sta	rts y	ou		
8	Recipe tags	1	Clove	Minced garlic		Roll into a 12-in. pizza p place until puffed, about	out with a rec	ipe foi	r Spinach Fe	eta Pi	zza.		
9		1/8	Teaspoon	Garlic salt		Sprinkle with garlic and	garlic salt. Top with spinac	h, onion,					
10	pizza, spinach, feta, cheese	2	Cups	Chopped fresh spinach		mushrooms, cheeses, ar			Yield (servings)				
11	Comments	1	Small	Red onion		Bake at 400 degrees F fo golden and cheese is me	for 35-40 minutes or until cr elted.	astis					
		1	Cup	Sliced fresh mushrooms		Let stand for 5 minutes b			6 servings				
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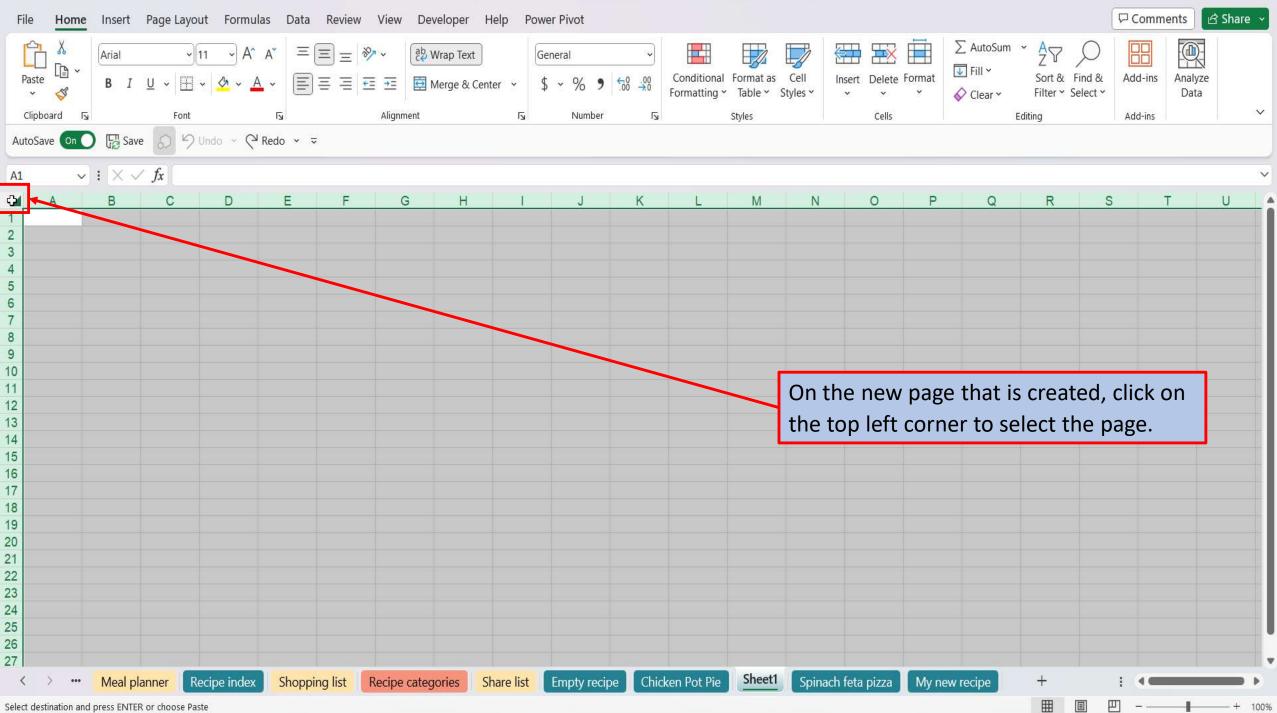
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4		1	Package	Cream	cheese		Place a small slice of smoke cheese.	5 Minutes			- 1		
5	Calories	1	Package	Smoke	d salmon		Add several drops of honey		ion of the				
6	60	1	Tablespoon	Honey	mustard-dill sauce		salmon.	The My nev	v recip	e page give	s you	а	
7	80	5	Sprig (s)	Fresh c	HIII		Top with a small amount of	template to	follow	v when add	ing a	new	
8	Recipe tags							recipe to yo	our me	al planner.			
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4		1	Package	Cream cheese		Place a small slice of	smoked salmon on top of	5 Minutes			- 1	
5	Calories	1	Package	Smoked salmon			Let's add a nev	-	. Click on th	е		- 1
6	60	1	Tablespoon	Honey mustard-dill sauce		Add several drops of salmon.	Empty recipe t	ab.				- 1
7	80	5	Sprig (s)	Fresh dill		Top with a small amou	unt of dill.					
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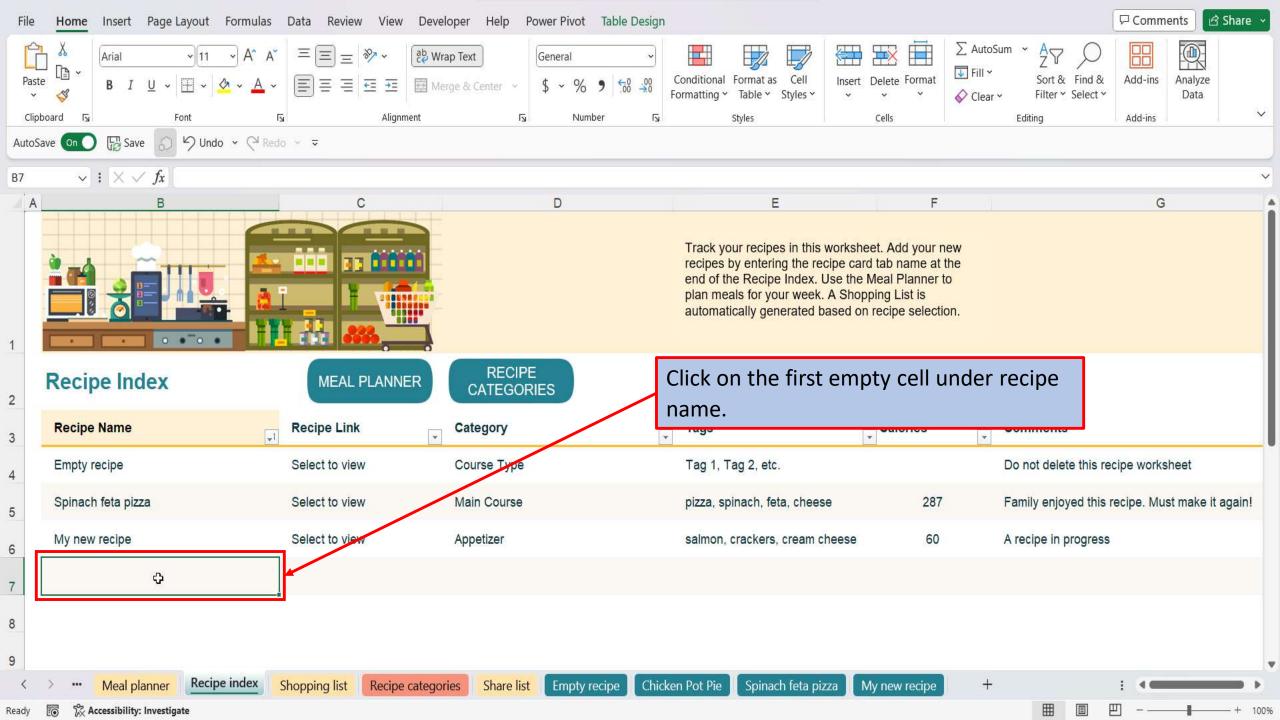


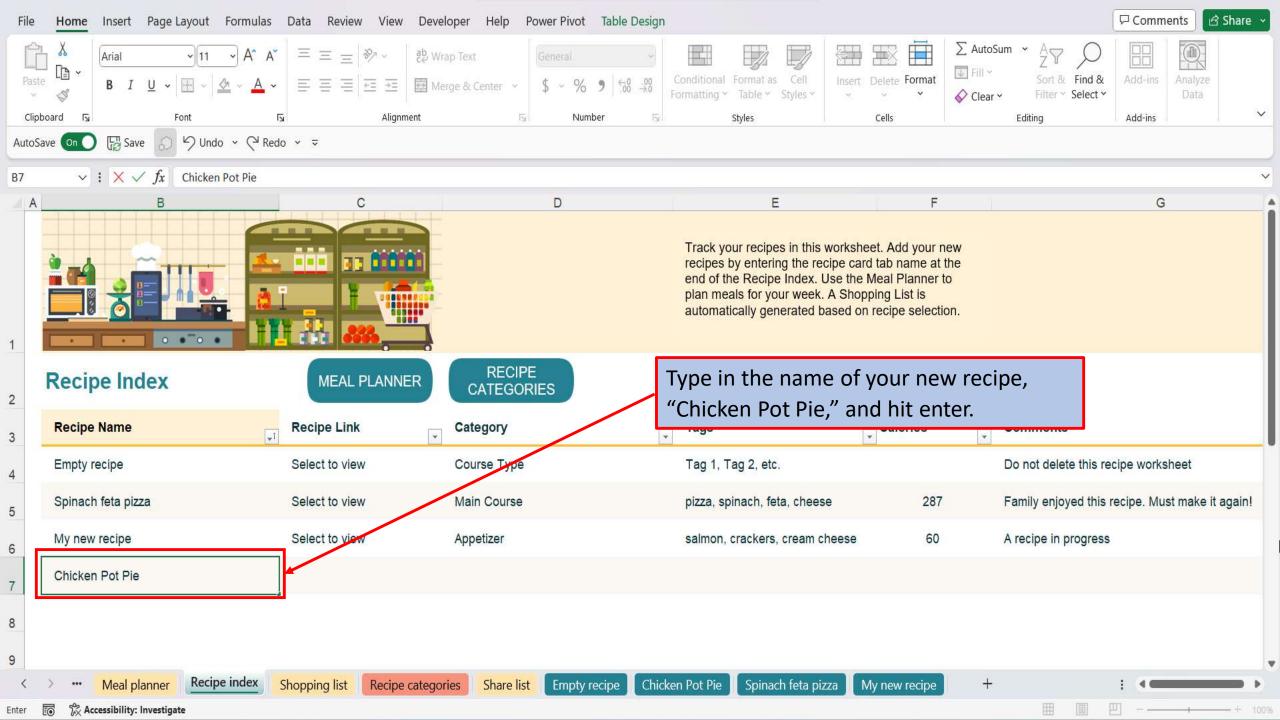
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