

Master Cook 4.0 Deluxe DEMO
README
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I] MINIMUM REQUIREMENTS

486 DX 33
8 MB RAM
Mouse
2X CD ROM
SVGA 640x480x256 Colors

II] HOW TO START THE DEMO

To run the demo, click START, then PROGRAMS, then SIERRA, then click the Mastercook Deluxe 4.0 Demo icon.

III] HOW TO USE THE DEMO

This demo gives you the opportunity to try many of MasterCook's features. You can:

- Analyze any of the recipes included with the demo for over 25 nutritional elements, including calories, fat content, vitamins, dietary fiber, and sodium.
- Add your own recipes to the cookbook by selecting the New Recipe icon from the tool bar.
- Customize the look of the cookbook with different page layouts, recipe formats, book designs, and cover and paper textures.
- Create menus and meal plans.(The demo, however, will not allow you to save your menus or meal plans)
- Automatically generate a shopping list based on a single recipe, a group of recipes, a menu, or a meal plan.
- Organize the cookbook according to various criteria-by name, category, or nutritional content.
- Scale recipes for any serving size.
- View MasterCook's Ingredient List, which will provide you with the nutritional content of over 5,500 foods.

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