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microGourmet Main Menu	
1) End This Session	5) Perform Data Base Maintenance
2) Display Help Text	6) Perform Utility Functions
3) Search for Recipes	7) Print Recipes
4) Prepare Shopping List	8) Make a System Backup

microGourmet Recipe Search Menu	
1) Return to Previous Menu	4) Category and Name
2) Display Help Text	5) Category and Ingredients
3) Category	6) Category and Preparation Time

microGourmet Shopping List Menu	
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1) Return to Previous Menu	4) Print Shopping List
2) Display Help Text	5) Delete Shopping List
3) Display Shopping List	6) Consolidate Shopping List

microGourmet Recipe Data Base Maintenance Menu	
1) Return to Previous Menu	5) Delete Recipes
2) Display Help Text	6) Undelete Recipes
3) Add Recipes	7) Re-create Indexes
4) Modify Recipes	8) Remove Deleted Recipes

microGourmet Utilities Menu	
1) Return to Previous Menu	4) Perform DOS Functions

Sheet1

2) Display Help Text	5) Change Screen Colors
3) Re-install microGourmet	6) Print Menus and Help Text

microGourmet Recipe Print Menu	
1) Return to Previous Menu	4) Print Several Recipes
2) Display Help Text	5) Print All Recipes in a Category
3) Print One Recipe	6) Print All Recipes by Category

microGourmet System Backup Menu	
1) Return to Previous Menu	3) Backup Recipe Files
2) Display Help Text	4) Backup All microGourmet Files

microGourmet Change/Editing Menu	
1) Return to Previous Menu	4) Add Ingredients
2) Display Help Text	5) Add Instructions
3) Change Recipes	

