

The Recipe File Window gives you a view of the contents of a recipe file. It provides two scrolling lists: one shows the recipes in the file, and the other shows meals. This window is very free about letting you edit either list: you can:

- click and drag to rearrange either list;
- group selected recipes into a meal;
- click and drag whole meals around their list (select a whole meal by clicking on its name);
- cut and paste recipes and meals;
- create new recipes to be placed in the file.

Of course, you can also do all the things you can do in any recipe window:

- double-click recipes to look at them and modify them;
- print any selected recipe(s) or all the recipes in the file;
- copy the recipes to the Recipe Clipboard for scaling and assembling meals;
- create, then print, a Shopping List of all the ingredients in the recipes.