If a Recipe File is like a cookbook, the Recipe Clipboard Window is like a sheet of scratch paper you have next to you on the table as you browse through your cookbooks. You can:

• copy recipes onto it directly from any Recipe File Window or the Recipe Browser (or just Copy and Paste);

• group listed recipes into meals, or edit the titles of existing meals;

• jot down notes about a meal by selecting the meal and typing into the Meal Notes text box;

• scale a recipe, set of recipes, or meal by selecting it/them and clicking the Set Scale button;

• send any set of recipes to the Shopping List by selecting them, then clicking on the Shopping Cart button.