

Once you decide what recipes you want to cook, Mangia! provides two important services:

- You can Print the recipes out for use in cooking.
- Mangia! will break the recipes down into an Ingredient List which you can also Print and take shopping with you.

The Add to Shopping List command under the Recipes menu will add any selected recipes to your Shopping List (in most windows that show a list of recipes, there's also a Shopping Cart button that does the same thing). Normally you'll create a Shopping List after gathering recipes in the Recipe Clipboard, but you can add to the Shopping List from any window that lists recipes.

Once there are recipes in the Shopping List, you use the Shopping List window to:

- Look through the recipes and ingredients;
- Edit the Shopping List to delete ingredients you're not going to use or add other ingredients you need to pick up;
- Print the finished list.

Shortcut: If you hold down the Option key when you send recipes to the Shopping List, then Mangia! will clear out the list of any old items before adding your selected recipes to it. This is a handy way to make a new Shopping List without manually deleting all the recipes that are already in there.