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INSTALLATION INSTRUCTIONS

For the MPC:

1. Place the compact disc in the CD caddy, if your drive requires it, and insert the disc into the drive.
2. From Program Manager, access File Manager. Click on the letter representing your CD-ROM drive — we'll use "d" for this discussion.
3. Find the setup.exe file in the d: drive and double-click on it.
4. Answer all installation questions that appear on the screen, and the program will create an icon for the title once the installation is complete.
5. Exit Windows and re-boot your computer before running this program. Afterwards, simply double-click on the title's icon to run the program.

For the Macintosh:

Complete step 1 (as explained above), double-click on the "Read Me First" icon, and follow the indicated installation instructions.

Additional Information:

For technical notes and additional information, please consult the "Readme" file included on your CD-ROM. For operating instructions, use the online "help" or reference function featured in the program or this manual.

Free Technical Support:

If you have any technical questions regarding this title, please call Multicom at (206) 622-5530 or (800) 850-7272. Support is available Mon. through Fri. 7:30 a.m. to 7:30 p.m., Sat. 9:00 a.m. to 5:00 p.m., and Sun. 10:00 a.m. to 4:00 p.m. (Pacific Standard Time).

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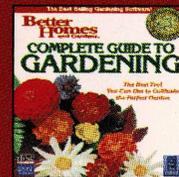
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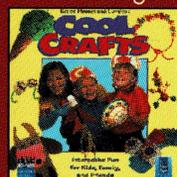
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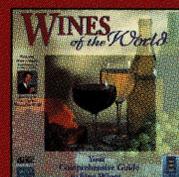
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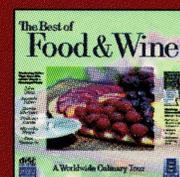
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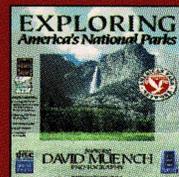
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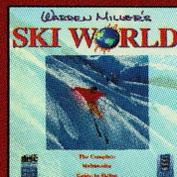
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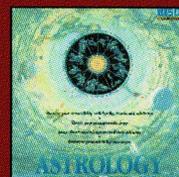
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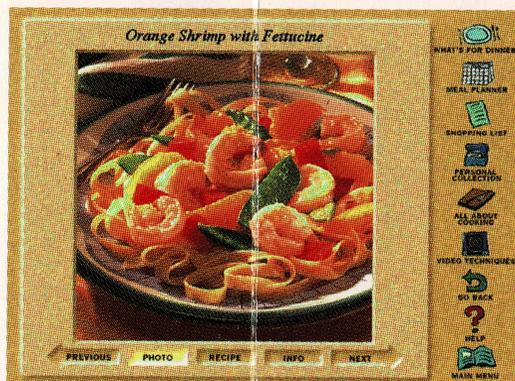


Cooking For Today Recipes Series 1 to 4: Chicken, Vegetarian, Stir-Fries, & Pasta

From the main screen you may go to any section of the program. Click on the illustrated icons for these features:

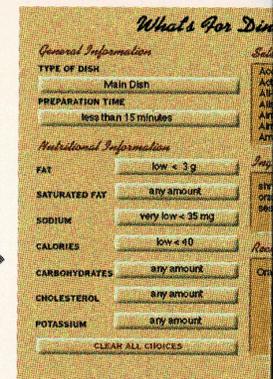
Videos, Recipe Index, Meal Planner, What's for Dinner, Personal Recipes, Shopping List, and All About Cooking.

You can find Help in the drawer under the counter, and the light switch serves as the Exit button.



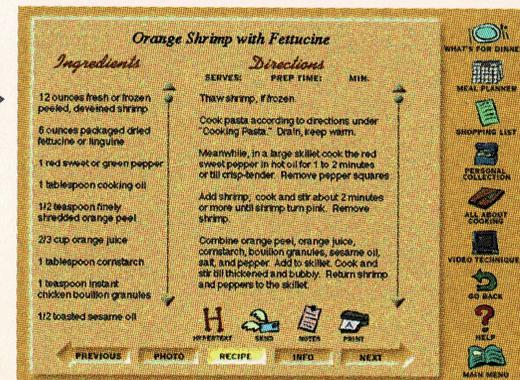
Recipe-Photo

Large, full-color photos accompany each recipe—ideal for browsing and picking up presentation ideas.



Recipe-Instructions

Every recipe includes a precise ingredient list and clear, easy-to-follow directions. From this screen you can print out the recipe or send it to the Shopping List, Personal Collection, or Meal Planner.



Meal Planner

Organize your many recipes. Meal Planner allows you to pick up from fat as

What's For Dinner

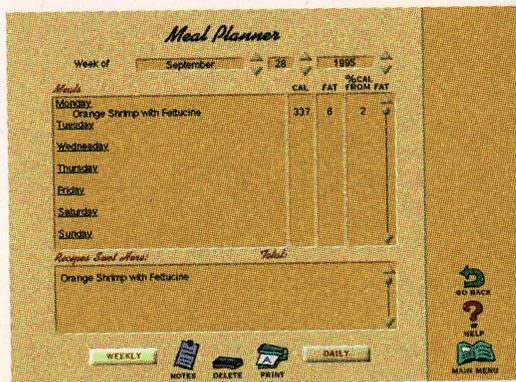
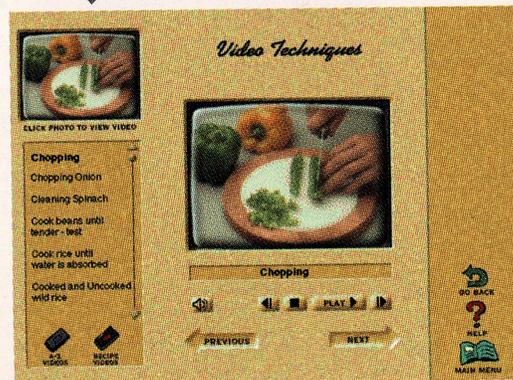
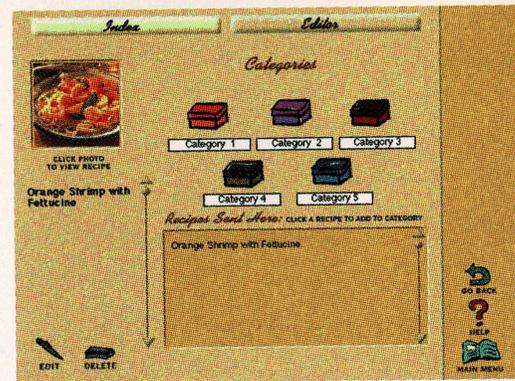
Search for recipes by fat, calories, cholesterol and other nutritional criteria. In a hurry? Search by preparation time. Need to please a picky eater? Find recipes with their favorite ingredients.

Personal Collection

Create personal collections of your favorite recipes on the disk. Or quickly and easily add your own recipes. Organize them by categories you create, and by type of dish, preparation time.

Videos

Watch Better Homes and Gardens® Test Kitchen experts demonstrate key cooking techniques. Browse all videos or just the ones for the recipes you choose.



Dinner

Plan your meals by day or by week. Add as many recipes as you like. Watching fat? The Meal Planner automatically tracks total calories and calories from fat you create your plan.