INSTRUCTIONS FOR
"WHAT'S FOR DINNER" MENU PLANNER

OVERVIEW

The "What's for Dinner" menu planner is a comprehensive meal and menu planner for calculating and pre-planning meals and water needs for potential emergency situations in the future. Albeit, this menu planner can be used for current day to day planning, the intention is that it will utilize food items that can be stored long term and will not require refrigeration or conventional cooking methods to prepare them.

It allows the user to plan and prepare meals that they are familiar with and utilizes readily available food types that are currently available via grocery stores and internet shopping venues. It will provide the user with multiple options. History has shown that in times of stress and duress food serves as not only an essential to live, but serves as a psychological booster as well. Having a well-rounded regiment of stored emergency food and water supplies not only is a prudent thing to do, it will also bring a mental benefit to the table as well.

If one looks at the multitude of restaurants and the number of food isles in the major grocery stores one can readily agree that our food tastes and preferences vary greatly. The "What's for Dinner", or WFD cannot possibly address all food tastes and preferences. It will however, allow the user to create a wide variety of foods that will be customized to the individual tastes and preferences.

The WFD will also allow the user to plan on building their food and water storage based on the user defined time lines and budget.

Table of Contents

LEGAL DISCLAIMER

Just as it is sign of the times that we need to have a strategy to prepare for long term storage, it is also a sign of the times that a legal disclaimer is also required.

The WFD Menu Planner is a "Wrap around Software" that uses Micro Soft Excel ™ as the base engine. The end user will need to have a current copy of Microsoft Excel ™ running on their computer in order to be able operate this software. You will need to have a 2007 version or newer*. The purchase of the WFD MENU PLANNER DOES NOT INCLUDES a copy of the Microsoft Excel™ software*.

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INSTALLATION OF SOFTWARE

The WFD Menu Planner is a wrap-around package that utilizes Microsoft Excel™ as the base engine. In order for this WFDMenuPlanner package to work, you will need to have a copy of Microsoft Excel™ that is a 2007 or later version installed on your computer.

Install the WFDMenuPlanner CD into your computer drive. The computer will recognize it as an Excel™ file and will automatically load the program.

It will show up under the name of WFDmenuplanner.xls

You can save this to your computer with this name or you can save it to any other name you choose. It is recommended that you save it under the WFDMenuPlanner and then open the software up and activate it. Once you have activated it, save it under a name that you are comfortable with. You can save it under any name that Excel allows.

As an example:

FILE – Left mouse Click on the tab called "File" on the upper left hand side of your computer screen in the Excel™ program.

The first two icons you will are: **SAVE** and **SAVE AS**

-If you select "**SAVE**", the program will save the file as WFDmenuplanner.xls and included any data you have worked on.

-If you select "**SAVE AS**", the program will generate a new Excel™ screen labeled Document Library.

At approximately 2/3 the way down the pop up screen you will see a header called "File Name" In this dialog box the name WFDMenuPlanner will show up. Backspace the WFDMenuPlanner out and insert whatever your preferred name is. Once this is done, click on the "**SAVE**" icon.

Once you have it loaded, simply go to your Excel™ **Documents** and open as you would any other file.

SOFTWARE ACCEPTANCE

This page is where you will accept the terms of usage for this software. Since this software package is copyright © protected, there is a standard EULA (End User License Agreement). This agreement is spelled out in complete detail on page 3.

You will need to go to the tab named "SOFTWARE ACCEPTANCE", it is the first tab and the tab color is yellow.

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In order to use this software you must accept the terms of use. These terms are defined and listed in the attached PDF form. To proceed and use this software select the acceptance of the terms of use below.

To accept the terms of acceptance put your mouse on the purple box above. It will then provide a pull down menu. Select the option of your choice.

Move your mouse over the purple dialog box and the dialog will then provide you two options:

- I ACCEPT TERMS OF USE
- I DO NOT ACCEPT TERMS OF USE

When you select the "I ACCEPT TERMS OF USE" the screen will look like this:

SOFTWARE ACCEPTANCE PAGE

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I ACCEPT TERMS OF USE

To accept the terms of acceptance put your mouse on the purple box above. It will then provide a pull down menu. Select the option of your choice.

You Have Selected To Accept the Terms, Proceed To The SET UP Page

When you select the "I DO NOT ACCEPT TERMS OF USE" the screen will look like this:

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To accept the terms of acceptance put your mouse on the purple box above. It will then provide a pull down menu. Select the option of your choice.

You Have Selected To NOT ACCEPT The Terms, Return The Software

METHODOLOGY OF SOFTWARE

The WFD software is a Microsoft Excel™ based "wrap around" package. This means that it uses Microsoft Excel™ as the base engine for the software. Once you load the WFD onto your computer, it will recognize the presence of the Excel software and load automatically. When you go to your documents section of your directory it will show up as ***"WFD.Menu Planner".***

The operational concept of the WFD software is that the user will have to do very little to operate it and it will do the majority of the work behind the scenes. By using the Microsoft Excel™ engine, it will allow the end user to use this software on multiple computers and customize the menus for immediate family members as well.

The operation of the software is extremely easy to operate and navigate. It works off of two key color codes. The colors purple and yellow are the only two colors or items in the software in which the user can use. The purple is reserved for "pull down menus" and the yellow is reserved for direct entry in either numbers or text from the end user. All other fields and colors are locked so they cannot be modified, adjusted, or changed. This ultimately allows the user to manipulate the software more than 95% of the time with just the click of a mouse.

Dinner
Teriyaki and Rice

The yellow section is used for direct entry. In this example, the user has created a meal they have chosen to call "Teriyaki and Rice".

PASTA

The purple section is a "pull down section". The header or name of this section is PASTA. Once the mouse is put on the purple color, the column will expand to show what total options are available under the heading of PASTA.

Not Used
Rice
Spaghetti
Macaroni
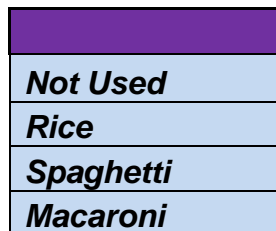
Once the purple is activated via the mouse, the options display. The end user will simply select which option they would prefer. Once the option is selected, the purple colored box will then display the user's selection.

Macaroni

The option of "Macaroni" was selected. It will now be locked into this option and used for any additional information or calculations.

Again, the only two colors the end user can operate are the fields that are yellow and purple. All other colors and information is locked and cannot be accessed by the user.

PRINTING

As the software runs on Excel™ any page can be printed. However, the **WFD Menu Planner** has designated specific pages to be printed. These specific pages do not include many colors and are tabulated to print to a standard paper size. Any other pages that are printed will consume large amounts of ink in the colors and the pages will not fit on a standard sheet of paper. The pages that are designated to be printed are listed in the tabs with the word "print" in the description.

 For example: "SHOPPING LIST PRINT" verses "SHOPPING LIST"

In addition, the pages that are designed to be printed are represented by the tabs that are green in color.

TABS

Each page or sheet is designated via a TAB. The TAB is located at the bottom of each page. The TABS are positioned in a logical order. Each of the tabs is labeled and is also color coded. The color code indicates what the tab represents in the overall scheme of things. They follow the following legend:

BLUE = SET UP – The initial data entry the user needs to enter or activate in order to start the process of building their meals and inventory.

RED = Building or establishing the meals for breakfast, lunch, or dinner.

LIGHT BLUE= Compilation of items needed to complete the meals

SERVING SIZE

Serving size is a very subjective value. Everyone has their own definition of what it should be verses what it is. For the purpose of this software program the following serving size definitions will be used.

SERVING: The software uses a heading called – "SERVINGS". It allows the end user to select a numeric number, i.e. the total of servings.   This number of servings has a relationship with the specific type of food it is linked to. The following are shown as examples:

Eggs – Each egg would be considered as a serving

Bacon – Each piece of bacon is considered as a serving

Bread – Each piece of bread, tortilla, biscuit, etc. will be considered as a serving

Most all other applications will be self- explanatory. A cup of coffee is a serving, so therefore if you wanted 2 cups of coffee then it would be listed as 2 servings.

For food portion sizes the serving size will either be linked back to the manufacturer's definition of a serving size for containerized food items. For any bulk food items the serving size will be based on the following:

| HAND: | PALM: | FIST: | FINGERTIP: |
| Breads | Meats | Veggies, Rice, Pasta, Fruits | Fats (butter) |

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Each user can define the size of their own serving size and change the number of servings to fit their own specific needs or tastes.

SPICES

Everyone has different tastes for spices. The WFD Menu Planner is not designed to be a gourmet meal planner, rather a planning tool for emergency situations. To that end, the software does include the basic spices, such as salt, pepper, garlic salt, etc. These spices are automatically included in the menu planning process. To view what spices are included you can go to the "SHOPPING LIST PRINT".

CONDIMENTS

Everyone has different tastes for condiments. The WFD Menu Planner is not designed to be a gourmet meal planner, rather a planning tool for emergency situations. The WFD Menu Planner has established the following CONDIMENTS. This list is located in the SET UP Page.

CONDIMENTS	
Ketchup	YES
Mustard	YES
Mayonaise	YES
Heinz 57 Sauce	YES
Tabasco Sauce	YES
Tapatio Hot Sauce	YES
Soy Sauce	YES
Honey	YES
Picante/Salsa Sauce	YES

The end user has the option to select any or all of these.

BAKING INGREDIENT

The WFD Menu Planner is not designed to be a gourmet meal planner, rather a planning tool for emergency situations. There are items in the menu planner that will be produced by baking. All of the ingredients used in the baking of items are included in the shopping list. To view what baking ingredients are included you can go to the "SHOPPING LIST PRINT".

CLEARING NUMBERS IN PURPLE FIELDS

There may be times when you need to modify a purple field once data is selected from the pull down menu. This can easily be done by simply hitting the delete key. This will remove the data shown in the purple pull down menu from the screen and all calculations. It will not remove it from the base program. For example; assume you initially select three (3) servings and decide you do not want any servings.

Servings

3   You selected servings and decide you want none.

Simply put the curser on the purple pull down menu where the "3" is and hit the delete key. (On your computer key board)

Once the "Delete" (On your computer key board) key is hit, the 3 is removed.

SET UP PAGE-TAB

This page is where the end user will establish the base line and needs for the menu planning process. The information created here will be used for the decisions and calculations made in later sections. Any data entered or selected here can be changed or modified at any time.

MENU AND FOOD STORAGE CALCUATOR

MENU AND FOOD STORAGE CALCULATOR			
Number of People to Feed	3	Total Meals Needed	549
Meals Per Day	3	Total Days	61
Months	2		

This section you will select the number of people you plan to feed, the number of meals per day you need food for, and the total duration of time you would like to prepare for.

Number of People to Feed – Select the number of people from the pull down menu. This number should represent the people that you literally plan to have with you during an emergency event. There are options in the menus to add additional people.

Meals Per Day – This will represent the three generic meals you plan to prepare for. At your discretion you can elect to reduce the number of meals. This could be utilized for "What if Scenarios".

Months – This number will represent the number of months you would like to plan for.

Once you have selected your numbers for these entries you will see the software will calculate the total number of meals needed for the total number of days.

BAKING OPTIONS

This section will determine the menu options of breads and tortillas. These two breads are the most common and the easiest to make. Keep in mind, that in order to bake bread you will need the following:

Alternative oven source – (In the event you do not have electricity or a functioning oven)

- There are many good designs on the internet or at local bookstores for inexpensive bread ovens.
- Tortillas can be made with almost any heat source

Fuel source for your alternative oven

- Firewood
- Propane

Basic Tools for bread ovens

- Peel, Bread Pans, Mixing bowls

BAKING OPTIONS

BAKING OPTIONS	
Will you bake bread?	**YES**
What type of ingredients?	**Both**
How many slices per loaf?	**16**
Will you bake Tortillas?	**YES**
What type of ingredients?	**Both**
How many pieces per batch?	**8**
Will you bake biscuits?	**NO**
What type of ingredients?	**Both**
How many biscuits per batch?	**8**

Will you bake bread? – This is a simple yes or no answer

What type of ingredients? – This will allow you to select from three different options:

- Scratch – making the bread from a recipe
- Utilizing a store bought or pre-prepared recipe
- Both – Using a combination of the two sources

How many slices per loaf? – This number will determine the total number of loafs of bread that will need to be baked. The smaller number of slices, the smaller the loaf, the more loafs needed. The software will make all the calculations, so this is a preference decision. The size of your baking oven and size of your pans will also help you make this decision.

Will you bake Tortillas? – This is a yes or no question. However, keep in mind it is much easier to bake Tortillas than bread. Do not look at Tortillas as a "Mexican Food" but rather as an easy alternative to bread.

What type of ingredients? – This will allow you to select from three different options:

- Scratch – making the tortillas from a recipe
- Utilizing a store bought or pre-prepared recipe
- Both – Using a combination of the two sources

How many pieces per batch? – This number will determine the total number of tortillas that will need to be baked. The smaller batch size, the more batches needed. The software will make all the calculations, so this is a preference decision. The size of your baking oven and size of your pans will also help you make this decision.

Will you bake biscuits? - This is a simple yes or no answer

What type of ingredients? – This will allow you to select from three different options:

- Scratch – making the biscuit from a recipe
- Utilizing a store bought or pre-prepared recipe
- Both – Using a combination of the two sources

How many biscuits per batch? – This number will determine the total number of batches of biscuits that will need to be baked. The smaller batch size, the more batches needed. The software will make all the calculations, so this is a preference decision. The size of your baking oven and size of your pans will also help you make this decision.

CONDIMENTS

Condiments are subjective to each individuals taste and desires. This section provides for the most common types available. The user will select either yes or no as to their specific preferences of each specific condiment. The software will calculate the quantity based on the number of meals and people.

CONDIMENTS	
Ketchup	YES
Mustard	YES
Mayonaise	YES
Heinz 57 Sauce	YES
Tabasco Sauce	YES
Tapatio Hot Sauce	YES
Soy Sauce	YES
Honey	YES
Picante/Salsa Sauce	YES

CHICKEN OPTIONS

There are multitudes of different animals and livestock one could raise to produce food supplies. However, there is none as efficient as the chicken when it comes to producing edible foods. The amount of food provided verses the cost to feed the chicken is the most optimum available. In addition, chickens can be raised in both rural and urban settings. Their size, cost of acquisition, cost of feed and water, and space requirement makes them an excellent choice for anyone who is planning ahead.

CHICKEN OPTIONS	
Will you raise chickens?	**YES**
What will they be used for?	**Meat**

CHICKEN/EGG CALCULATOR	
Eggs desired per week	**6**

For the   2   months you have selected

# of Chickens Needed	**2**
Anticipated Egg Productions	**98**

CHICKEN FEED		

Sizes Available	Bags	Lbs Needed
25 Pounds	**2**	**31**

CHICKEN WATER	
Gallons of Water Needed	**23**

CHICKEN OPTIONS

Will you raise chickens? – This is a yes or no question

What will they be used for? - This will allow you to select from three different options:

- **Eggs** – If this option is selected the software will include fresh eggs into the food inventory. If it is not selected, the menus which require eggs will have powdered eggs substituted in.
- **Meat** – If this option is selected the software will include fresh chicken into the menu options. If it not, then canned and dehydrated chicken will be used in the menu selection process
- **Both** - If this option is selected, then both the eggs and meat will be inserted into the menu planning

CHICKEN/EGG CALCULATOR

This process will assist you in determining how many chicken you will need in your menu planning.

Eggs desired per week	12

-Insert the number of eggs you desire in the yellow field. In this example; there are twelve (12) eggs per week desired.

The software will then calculate how many eggs you need for the total of months you previously selected. In addition, it will calculate the following:

- Number of chickens needed
- Anticipated Egg production

For the 2 months you have selected	
# of Chickens Needed	3
Anticipated Egg Productions	147

CHICKEN FEED

The software will calculate how much chicken feed and water you will need for your chickens.

Sizes Available	Bags	Lbs Needed
25 Pounds	2	46

The "Sizes Available" is in a purple pull down, so you can pull down this box and select the size you wish to use. In the example shown above, a 25 pound bag was selected. The software displays that (2) two bags are needed to satisfy the 46 pounds that are needed.

CHICKEN WATER	
Gallons of Water Needed	35

The software calculates the amount of water needed to water the three (3) chickens.

DAIRY OPTIONS

DAIRY OPTIONS

The dairy options for the menu planner are broken down to eggs and butter. Each item has its own selection options.

Butter	Canned

Butter	Powdered

Butter	Both

In the butter option you have three options:

- **Canned** – If the canned option is selected the menu planner will use canned butter. (Canned butter can either be purchased or homemade)
- **Powdered** – This is butter that is powdered and is reconstituted with water. (The software calculates the water needed to reconstitute the butter.)
- **Both**- If this option is selected, the software will insert canned and powdered into the menu planner

PET FOOD

Pets to feed

The software will calculate how much pet food and water you will need for your house pets. At present, the software is capable of working with dogs and cats. Other breeds will be added later.

Pets to feed		
TYPE	*SIZE*	*QTY*
Dog	Dog - Large	2

Under the "TYPE" heading you will have a purple pull down menu. If you activate this pull down option you will have two options available:
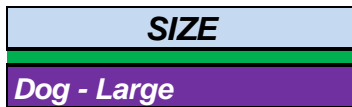
- Dog
- Cat

Select which option you choose to work with. You can select up to seven different dogs or cats.
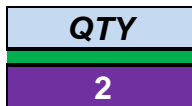
TYPE
Dog

Under the "SIZE" heading you will have a purple pull down menu. If you active this pull-down option you will have the following options:

- Dog –Toy
- Dog – Small
- Dog – Medium
- Dog – Large
- Dog – Extra Large
- Cat – Average
- Cat –Large

Select the option that pest describes your pet.

SIZE
Dog - Large

Under the "QTY" heading you will have a purple pull down menu. Once you activate this pull down menu you can select the number of dogs/cats that fit this size category.

QTY
2

Once you have selected the "Type", "Size", and "Qty" the software will do the rest. The results of this calculation will be shown on the next tab labeled PET MEALS.

PET MEALS – TAB

DOG/CAT FOOD AND WATER NEEDED

This page will display the food and water requirements of your pets. The data needed for this section was calculated in the "SET UP" tab.

TYPE	QTY	SIZE	
Dog	2	Dog - Large	
Total	2		

TOTAL DOG AND CAT FOOD NEEDED

This section will allow the user to select what sizes of food they want to select for their animals. The software will calculate the quantity of food bags needed to meet the total needs for each type of animal.

The "Food Size" category is a purple pull down menu, so it will be activated by the user and the then the user will simply select the specific size of bag they wish to deal with. Once the size is selected by the user, the software will calculate how many bags will be needed to obtain the total amount of food that is required for each type of pet. As shown below, there are 200 pounds needed. Fifty pound bags were selected, so the software determine there would be 4 gags needed.

	Food Size	Bags	TTL Pounds	
Dog Food	50 Pound	4	200	

You will repeat this process for the other pet type if needed.

TOTAL WATER NEED

The software will calculate the total water needed for each type of animal and will display it here.

Water - Dog	96	Gallons
Water - Cat	-	Gallons
Total	96	Gallons

BUILD A BREAKFAST MENU

BUILD A BREAKFAST					
BUILD A MEAL MENU		*TTL Meals Per Menu*			
1	*BREAKFAST*	4			
Breakfast Name		*Servings*	*# of People*	**Additional Persons**	*Total Items*
BACON AND EGGS					

This is the section where you will begin to build or create a menu. This specific type of menu is for breakfast. In the Breakfast section there are a maximum of sixteen independent menus that can be created. You do not have to create all sixteen; you just have that many options. Each "Breakfast Name" is created by the user. In the example shown above a menu was created called "BACON AND EGGS". Once data is entered into the yellow field labeled Breakfast Name; a number will show up under the 'BUILD A MEAL MENU" section. This number will be 1 – 16. This indicates the specific menu number you are working with. As the example above indicates, this is Build A Meal Menu 1.

BUILD A MEAL MENU
1

The title tells us it is a breakfast

BREAKFAST

The TTL Meals per Menu is the calculation of how many times this specific number will be repeated in your menu planning. This number is based on two factors; the duration of time you selected in the SET UP page and the total of Breakfast menus you have created. In this example, the breakfast BACON AND EGGS will be used four (4) times in a 61 day period.

TTL Meals Per Menu
4

Building the actual menu

Breakfast Name				**Additional**	
BACON AND EGGS		*Servings*	*# of People*	**Persons**	*Total Items*
EGGS	*Fried*	*2*	*3*		*6*

The format for the build a breakfast as well as the lunch and dinner menus will all follow the same format. There will be generic title for the specific type of food or item.

The meal name, the generic type of food and the specific type of food utilizing a purple pull down menu is shown.

Breakfast Name
BACON AND EGGS

EGGS	Fried

EGGS In this example it is eggs.

Fried Next to the generic title there will be a purple pull down with multiple options available. Select the option you would like. In this example, "Fried" is selected.

Servings
2

The servings will have a purple pull down option. Utilizing the pull down menu you will select the number of servings for this specific item. As shown here in the example, two (2) servings have been selected.

# of People
3

The # of people represents how many people you are going to prepare this meal for. In the example shown it is 3. Also note, this number is not modifiable or selectable from a pull down menu. This number was selected in the initial set up section when you selected the number of people to feed. There are other sections of the # of people that will provide a purple pull down selection. When this option is available it will be because the food types will have additional options and would not be specific for the desired number of people you are serving. Drinks would be an example of this. Some people may want one type of beverage, while others may prefer something else. In this event, there is a purple pull down option available. Once it is activated, simply select the number of people you wish to provide for.

Additional Persons

The Additional persons allow you to plan for guests or any other type of planning arrangement you might think of. Since it is a purple pull down menu, simply select it and then select the number you want to work with.

Total Items
6

The software calculates how many of the specific items you are creating in this menu. It will include the quantity of servings, the number of people original planned for, plus any additional people that were added.

In the Build a Breakfast options you have the following primary meal type categories available to choose from:

EGGS
MEATS
BREAD
CEREAL
PANCAKES
FRUIT
MISC
MISC
DRINKS
DRINKS

Next to each one of these types there is a specific type of food or item. Simply select from this pull down menu. Listed below are the generic types and the specifics available to the breakfast menu.

EGGS

- *Not used* – This option should be selected if you are not going to select a specific food type.
- *Scrambled*
- *Omelet*
- *Boiled* – This option will only show up if you have selected fresh eggs in the set up section. You cannot have a boiled egg without fresh eggs.
- *Fried* - This option will only show up if you have selected fresh eggs in the set up section. You cannot have a boiled egg without fresh eggs.
- *Poached* - This option will only show up if you have selected fresh eggs in the set up section. You cannot have a boiled egg without fresh eggs.

MEATS

- *Not used* – This option should be selected if you are not going to select a specific food type.
- *Bacon – Canned*
- *Sausage – Canned*
- *Sausage – Freeze Dried*
- *Spam*
- *Ham – Canned*
- *Ham – Freeze Dried*

BREAD

- *Not used* – This option should be selected if you are not going to select a specific food type.
- *Bread Mix*
- *Bread Bulk*
- *Tortilla Mix*
- *Tortilla Bulk*
- *Biscuit Mix*
- *Biscuit Bulk*

CEREAL

- *Not used* – This option should be selected if you are not going to select a specific food type.
- *Oatmeal*
- *Cream of Wheat*
- *Boxed Cereal*

PANCAKES

- *Not used* – This option should be selected if you are not going to select a specific food type.
- *Pancake-Mix*
- *Pancake-Bulk*

FRUIT

- *Not used* – This option should be selected if you are not going to select a specific food type.
- *Canned*
- *Freeze – Dried*
- *Dehydrated*

MISC

- *Not used* – This option should be selected if you are not going to select a specific food type.
- *MRE's*
- *Pop Tarts*
- *Food Bars*
- *Gravy*

Misc. continued from previous page

- ***Beans-Canned***
- ***Beans-Bulk***
- ***Rice***
- ***Beef Jerky***
- ***Hash Browns***

DRINKS

- ***Not used*** – This option should be selected if you are not going to select a specific food type.
- ***Water*** –Cup
- ***Water***-Bottle
- ***Tea*** – Hot-Bag
- ***Tea*** – Cold-Bag
- ***Tea – Instant***
- ***Coffee – Instant***
- ***Coffee- Ground***
- ***Drink Mix***
- ***Powdered Milk***
- ***Soda***
- ***Hot Chocolate***

The following is an example of a completed breakfast

BUILD A MEAL MENU		TTL Meals Per Menu			
1	*BREAKFAST*	4			
Breakfast Name		*Servings*	*# of People*	*Additional Persons*	*Total Items*
BACON AND EGGS					
EGGS	*Fried*	*1*	*3*		*3*
MEATS	*Bacon - Canned*	*2*	*3*		*6*
BREAD	*Bread-Mix*	*2*	*3*		*6*
CEREAL	*Not Used*				
PANCAKES	*Not Used*				
FRUIT	*Canned*	*1*	*3*		*3*
MISC	*Hash Browns*	*1*	*2*		*2*
MISC	*Not Used*				
DRINKS	*Coffee-Ground*	*2*	*2*		*4*
DRINKS	*Hot Chocolate*	*2*	*1*		*2*

BUILD A LUNCH MENU

BUILD A LUNCH						
BUILD A MEAL MENU						
1	*Lunch*		*4*			
Lunch Name					*Additional*	
Tuna Fish Sandwich			*Servings*	*# of People*	*Persons*	*Total Items*

This is the section where you will begin to build or create a menu. This specific type of menu is for Lunch. In the Lunch section there are a maximum of sixteen independent menus that can be created. You do not have to create all sixteen; you just have that many options. Each "Lunch Name" is created by the user. In the example shown above a menu was created called "TUNA FISH SANDWICH". Once data is entered into the yellow field labeled Lunch Name; a number will show up under the 'BUILD A MEAL MENU" section. This number will be 1 – 16. This indicates the specific menu number you are working with. As the example above indicates, this is Build A Meal Menu 1.

BUILD A MEAL MENU
1

The title tells us it is a lunch

Lunch

The TTL Meals per Menu is the calculation of how many times this specific number will be repeated in your menu planning. This number is based on two factors; the duration of time you selected in the SET UP page and the total of Lunch menus you have created. In this example, the lunch Tuna Fish Sandwich will be used four (4) times in a 61 day period.

TTL Meals Per Menu
4

Building the actual menu

Lunch Name				*Additional*	
Tuna Fish Sandwich		*Servings*	*# of People*	*Persons*	*Total Items*
SANDWICH	*Tuna Salad*	*1*	*3*		*3*
	Bread-Mix	*2*	*3*		*6*

There is one small difference in the lunch menu compared to the breakfast menu. This difference is the bread option for the sandwiches. Once you select a specific type of sandwich, a purple pull down menu is now available to you so that you can select the type of bread preference. Once you select the bread type, the software will calculate the servings based on your previous selections.

The format for the build a breakfast as well as the lunch and dinner menus will all follow the same format. There will be generic title for the specific type of food or item.

The meal name, the generic type of food and the specific type of food utilizing a purple pull down menu is shown.

Lunch Name	
Tuna Fish Sandwich	
SANDWICH	*Tuna Salad*
	Bread-Mix

SANDWICH In this example it is Tuna Salad.

Tuna Salad Next to the generic title there will be a purple pull down with multiple options available. Select the option you would like. In this example, "Tuna Salad" is selected.

Servings
2 The servings will have a purple pull down option. Utilizing the pull down menu you will select the number of servings for this specific item. As shown here in the example, two (2) servings have been selected.

# of People
3 The # of people represents how many people you are going to prepare this meal for. In the example shown it is 3. Also note, this number is not modifiable or selectable from a pull down menu. This number was selected in the initial set up section when you selected the number of people to feed. There are other sections of the # of people that will provide a purple pull down selection. When this option is available it will be because the food types will have additional options and would not be specific for the desired number of people you are serving. Drinks would be an example of this. Some people may want one type of beverage, while others may prefer something else. In this event, there is a purple pull down option available. Once it is activated, simply select the number of people you wish to provide for.

Additional
Persons

The Additional persons allow you to plan for guests or any other type of planning arrangement you might think of. Since it is a purple pull down menu, simply select it and then select the number you want to work with.

Total Items

6 The software calculates how many of the specific items you are creating in this menu. It will include the quantity of servings, the number of people original planned for, plus any additional people that were added.

In the Build a Lunch options you have the following primary meal type categories available to choose from:

SANDWICH

SINGLE SERVE
FRUIT
MISC
MISC
DRINKS
DRINKS

SANDWICH

- *Not used* – This option should be selected if you are not going to select a specific food type
- *PB&J*
- *Tuna*
- *Chicken Salad*
- *Egg Salad*

BREAD OPTIONS .

- *Bread Mix*
- *Bread Bulk*
- *Tortilla Mix*
- *Tortilla Bulk*

SINGLE SERVE

- *Not used* – This option should be selected if you are not going to select a specific food type
- *Canned Soup*
- *Canned Chili*
- *Spaghettios*
- *Ramen Noodles*
- *Ravioli*
- *Sweet/Sour Pork w/Rice*

- *Buffalo Style Chicken*
- *Chicken Teriyaki w/Rice*
- *Beef Stroganoff*
- *Beef Stew*
- *Lasagna with Meat Sauce*
- *Pasta Primavera*
- *Chicken and Rice*
- *Spaghetti*
- *Chili Mac with Beef*
- *Chicken Alfredo*
- *Chicken and White Bean Chili*
- *Rice and Shrimp and Ham*
- *Chicken Breasts w/Mashed Potatoes*
- *Macaroni and Cheese*
- *Noodles and Chicken*
- *Rice and Chicken*
- *Mexican Style Rice and Chicken*
- *Long Grain Rice*
- *Chicken Al A King*
- *Cheesy Lasagna*
- *Creamy Past w/veg rotini*
- *Pasta Alfredo*
- *Chili Macaroni*
- *Savory Stroganoff*
- *Ala King w/rice*
- *Cheese Macaroni*
- *Tortilla Soup*
- *Teriyaki and Rice*
- *Tomato Basil Soup*
- *Condensed Soup*

FRUIT

- *Not used* – This option should be selected if you are not going to select a specific food type.
- *Canned*
- *Freeze – Dried*
- *Dehydrated*

- *Not used* – This option should be selected if you are not going to select a specific food type.
- *Bread-Mix*
- *Bread-Bulk*
- *Tortilla –Mix*
- *Tortilla – Bulk*
- *MRE's*
- *Beef Jerky*
- *Beans-Canned*
- *Beans-Bulk*
- *Rice*
- *Food Bars*

DRINKS

- *Not used* – This option should be selected if you are not going to select a specific food type.
- *Water* –Cup
- *Water*-Bottle
- *Tea* – Hot-Bag
- *Tea* – Cold-Bag
- *Tea – Instant*
- *Coffee – Instant*
- *Coffee- Ground*
- *Drink Mix*
- *Powdered Milk*
- *Soda*
- *Hot Chocolate*

The following is an example of a completed lunch

BUILD A MEAL MENU						
1	Lunch		4			
Lunch Name			Servings	# of People	Additional Persons	Total Items
Tuna Fish Sandwich						
SANDWICH	Tuna Salad		1	3		3
BREAD OPTIONS	Bread-Mix		2	3		6
SINGLE SERVE	Not Used					
FRUIT	Not Used					
MISC	Beans-Canned		1	2		2
MISC	Food Bars		1	1		1
DRINKS	Tea - Instant		1	1		1
DRINKS	Soda		1	2		2

BUILD A DINNER MENU

BUILD A DINNER			
BUILD A MEAL MENU			
1	DINNER	3	

This is the section where you will begin to build or create a menu. This specific type of menu is for Dinner. In the Dinner section there are a maximum of twenty two (22) independent menus that can be created. You do not have to create all twenty two; you just have that many options. Each "Dinner Name" is created by the user. In the example shown above a menu was created called "Fresh Chicken and Rice". Once data is entered into the yellow field labeled Dinner Name; a number will show up under the 'BUILD A MEAL MENU' section. This number will be 1 – 22. This indicates the specific menu number you are working with. As the example above indicates, this is Build A Meal Menu 1.

BUILD A MEAL MENU
1

The title tells us it is a dinner

DINNER

The TTL Meals per Menu is the calculation of how many times this specific number will be repeated in your menu planning. This number is based on two factors; the duration of time you selected in the SET UP page and the total of Dinner menus you have created. In this example, the Dinner Fresh Chicken and Rice will be used four (3) times in a 61 day period.

TTL Meals Per Menu
3

Building the actual menu

Dinner		Servings	# of People	Additional Persons	Total # of People	Total Items
Peanut Butter and Jelly Sandwiches						
SANDWICH	PB & J	1	3		3	3
SELECT BREAD TYPE	Bread-Bulk					6

There is one small difference in the dinner menu compared to the breakfast menu. This difference is the bread option for the sandwiches. Once you select a specific type of sandwich, a purple pull down menu is now available to you so that you can select the

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type of bread preference. Once you select the bread type, the software will calculate the servings based on your previous selections.

The format for the build a breakfast as well as the lunch and dinner menus will all follow the same format. There will be generic title for the specific type of food or item.

The meal name, the generic type of food and the specific type of food utilizing a purple pull down menu is shown.

Dinner				Additional	Total # of	
Fresh Chicken and Rice		Servings	# of People	Persons	People	Total Items
SANDWICH	Not Used					
SINGLE SERVE	Not Used					
MEATS	Fresh Chicken	1	3		3	3

MEATS In this example it is Fresh Chicken

Fresh Chicken Next to the generic title there will be a purple pull down with multiple options available. Select the option you would like. In this example, "Fresh Chicken" is selected.

1 The servings will have a purple pull down option. Utilizing the pull down menu you will select the number of servings for this specific item. As shown here in the example, one (1) serving have been selected.

# of People
3 The # of people represents how many people you are going to prepare this meal for. In the example shown it is 3. Also note, this number is not modifiable or selectable from a pull down menu. This number was selected in the initial set up section when you selected the number of people to feed. There are other sections of the # of people that will provide a purple pull down selection. When this option is available it will be because the food types will have additional options and would not be specific for the desired number of people you are serving. Drinks would be an example of this. Some people may want one type of beverage, while others may prefer something else. In this event, there is a purple pull down option available. Once it is activated, simply select the number of people you wish to provide for.

Additional
Persons

The Additional persons allow you to plan for guests or any other type of planning arrangement you might think of. Since it is a purple pull down menu, simply select it and then select the number you want to work with.

Total Items

3 The software calculates how many of the specific items you are creating in this menu. It will include the quantity of servings, the number of people original planned for, plus any additional people that were added.

In the Build a Dinner options you have the following primary meal type categories available to choose from:

SANDWICH
SELECT BREAD TYPE
SINGLE SERVE
MEATS
PASTA
BREAD
DESSERTS
SIDES 1
SIDES 2
SIDES 3
DRINKS 1
DRINKS 2

SANDWICH

- *Not used* – This option should be selected if you are not going to select a specific food type
- *PB&J*
- *Tuna*
- *Chicken Salad*
- *Egg Salad*

SELECT BREAD TYPE

- *Bread Mix*
- *Bread Bulk*
- *Tortilla Mix*
- *Tortilla Bulk*

- *Not used* – This option should be selected if you are not going to select a specific food type
- *Canned Soup*
- *Canned Chili*
- *Spaghettios*
- *Ramen Noodles*
- *Ravioli*
- *Sweet/Sour Pork w/Rice*
- *Buffalo Style Chicken*
- *Chicken Teriyaki w/Rice*
- *Beef Stroganoff*
- *Beef Stew*
- *Lasagna with Meat Sauce*
- *Pasta Primavera*
- *Chicken and Rice*
- *Spaghetti*
- *Chili Mac with Beef*
- *Chicken Alfredo*
- *Chicken and White Bean Chili*
- *Rice and Shrimp and Ham*
- *Chicken Breasts w/Mashed Potatoes*
- *Macaroni and Cheese*
- *Noodles and Chicken*
- *Rice and Chicken*
- *Mexican Style Rice and Chicken*
- *Long Grain Rice*
- *Chicken Al A King*
- *Cheesy Lasagna*
- *Creamy Past w/veg rotini*
- *Pasta Alfredo*
- *Chili Macaroni*
- *Savory Stroganoff*
- *Ala King w/rice*
- *Cheese Macaroni*
- *Tortilla Soup*
- *Teriyaki and Rice*
- *Tomato Basil Soup*
- *Condensed Soup*

MEATS

- *Not used* – This option should be selected if you are not going to select a specific food type
- *Ground Beef – Can*
- *Beef-Freeze Dried*
- *Beef-Canned*
- *Beef Jerky*
- *Tuna-Can*
- *Spam*
- *Ham-Can*
- *Ham-Freeze Dried*
- *MRE-Meats*
- *Chicken – Can*
- *Fresh Chicken –* (If the Chicken option was not selected in the set-up, this option will not be present)
- *Bacon-Canned*
- *Turkey- Freeze Dried*

PASTA

- *Not used* – This option should be selected if you are not going to select a specific food type
- *Rice*
- *Spaghetti*
- *Macaroni*

BREAD

- *Not used* – This option should be selected if you are not going to select a specific food type
- *Bread – Mix*
- *Bread – Bulk*
- *Tortilla- Mix*
- *Tortilla – Bulk*
- *Biscuit-Mix*
- *Biscuit-Bulk*
- *Cornbread- Mix*
- *Dumplings*

DESSERTS

- *Not used* – This option should be selected if you are not going to select a specific food type
- *Fruit Canned*
- *Fruit- Freeze Dried*
- *Fruit-De-Hydrated*
- *Ice Cream (FD)*
- *Hard Candy*
- *Fruit Bars*
- *Cobbler*
- *Doughnuts*

SIDES 1 *(There are three (3) side options; however they are the same food types)*

- *Not used* – This option should be selected if you are not going to select a specific food type
- *Potatoes - Canned*
- *Potatoes – De-Hydrated*
- *Potatoes – De-Hyd/W Gravy*
- *Corn – Canned*
- *Corn – Freeze Dried*
- *Green Beans – Canned*
- *Green Beans – Freeze Dried*
- *Peas – Canned*
- *Peas – Freeze Dried*
- *Carrots – Canned*
- *Carrots – Freeze Dried*
- *Broccoli – Canned*
- *Broccoli – Freeze Dried*
- *Mushrooms – Canned*
- *Mushrooms – Freeze Dried*
- *Beans – Bulk*
- *Beans – Canned*
- *Food Bars*
- *Pop Tarts*
- *Pancakes – Mix*
- *Pancakes – Bulk*
- *Eggs – Fresh*
- *Eggs – Dehydrated*

- *Not used* – This option should be selected if you are not going to select a specific food type.
- *Water* –Cup
- *Water*-Bottle
- *Tea* – Hot-Bag
- *Tea* – Cold-Bag
- *Tea – Instant*
- *Coffee – Instant*
- *Coffee- Ground*
- *Drink Mix*
- *Powdered Milk*
- *Soda*
- *Hot Chocolate*

The following is an example of a completed Dinner Menu

Dinner				Additional	Total # of	
Fresh Chicken and Rice		Servings	# of People	Persons	People	Total Items
SANDWICH	Chicken Salad					
SELECT BREAD TYPE						
SINGLE SERVE	Not Used					
MEATS	Fresh Chicken	1	3		3	3
PASTA	Rice	1	3		3	3
BREAD	Cornbread-Mix	2	3		3	6
DESSERTS	Cobbler	1	3		3	3
SIDES 1	Corn -Canned	1	3		3	3
SIDES 2	Green Beans-Canned	1	3		3	3
SIDES 3	Mushrooms-Canned	1	2		2	2
DRINKS 1	Tea - Cold-Bag	2	3		3	6
DRINKS 2	Not Used	1	3		3	3

MENU OVERVIEWS

Menu Overviews are available for the breakfast, lunch, and dinner menus. They provide you with an "Overview" of what the meals are. There are two types of these menu overviews. The first type is in color and is designed to be viewed on your computer. The second type is a printable version. They are designed to be printed out for posting or other uses.

Typical Menu Overview - Breakfast

BREAKFAST MENUS								Page 1 of	3
Menu 1			Menu 2			Menu 3			
BACON AND EGGS									
EGGS	Fried	1	EGGS	Not Used		EGGS	Not Used		
MEATS	Bacon - Canned	2	MEATS	Not Used		MEATS	Not Used		
BREAD	Bread-Mix	2	BREAD	Not Used		BREAD	Not Used		
CEREAL	Not Used		CEREAL	Not Used		CEREAL	Not Used		
PANCAKES	Not Used		PANCAKES	Not Used		PANCAKES	Not Used		
FRUIT	Canned	1	FRUIT	Not Used		FRUIT	Not Used		
MISC	Hash Browns	1	MISC	Not Used		MISC	Not Used		
MISC	Not Used		MISC	Not Used		MISC	Not Used		
DRINKS	Coffee-Ground	2	DRINKS	Not Used		DRINKS	Not Used		
DRINKS	Hot Chocolate	2	DRINKS	Not Used		DRINKS	Not Used		

LUNCH MENUS								Page 1 of	3
Menu 1			Menu 2			Menu 3			
Tuna Fish Sandwich			s			s			
SANDWICH	Tuna Salad	3	SANDWICH	Not Used		SANDWICH	Not Used		
BREAD OPTIONS	Bread-Mix	6	BREAD OPTIONS			BREAD OPTIONS			
SINGLE SERVE	Not Used		SINGLE SERVE	Not Used		SINGLE SERVE	Not Used		
FRUIT	Not Used		FRUIT	Not Used		FRUIT	Not Used		
MISC	Beans-Canned	2	MISC	Not Used		MISC	Not Used		
MISC	Food Bars	1	MISC	Not Used		MISC	Not Used		
DRINKS	Tea - Instant	1	DRINKS	Not Used		DRINKS	Not Used		
DRINKS	Soda	2	DRINKS	Not Used		DRINKS	Not Used		

DINNER MENU								Page 1 of	4
Menu 1			Menu 2			Menu 3			
Fresh Chicken and Rice			s			s			
SANDWICH	Chicken Salad		SANDWICH	Not Used		SANDWICH	Not Used		
SELECT BREAD TYPE									
SINGLE SERVE	Not Used		SINGLE SERVE	Not Used		SINGLE SERVE	Not Used		
MEATS	Fresh Chicken	3	MEATS	Not Used		MEATS	Not Used		
PASTA	Rice	3	PASTA	Not Used		PASTA	Not Used		
BREAD	Cornbread-Mix	6	BREAD	Not Used		BREAD	Not Used		
DESSERTS	Cobbler	3	DESSERTS	Not Used		DESSERTS	Not Used		
SIDES 1	Corn -Canned	3	SIDES 1	Not Used		SIDES 1	Not Used		
SIDES 2	Green Beans-Canned	3	SIDES 2	Not Used		SIDES 2	Not Used		
SIDES 3	Mushrooms-Canned	2	SIDES 3	Not Used		SIDES 3	Not Used		
DRINKS 1	Tea - Cold-Bag	6	DRINKS 1	Not Used		DRINKS 1	Not Used		
DRINKS 2	Not Used	3	DRINKS 2	Not Used		DRINKS 2	Not Used		

FOOD ACQUISITION/SELECTION LIST

This page is where the majority of the data and menu selection comes together to be combined, categorized, and counted. There is very little interaction required on the part of the user. The software will do all the calculations and present all the information you need in concise list. The majority of the items unit size is pre-ordained. However, there are some that have multiple options. You will have to select the sizes of the units for some of the items. The items that need user input are the ones that are in purple, which means they will have a pull down menu.

Here is a typical layout

		MEATS		
	#10 Can	Sausage		Freeze Dried
	Mason Jar	Sausage		Canned
16	7 Ounces	Spam		Canned
	16 Ounces	Ham		Canned
	#10 Can	Ham		Freeze Dried
	#10 Can	Ground Beef		Freeze Dried
3	24 Slices	Beef Jerky		Canned
	#10 Can	Beef		Freeze Dried
4	28 Ounce	Beef		Canned
4	5 Ounces	Tuna Fish		Canned
	12 Ounces	Chicken		Canned
	#10 Can	Chicken		Freeze Dried
3	Fresh-Whole	Chicken		Fresh
2	20 Slices	Bacon		Canned
	Package	MRE-Meats-Various		MRE

More specifically:

16	7 Ounces	Spam		Canned

The number that is yellow with a blue background is the quantity of the items needed.

| 16 | In this example there are 16 units need.

The column next to the quantity is how the items will be packaged.

7 Ounces This item is packaged in 7 ounces units. However, since it is in a purple background, it will have a pull down menu behind it. This particular Item will have the following options:

- 7 Ounces
- 12 Ounces

The column that is next to the unit size is that actual item. In this case it is **Spam** and it sold or available as **Canned** item.

Since the **7 Ounces** was selected, the number of units needed will be **16**.

Had you selected the **12 Ounces** selection from the pull down menu then the total of items needed would have been **9**

If there is not a number in the first column, then this particular is not needed and therefor will not be included in the acquisition process or shopping list. Ultimately, the user will need to scan the list for items in the first column and simply select the size of their personal preference and the software will do the rest.

SHOPPING LIST

This page or tab is where all the ingredients needed for your meals for the duration you have defined are put together in one location. The software provides a complete count of what is needed. It lists the items in the unit sizes you would have selected on the previous page. The software provides all pertinent information for you on each item. Listed below is an example.

COMPLETE	%	NEED	SIZE/UNIT	ITEM	TTL NEEDED	TTL AQUIRED	QTY	DATE	QTY	DATE
	56%	7	7 Ounces	Spam	16	9	6	4/1/13	3	4/15/13
N/A	N/A	0	16 Ounces	Ham	N/A	N/A				

COMPLETE – This column will display three (3) different options:

No data visible. If this is shown then a % value will be shown on the column to the right of it. The no data visible indicates that for the item in question there are no (0) units acquired.

N/A The N/A indicates that the item in this column is not used in the menu planner for any of the meals, so therefore no acquisitions are needed.

COMPLETE The "COMPLETE" indicates the item that is defined has all of the units acquired to fulfill the menu.

% - This column will display the % of the units acquired. This column will display two (2) different values.

N/A - This indicates that the item in this column is not used in the menu planner for any of the meals, so therefore no acquisitions are needed.

100% - This will display in a % value the status of the acquired item. The percentage will reflect what percentage is complete. IF the percentage is 100% then a "COMPLETE" will be shown on the column on the left.

NEED - This column represents the amount of items that are needed to complete the menus you have selected. The number shown will represent the total items need for the specific size of unit. The specific size is shown on the column to the right.

3 - This number represents that three (3) units need to be acquired.

SIZE/UNIT - This column represents the size or the unit the item can be purchased or acquired in.

#10 Can - This is the size of the can that the item needs to be acquired in order to fulfill the needs of the menu planning.

ITEM - This is the name or description of the item that is needed for this section of the menu planning. These items are pre-programmed in to the software. They are either used or they are not.

Spam -This is the item

QTY - This is the QTY or quantity of the item that you are acquiring to complete the menu. Since the data field underneath it is in purple, then it will represent a pull down menu. You will select the quantity of items you are adding to the menu. There are a total of eight (8) independent data entry categories for each item. Then combine some of the earlier entries into a larger number to free up another data entry point.

6 - This number represents how many items have been acquired for this item.

TTL NEEDED - This number represents how many total units are needed for this specific item. It will have one of two values in it.

N/A - This would indicate that this item was not selected or used in the menu planning.

16 - This would represent how many items are needed to complete this menu item.

TTL AQUIRED - This number will represent how many items have been acquired to date for this specific item.

N/A - This would indicate that this item was not selected or used in the menu planning.

16 - This would represent how many items have been acquired to complete this menu item.

DATE - This represents the data of which you added items this specific item. It allows you to purchase or acquire food as budget allows and to allow you to set up a goal or priority system that fits your specific needs.

4/21/13 - Indicates the date you added to your inventory for this specific item.

A typical item when used would look like the two examples shown below:

COMPLETE	%	NEED	SIZE/UNIT	ITEM	TTL NEEDED	TTL AQUIRED	QTY	DATE	QTY	DATE
	56%	7	7 Ounces	Spam	16	9	6	4/1/13	3	4/15/13
COMPLETE	100%	0	24 Slices	Beef Jerky	3	3	3	4/11/13		

The first item, "Spam" shows to have 56% of the items acquired. It also shows that you will need to acquire seven (7) more to complete your menu preparations. It shows you will need a total of 16 to fulfill the item required. And finally it shows you have acquired a total of 9 units to date.

The second item, "Beef Jerky" shows to be complete. It has a 100% of the 3 units needed.

WATER STATISTICS

This page provides for your water statistics for the water that is needed to implement your meal planning for the number of people and duration of time you have selected. It provides a clear and concise overview of your water needs. It provides water needs for three different elements:

- People
- Pets
- Chickens

WATER STATISTICS - PEOPLE	
Number of people to feed	3
Number of meals per day	3
Number of days	61
Number of Meals	549
Gallons of Water Needed	628
(This total is for meals and drinking only)	
Gallons per per day	10.3
Gallons per person per day	3.4

"Water Statistics – People" is pretty straight forward. It gives information of water needed based on the number of people and the number of meals.

WATER STATISTICS - PETS	
Number of pets to water	2
Number of days	61
Gallons of Water Needed	96
Gallons per day	1.6

"Water Statistics – Pets" is pretty straight forward. It gives information of water needed based on the number of pets and the number of days.

WATER STATISTICS - CHICKENS	
Number of chickens to water	2
Number of days	61
Gallons of Water Needed	23
Gallons per day	0.4

"Water Statistics – Chickens" is pretty straight forward. It gives information of water needed based on the number of chickens and the number of days.

TOTAL GALLONS NEEDED	
Gallons for Human,Pets, and Chickens	747

"Total Gallons Needed" is the total amount of water needed for humans, pets, and chickens for the period of time selected by the user. **This amount of water does not address any other watering needs such as hygiene, gardens, etc.

WATER CONSUMPTION BREAK-DOWN	
Hydration of Foods and Meals	185.6
Water used for Cooking	25.6
Water used for Baking	19.7
Water used for Drinks	397.6
Water used for Pets	96
Water Used for Chickens	23

"Water Consumption Break-Down" is a break out of where your water is going. It identifies each category of water usage and the amount of water needed for that category.

WHAT IF SCENARIO FOR WATER

WHAT IF SCENARIO FOR WATER	
Number of People	3
Number of Days	180
Gallons Per Day	2
Gallons Needed	1,080

The mininum gallonage of water to survive is one (1) gallon of water per person per day.

This is a calculator that the end user can use to do planning or "what if" scenario for water planning. It will allow the user to determine the minimum number of gallons needed to survive for the time and gallons they have designated. **Note that the often touted number of a minimum of one gallon of water per day is for survival and does not reflect the amount of water needed to cook, hydrate, or prepare food meals.*

Number of People	3

This section has a purple color, so therefore it is a pull down menu. From this pull down menu select the number of people you wish to include in your planning. In this example we see 3 people were selected.

Number of Days	180

This section has a yellow color; so therefore, it is a direct entry section. Input the desired number of days you wish to plan for. In this example we see 180 days.

Gallons Per Day	2

This section has a purple color, so therefore it is a pull down menu. From this pull down menu select the number of gallons per day you wish to include in your planning. In this example we see 2 gallons per day were selected.

Gallons Needed	1,080

This section calculates the data that was entered in the previous three sections. It calculated that in the scenario of three (3) people over one hundred and eighty (180) days consuming two (2) gallons per day will need to have one thousand and eighty (1,080) gallons of water stored.

WATER STORAGE DEVICES

The water storage device section is an overview of how much water is needed to be stored for your water needs that you have selected and built menus on. It gives you a visual idea of exactly how much water you need and lists the minimum amount of water and storage devices needed for this amount of water.

WATER STORAGE DEVICES	
Container Size	# Needed
1 Gallon Container	747
5 Gallon Container	150
55 Gallon Container	14
275 Gallon Tote	3
325 Gallon Tote	3
65 Gallon Bladder	12
100 Gallon Bladder	8
150 Gallon Bladder	5
250 Gallon Bladder	3

WATER HYDRATION CALCULATOR

This calculator will help you determine how much water is needed when using hydrated meals. When you input the data, the calculator will calculate the amount of water needed to re-hydrate the quantity of food you have selected.

10 This section has a purple color, so it is a pull down menu. From the pull down menu, select the number of food items you wish to hydrate. In this example, ten (10) items were selected.

Servings This section has a purple color, so it is a pull down menu. From the pull down menu, select the type of units you wish to hydrate. You have two options:

- Servings
- Cups

Servings – represent a single serving as defined by the manufacturer of the food item.

Cups – represent the unit that is defined by the manufacturer of the food item.

120 Ounces This is the results calculated for the data that was inputted. In this example; 10 Servings of de-hydrated food will require 120 ounces of water to hydrate.

PRINT PAGES

Albeit, you can print any page, there are specific pages that are designated to be printed. These pages have page breaks installed, and the color is minimized so as not consume large amounts of ink when printed. The tabs for these print pages are highlighted in green.   Listed below are the pages that are designated as printable.

- Breakfast Menu Print
- Lunch Menu Print
- Dinner Menu Print
- Shopping List Print

USER REMINDERS

Each Build A Meal must have a name. This is the area in the breakfast, lunch, and dinner that have a yellow field. The user must put in a name of any sort. It will not make a difference what you call it. However, if you leave it blank and use the menu the TTL meals per menu may be off.

   As an Example:

BUILD A MEAL MENU		TTL Meals Per Menu			
	BREAKFAST	4			
Breakfast Name				Additional	
		Servings	# of People	Persons	Total Items

BUILD A MEAL MENU		TTL Meals Per Menu			
7	BREAKFAST	4			
Breakfast Name				Additional	
Bacon and Eggs		Servings	# of People	Persons	Total Items

Note that under the Build A Meal Menu the first one has no menu number, and the second one has a menu number.

Each Build A Meal lists the major food headings. This is the same, regardless if it is breakfast, lunch, and dinner. Next to each of these headings there is a purple pull down menu. IF an item is not being used then it needs to have the pull down menu labeled **"Not Used"** activated. Do not leave this particular pull down selection blank. It will not matter on any other pull down menu.

As an example:

Breakfast Name				Additional	
Bacon and Eggs		Servings	# of People	Persons	Total Items
EGGS	Not Used				

Breakfast Name				Additional	
Bacon and Eggs		Servings	# of People	Persons	Total Items
EGGS			3		0

As you can see on the previous page, the first example has the "Not Used" selection on the EGGS. This allows for the **_# of People_** and **_Total Items_** to be blank. If the area next to the EGGS or any food section is left blank, the **_# of people_** and **_Total Items_** will populate with values.

ABOUT WFDMenuPlanner

This page provides the version and release date for the software. It also gives contact information and information on a "Free Upgrade".

ABOUT WFD Menu Planner

This version of WFD Menu Planner is Version-13.01.IL

This software was formly released on April 26, 2013.

There are additional modules that are available for this software. To learn more about these go to our website:

WWW.WFDmenuplanner.com

The purchase of the WFD Menu Planner comes with one free upgrade!
The next scheduled up grade release is scheduled for release on February 2014. On February 2014 or later, send us an E-mail with your name and the Version number (Version-13.01.IL) to receive your free upgrade.
If you have any questions or comments, please E-mail us.

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