



# User Manual

This manual is intended as a Primer to assist you in getting started on emealsforyou.com. It is recommended that you login to the site and maneuver around the site to get the true feel of the site. We have put a **CONTACT** button on the bottom of each page. Please use this button to send a question or suggestion to us; we will make every effort to respond as quickly as possible.

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# Chapter 1

## Getting started

Welcome to your landing page. Let's take a quick look around. At the top of the page you will see a taskbar indicating the various sections of the emealsforyou site.

[Favorites Box](#), [Meal Plans](#), [Recipes](#), [Recipe Finder](#), [Kitchen Notes](#), [Our History](#), [Home](#)

We will discuss each section in detail as we move through the site.

Now let's move along.

**Hi, Vickie!**

**Chef Jake welcomes you back.**

**Bon Appetit!**

Simplify your shopping and organize your meals so you can spend more time with your family where it counts.

[Go to your Favorites Box](#)

[Manage your Account Information](#)

From here you may choose to view your Favorites Box, reviewing the Recipes and Meal Plans you have chosen or chose Manage your Account Information to update your information.

Choose [Go to your Favorites Box](#)

**You have [5 Recipe\(s\)](#) in your Recipe Box**

Your Recipe Box is where you access your collection of recipes to view, print, save- or add to a your own custom Meal Plan.

[Add Recipes to your Recipe Box](#)

Clicking on the number of Recipes you have in your Recipe Box will take you to a screen showing your stored recipes:

**Choosing this will allow you to add Recipes to you Recipe Box**

**You have [6 Meal Plan\(s\)](#) in your Meal Plan Box**

Your Meal Plan Box is where you access your saved pre-defined and custom Meal Plans to print or add to a shopping list.

Choose [5 Recipe\(s\)](#) this will take you to a screen showing the recipes your currently have stored in your Recipe Box.

### emealsManager: My Recipe Box

A Summary of your favorite recipes collections.

Recipes (1-5) of [5]

Recipe Title	Category	Add to Active Meal Plan	Delete Recipe from Box
<a href="#">Bev's Beef Brisket</a>	Easy Recipes I Can Cook	<input type="checkbox"/>	<input type="checkbox"/>
<a href="#">Chicken Chili</a>	Soups	<input type="checkbox"/>	<input type="checkbox"/>
<a href="#">Company Chicken and Wild Rice Casserole</a>	Easy Recipes I Can Cook	<input type="checkbox"/>	<input type="checkbox"/>
<a href="#">Greek Chicken Lemono</a>	Chicken Entrée	<input type="checkbox"/>	<input type="checkbox"/>
<a href="#">Mom's Best Meat Loaf</a>	Easy Recipes I Can Cook	<input type="checkbox"/>	<input type="checkbox"/>

From this page you can view the individual recipes, Add the recipe to a Meal Plan or Delete the recipe from the Recipe box.

You will also see :

- ? [Favorites Box](#)
- ? [My Meal Plans](#)
- ? [My Recipes](#)
- ? [Shopping List](#)
- ? [Pantry Planner](#)
- ? [Manage My Account](#)

[Create a New Meal Plan](#)

Change Active Custom Meal Plan

## Chapter 2

Choose: [My Meal Plans](#)

### emealsManager: My Meal Plans Box

A Summary of Meal Plans to help manage your week by managing your planning!

Meal Plans (1-6) of [6]

Meal Plan Title	Meal Type	Add to My Shopping List	Remove From Box
<a href="#">Lunch on the Porch</a>	Quick Meals Planner	<input type="checkbox"/>	<input type="checkbox"/>
<a href="#">Big dinner party</a>	Custom	<input type="checkbox"/>	<input type="checkbox"/>
<a href="#">In-Laws In *</a>	Custom	<input type="checkbox"/>	<input type="checkbox"/>
<a href="#">may8</a>	Custom	<input type="checkbox"/>	<input type="checkbox"/>
<a href="#">Friday nite</a>	Custom	<input type="checkbox"/>	<input type="checkbox"/>
<a href="#">pizza night</a>	Custom	<input type="checkbox"/>	<input type="checkbox"/>
<input type="button" value="UPDATE"/>			

\*= Active Custom Meal Plan.

Choose [Create / Manage Your Meal Plan\(s\)](#) From this page you can view the individual Meal Plans, Add the meal plans to the shopping list or Remove the meal plan from the My Meal Plans Box.

Choose [My Recipes](#) This returns you to My Recipe Box

Choose [Shopping List](#)

### Shopping List at a Glance

The Shopping List is custom-created based on the meals and recipes you choose during your current session. Simply select the meals and recipes from our collection.

You may also choose to add items for your everyday shopping needs to this list! Chef Jake will consolidate the ingredients into a comprehensive shopping list and send it to your printer. Not only will this make your trip to the market easier and more efficient but it will also help to curb impulse buying as well.

You have selected **1 meal(s)** in your Meal Plan Box.

This Shopping List is for the following Meal Plan(s):  
- may13

Canned Goods		
Delete	Qty	Ingredients
<input type="checkbox"/>	1	cup chicken broth

Dairy, eggs, cheese		
Delete	Qty	Ingredients
<input type="checkbox"/>	8	Tb butter, unsalted
<input type="checkbox"/>	4	Tb cheese, romano, grated
<input type="checkbox"/>	4	large egg, whites
<input type="checkbox"/>	4	large egg, yolks
<input type="checkbox"/>	0.5	cup milk, whole
<input type="checkbox"/>	5	Tb water

Dry Goods		
Delete	Qty	Ingredients
<input type="checkbox"/>	2	tsp allspice, ground
<input type="checkbox"/>	3	tsp baking powder
<input type="checkbox"/>	2	oz chocolate, semi-sweet bits
<input type="checkbox"/>	0.25	tsp cinnamon, ground

This page shows the number of meals you have chosen for the shopping list, the names of those meals and the shopping list. You may delete items on the list you have on hand prior to printing the list.

Also on this page:

- ? [Favorites Box](#)
- ? [My Meal Plans](#)
- ? [My Recipes](#)
- ? [Shopping List](#)
- ? [Pantry Planner](#)
- ? [Manage My Account](#)

[Add Pantry Items to List](#)  
[Add Additional Items to List](#)

[Print this Shopping List](#)

**CLEAR SHOPPING LIST**

- ? Choosing [My Meal Plans](#) takes you back to your Meal Plan Box
- ? Choosing [My Recipes](#) takes you back to your Recipe Box
- ? Choosing [Shopping List](#) returns you to the Shopping list page

## Chapter 3

? Choose [Pantry Planner](#) this takes you to your Pantry Planner.

### Pantry Planner

Do you have enough sugar, salt, garlic powder? With the basic essentials of what you should keep in your pantry, you will know what cooking staples you need to purchase or replenish.

Add	Qty	Items	Need On-Hand
<input type="checkbox"/>	<input type="text" value="1"/>	lb almonds	
<input type="checkbox"/>	<input type="text" value="1"/>	qt apple cider vinegar	
<input type="checkbox"/>	<input type="text" value="1"/>	10 oz container baking powder	
<input type="checkbox"/>	<input type="text" value="1"/>	10 oz container baking soda	
<input type="checkbox"/>	<input type="text" value="2"/>	15 oz can beef consomme	
<input type="checkbox"/>	<input type="text" value="1"/>	15 oz can black beans	

The **Pantry Planner** provides a list of typical ingredients found in your pantry. You may add Pantry items to your shopping list by checking the boxes and then selecting Add Pantry Item at the bottom of the list; you will be re-directed to the Shopping List and asked to update the Shopping List to reflect your Pantry Planner additions.

Choose [Manage My Account](#) to return you to the page to change your information.

# Chapter 4

[Favorites Box](#), [Meal Plans](#), [Recipes](#), [Recipe Finder](#), [Kitchen Notes](#), [Our History](#), [Home](#)

Now let's click on Meal Plans; from this page you will be able to view the Meal Plans we have suggested for you, Create your own Meal Plans, based on our Recipes and View you Meal Plan Box

- ? **Meal Plans**
- ? [Quick Meals Planner](#)
- ? [Special Occasion Planner](#)
- ? [Create a Meal Plan](#)
- ? [View My Meal Plans](#)

Need help in creating your Meal Plan? We have some helpful tips!  
[Get Help](#)

Choose [Quick Meals Planner](#)

**Quick Meals Planner:**  
**emealsforyou.com to the Rescue!**

Run out of time? emealsforyou.com has you covered! We've taken the guesswork out of planning. Try these preset meals plans: meals with limited supplies and less than 30 minutes to prepare. What more could you ask for?

Meal Plans (1-10) of [28]     [Next](#)

[Lunch on the Porch](#): Caipirinha, Grilled Shrimp and Fresh Grapefruit Salad, Pecan Bars

[After the Game](#): Chopped Italian Salad, Angel Hair Pasta with Garlic Shrimp, Peach Melba Sorbet

Here you will view our Quick Meal Plans, designed to provide great meals in a flash. Clicking on the individual Meal Plans will show you the Recipes for that Meal Plan. Once you have chosen a Meal Plan you will see:

- ? **Meal Plans**
- ? [Quick Meals Planner](#)
- ? [Special Occasion Planner](#)
- ? [Create a Meal Plan](#)
- ? [View My Meal Plans](#)

[Add to Meal Plan Box](#)

[Print This Meal Plan](#)

Scale This Meal

Serves:

Choose any of the Meal Plans option and be taken to that page.

Choose [Add to Meal Plan Box](#) and the Meal Plan will be added to your Meal Plan Box.

Choose [Print This Meal Plan](#) , to print this Meal Plan

Click on the drop-down box to scale this meal to the number of people you are serving.

Choose [Special Occasion Planner](#)

**Meal Plans for Special Occasions :**  
**Everyone loves a party! emealsforyou.com**  
**can help. *(but we won't wash the dishes!)***

Although parties require more complicated meals, usually will require more time to prepare and contain more ingredients, emealsforyou.com still manages to keep things simple.

**Check out our Special Occasion Meal Plans categories:**

**[Celebration Meal Plans](#)**

From birthdays to promotions, we've got some ideas.

**[Distinctive Dinners](#)**

Steak Diane in 20 minutes. Won't the boss be impressed?

**[Picnic Meal Plans](#)**

Dinner in the backyard or on the lawn at Ravinia... who needs the hassle? Let us to do the planning. From hot dogs to crab boils: we've got you covered.

**[Share-a-Meal Plans](#)**

New Baby? A friend recovering from surgery? A savory way to bring good cheer to a homebound friend and family is a meal from the heart.

**[Theme Meal Plans](#)**

A night at the opera, a wine pairing or simply cocktails and dessert, we can help. Mix and match our soup to nuts recipes to ensure a successful party or occasion.

Choose any of the Special Occasion categories and see the individual Meal Plans we suggest. Click on the individual Meal Plans and see the Recipes for that Meal

### Quick Meals Planner: Lunch on the Porch

Caipirinha | Grilled Shrimp and Fresh Grapefruit Salad | Pecan Bars

#### [Caipirinha](#)

Recipe Summary	
Complexity:	Easy
Serves:	6
Category:	Misc
Meal:	Lunch on the Porch (Quick Meals Planner)

0.5 cup	lime juice
1 cup	water
0.5 cup	sugar, brown
0.5 cup	sugar, white
1 cup	brandy
4	whole limes, slices
0.5 cup	club soda
4 cup	ice

Heat sugar and water in pan until syrup is combined and clear.  
Put lime juice, sugar syrup, brandy and ice into blender and mix well.  
Pour into tall glass; add lime slices and splash of club soda. Decorate with lime slice on rim of glass.

#### [Grilled Shrimp and Fresh Grapefruit Salad](#)

Recipe Summary	
Complexity:	Easy
Serves:	4
Category:	Salad
Meal:	Lunch on the Porch (Quick Meals Planner)

Also on this page:

[Add to Meal Plan Box](#)

[Print This Meal Plan](#)

Scale This Meal

Serves:

Choose [Add to Meal Plan Box](#) and the Meal Plan will be added to your Meal Plan Box.

Choose [Print This Meal Plan](#) , to print this Meal Plan

Click on the drop-down box to scale this meal to the number of people you are serving.

Choose [Create a Meal Plan](#):

?

**Manager: My Meal Plans**  
Create a new custom meal plan, rename an existing meal plan or delete meal plan(s).  
**Create a New Meal Plan**  
Meal Plan Name   
  
**Rename a Meal Plan**  
Meal Plan Name   
New Meal Plan Name   
  
**Delete Meal Plan(s)**  
Meal Plan Name

Choose **Create a New Meal** create a Meal Plan name.

Choose **Rename a Meal Plan** to change the name for an existing Meal Plan.

Choose **Delete Meal Plan(s)** to delete an existing Meal Plan.

[Favorites Box](#), [Meal Plans](#), [Recipes](#), [Recipe Finder](#), [Kitchen Notes](#), [Our History](#), [Home](#)

Choose [Meal Plans](#)

Choose [View My Meal Plans](#) to view your Meal Plans

**emealsManager: My Meal Plans Box**  
A Summary of Meal Plans to help manage your week by managing your planning!  
**Meal Plans (1-7) of [7]**

Meal Plan Title	Meal Type	Add to My Shopping List	Remove From Box
<a href="#">Lunch on the Porch</a>	Quick Meals Planner	<input type="checkbox"/>	<input type="checkbox"/>
<a href="#">Lunch with Liz</a>	Quick Meals Planner	<input type="checkbox"/>	<input type="checkbox"/>
<a href="#">may13</a>	Custom	<input type="checkbox"/>	<input type="checkbox"/>

View your Meal Plan Box

Choose [Meal Plans](#)

Choose: Need help in creating your Meal Plan? We have some helpful tips!

[Get Help](#)

This will walk you through creating a Meal Plan

## Chapter 5

[Favorites Box](#), [Meal Plans](#), [Recipes](#), [Recipe Finder](#), [Kitchen Notes](#), [Our History](#), [Home](#)

Choose [Recipes](#),

- ? **Recipe Collection**
- ? [Appetizer](#)
- ? [Beef Entrée](#)
- ? [Breads](#)
- ? [Chicken Entrée](#)
- ? [Cooking for the Kids](#)
- ? [Dessert](#)
- ? [Easy Recipes I Can Cook](#)
- ? [Fish Entrée](#)
- ? [Misc](#)
- ? [Salad](#)
- ? [Slow Cooker / Crock Pot Cooking](#)
- ? [Soups](#)
- ? [Starch](#)
- ? [The Other Meat Entrée](#)
- ? [Vegetables](#)
- ? [Vegetarian Entrée](#)
- ? [Watching our Waists](#)
- ? [Wine Pairing Ideas](#)
- ? [Recipe Finder](#)
- ? [Shopping List at a Glance](#)

Choose any of the Recipe Collections to view the our Recipes

Choose [Dessert](#)

### **A Collection of Recipes for Great Meals**

#### ***Just Desserts***

Try not to eat these first!

#### **Recipes Sorted by Dessert**

*Recipes (1-15) of [44]* | [Next](#)

[Al's Chocolate Chip Cookies](#)

[Al's Ice Cream Sandwiches](#)

[Apple Hazelnut Tart](#)

[Baked Alaska](#)

[Betty's Buttermilk Pie](#)

[Blueberry Pie](#)

Choose any of the Recipes: Let's try [Blueberry Pie](#)

[Blueberry Pie](#)

Recipe Summary	
Complexity:	Medium
Serves:	8
Category:	Dessert
Meal:	Let's Hear It For The Boys (Celebration Meal Plans)

1	recipe	Pie Dough
5	cup	blueberries
1		sugar, white
3	Tb	cornstarch
1	Tb	lemon, juice of
2	Tb	butter, salted
1	pinch	salt, table

Preheat oven to 450 degrees. Prepare one recipe Never Fail Pie Dough or use premade piecrust dough. Roll out bottom crust on floured board and put in 9-inch pie pan. Mix berries, sugar, cornstarch, melted butter, lemon juice, and salt together. Let sit for ten minutes then pour into bottom crust. Roll out top crust and make three or four slits in crust to vent. Put over top crust and crimp edges. Place on cookie sheet to catch drips and bake at 450 for ten minutes. Reduce heat to 350 and bake 50 minutes more. If edges of crust start to brown too much, fold thin strips of foil over the edges to protect it.

Also on this page:

- ? [Recipe Collection](#)
- ? [My Recipe Box](#)
- ? [Recipe Finder](#)

[Add To My Recipe Box](#)

[Print This Recipe](#)

Scale This Recipe

Serves:

Active Meal Plan: [Change/Add](#)

Current:

[Add To Active Meal Plan](#)

Choose [Recipe Collection](#) to return to the Recipe Collection page,

Choose [My Recipe Box](#) to return to your Recipe Box.

[Recipe Finder](#) will be discussed in the next chapter.

Choose [Add To My Recipe Box](#) to add this recipe to your Recipe Box.

Choose [Print This Recipe](#) to print this recipe.

Scale This Recipe

Serves:

Click on the drop-down menu to scale this recipe to the number of people you are serving.

Active Meal Plan: Change/Add

Current:

Click on this to Change the Active Meal Plan or to Add the recipe to the Active Meal Plan.

## Chapter 6

[Favorites Box](#), [Meal Plans](#), [Recipes](#), [Recipe Finder](#), [Kitchen Notes](#), [Our History](#), [Home](#)

Choose [Recipe Finder](#)

### Recipe Finder

Not sure what to make? Just select whatever sounds good and let Chef Jake find the recipes that match.

Find It!

You may:

- a.) Select a Key Ingredient; or
- b.) Select a Recipe Collection; or
- c.) Select a Key Ingredient within a specific Recipe Collection; or
- d.) Select nothing and view our entire Recipe Collection!

Key Ingredient	<input type="text" value=" &lt; Select an Ingredient &gt;"/>
Recipe Collection	<input type="text" value=" &lt; Select a Collection &gt;"/>
<input type="button" value="Search"/>	

Here you may search for Recipes based on Key Ingredients, Recipe Collection, a combination of both or view the entire Recipe Collection.

## Chapter 7

[Favorites Box](#), [Meal Plans](#), [Recipes](#), [Recipe Finder](#), [Kitchen Notes](#), [Our History](#), [Home](#)

Choose [Kitchen Notes](#)

- ? [Kitchen Notes](#)
- ? [Tips From the Chef](#)
- ? [Thought for Food](#)
- ? [Terminology](#)
- ? [Conversions](#)
- ? [Kitchen Gear](#)

Choose [Tips From the Chef](#)

### **Tips From the Chef: Advice from the Battlefield**

Understanding the secrets of cooking instead of fighting cooking is beneficial for all involved. Using the simple tips and methods we provide may make the difference from doing battle in the kitchen and truly enjoying yourself and provided wonderful meals for your family.

Choose [Thought for Food](#)

### **Thought for Food: Ideas From the Chef**

Get answers to the most frequently asked questions by emealsforyou.com's members.

Also on this page

Have a question that needs to be answered? Want to send us your favorite recipe? If we publish your recipe we'll send you an emealsforyou.com gift.

[Send it to us!](#)

Choose [Terminology](#)

### **Terminology: A Culinary Glossary by emealsforyou.com**

**Batonnets:** Cut into equal strips of 2 X 1/4 X 1/4 pieces.

**Blanch:** Plunge food into boiling water for a brief moment to lock in color, texture and nutritional value. Remove from water and plunge into ice water to stop the cooking process.

**Brown:** Cook directly over high heat.

**Brunoise:** Cut into 1/8 inch cubes.

Choose [Conversions](#)

**Conversions: Weights and Measure**

**How much is 500 g of sugar? Let's find out!**

We've provided *Liquid Measures* and *Solid Measures* for your convenience.

Liquid Measures Conversions				
US		Fluid oz	Decimal	Millimeters
1 cup	8 fl oz	16 Tb	1.0c	237 ml
3/4 cup	6 fl oz	12 Tb	.750c	177 ml
2/3 cup	5 1/3 fl oz	10 2/3 Tb	.666c	158 ml

Choose [Kitchen Gear](#)

**Kitchen Gear: Ever wonder what you should have in your kitchen and why?**

The right tools make cooking easier, faster and even taste better. You don't need a bunch of gadgets. pots and pans; a few good quality tools and you are all set. Here is the list from our test kitchen. Sure we have drawers full of other gadgets, but these are the most used and relied on in our kitchen.

**Must-Have Tools**

1. Two whisks, different sizes
2. Two heat resistant spatulas
3. A good zester, preferably a rasp
4. Several wooden spoons
5. Two pair of tongs
6. Pepper grinder
7. A strainer
8. A vegetable peeler
9. A good set of knives
10. A knife sharpener
11. My choice, don't laugh- an asparagus peeler
12. Measuring cups and spoons
13. A silpat
14. Two good cookie sheets
15. A roll of parchment paper
16. An offset cake spatula
17. Candy thermometer
18. Pastry brush
19. Pizza stone
20. Good cake pans
21. Large springform pan
22. 9" tart pan

**Appliances, Pots and Pans**

1. Blender
2. Portable mixer
3. Countertop mixer
4. Electric knife
5. Food processor
6. Heavy cast iron pan
7. A good non-stick wok

## Chapter 8

[Favorites Box](#), [Meal Plans](#), [Recipes](#), [Recipe Finder](#), [Kitchen Notes](#), [Our History](#), [Home](#)

Choose [Our History](#)

### **Our History**

emealsforyou.com evolved over 10 years ago as an email distribution group, forwarding a couple of recipes to a few friends. One day after deciding to end the emeals, Dennis Kraus received messages from over 250 people complaining that they missed the meals. It seems that his friends forwarded the recipes to their friends, who forwarded them to their friends... and so the arrival of emealsforyou.com

[Favorites Box](#), [Meal Plans](#), [Recipes](#), [Recipe Finder](#), [Kitchen Notes](#), [Our History](#), [Home](#)

Choose [Home](#) to return to your Landing Page

## Chapter 9

### **Sending Recipes, Meal Plans and Shopping Lists to your email and Internet accessible cell phone .**

1. Login to [www.emealsforyou.com](http://www.emealsforyou.com) using your membership Username and Password.
2. Go to the category you wish to send.
3. On your browser chose File/Send Link.
4. Type in your email address that is accessible from your cell phone.
5. Send the message to the email address.
6. Access the message as you would any message on your cell phone.