

TABS & TITLES

The **Sue Gregg Cookbooks** are not preprinted with spine labels and tabs. This reduces the cost considerably. However, you may discover that titling and tabbing the books will save you time over years of use.

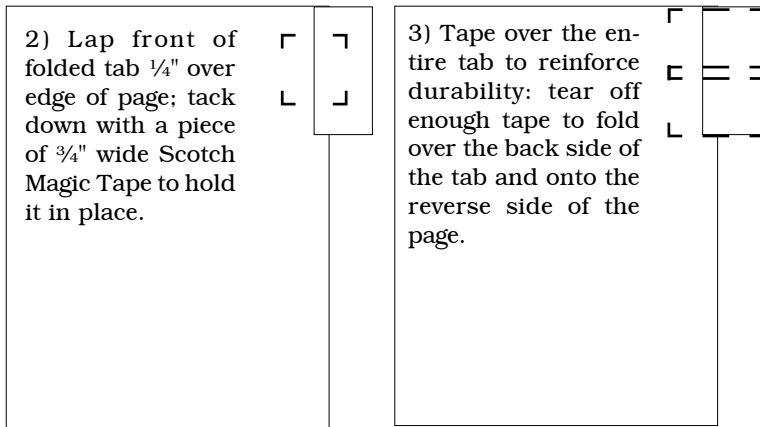
Most of the books have clearly defined sectional or divider pages to which the tabs can be affixed. The page numbers to which tabs can be applied are indicated with the printed tabs. Here is how to do it:

TITLES

Cut out titles and tape them on the comb binders or write the titles on the books with felt tip pen.

TABBING BOOKS

1) Cut out tab just inside the dotted lines. Fold each tab in half.



Alternative titles for combined books in 1" combbinders:

INTRODUCING WHOLE FOODS COOKING

Soups & Muffins/Desserts

Meals in Minutes/Lunches & Snacks

TITLE TAPING INSTRUCTIONS:

1. Cut and trim the titles close to the print.
2. Position title on book spine with a short piece of 3/4" magic-stick scotch tape; hold comb binder toward you with front cover facing away from you. (If you are very confident of your taping ability, you can cover the entire title with one piece of tape temporarily positioned on the clear plastic cover and then transfer the entire pre-taped label to the spine.)
3. Tape over the remaining untaped title with using 2 or 3 short pieces of tape. Make sure tape extends beyond the title, but not beyond the edge of the comb.
4. On the narrower book spines, cut the tape in half lengthwise; place outer edge on edge of comb and over half the title; with other half piece of tape do the same on the other side; tape will overlap in the center of the title.

Main Dishes Breakfasts
Master Index & Menu Planner
Whole Grain Baking
Lunches & Snacks Desserts
MEALS IN MINUTES SOUPS & MUFFINS
HOLIDAY MENUS
Creative Recipe Organizer
Four Food Storage Plans
Baking with Whole Grains

SOUPS & MUFFINS TABS

Page Placement

Recipe List, p. 2 Muffins, p. 16 Recipes, p. 36
 Soups, p. 12 Yeast Breads, p. 32 Index, p.102

RECIPE LIST	SOUPS	MUFFINS	YEAST BREADS	RECIPES
RECIPE LIST	SOUPS	MUFFINS	YEAST BREADS	RECIPES

HOLIDAY MENUS TABS

Page Placement

Recipe List, p. 2 Company, p. 23 Waffle Bar, p. 53
 Harvest, p. 5 Crowd, p. 33 Easter Brunch, p. 53
 Thanks/Xmas, p. 11 Xmas. Tea, p. 43 Seder, p. 61
 Yule Lunch, p. 43

RECIPE LIST	HARVEST	THANKS/XMAS	COMPANY	CROWD
RECIPE LIST	HARVEST	THANKS/XMAS	COMPANY	CROWD

XMAS TEA	YULE LUNCH	WAFFLE BAR	EASTER BRUNCH
XMAS TEA	YULE LUNCH	WAFFLE BAR	EASTER BRUNCH

PASSOVER SEDER
PASSOVER SEDER

BREAKFAST TABS

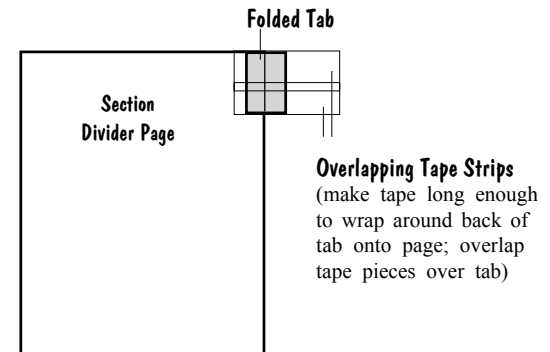
PLANNING	MILK	CEREALS	
PLANNING	MILK	CEREALS	
EGGS	FRUIT	SHAKES/MUFFINS	SPECIAL
EGGS	FRUIT	SHAKES/MUFFINS	SPECIAL
WAFFLES/ETC.	POTPOURRI	MENUS	INDEX
WAFFLES/ETC.	POTPOURRI	MENUS	INDEX

Cut on dotted lines.
 Fold each tab in half.

Overlap tabs about 1/4" on each side of divider pages:

Planning, p. 1	Waffles, etc., p. 157
Milk, p. 27	Special, p. 177
Cereals p. 55	Potpourri, p. 203
Eggs, p. 83	Menus, p. 235
Fruit, p. 113	Index, p. 265
Shakes/Muffins, p. 135	

Tape tab to page on both sides; tape over entire tab from front to back, overlapping tape edges to reinforce. Use magic stick scotch tape for best results.



FOUR FOOD STORAGE PLANS TABS

Cut tabs on dotted lines; fold in half; overlap edges ¼ inch on divider-contents pages front and back; tape down edges with transparent tape; tape over tabs to reinforce.

PERSPECTIVE PERSPECTIVE	MENU PLANS MENU PLANS	STORAGE STORAGE
PREPARATION PREPARATION	SHOPPING SHOPPING	APPENDIX APPENDIX

Place tabs below on the Menu Chart, Shopping List, Menu Assembly and/or Main Dishes & Menus, and Recipe sections you will want to return to repeatedly. Each section begins on following pages: Menu Charts: 1--p. 22; 2--p. 24; 3--p. 26; 4--p. 28; Shopping Lists: 1--p. 57; 2--p. 89; 3--p. 125; 4--p. 163; Meal Assembly (for Can-Opener & Combination Plans), p. 228 MD's & Menus, p. 257 (refers to all the main dish recipes and accompanying menus for all but the Can-Opener Plan) Recipes, p. 265, refers to recipes used by all the plans for grain accompaniments, salads, breads, breakfast recipes, snacks, desserts.

Menu 1	Menu 2	Menu 3	Menu 4	Meal Assembly
Shopping 1	Shopping 2	Shopping 3	Shopping 4	
MD's & Menus	Recipes			

WHOLE GRAIN BAKING TABS

GETTING STARTED GETTING STARTED	GRAIN WONDERS GRAIN WONDERS	
QUICK BREADS QUICK BREADS	YEAST BREADS YEAST BREADS	
GENERAL GENERAL	GRAINS GRAINS	QUICK QUICK
		YEAST YEAST

Choose the set of tabs you prefer: either the longer more descriptive titles or the short abbreviated style. Cut just inside dotted lines.

Fold each tab in half.

Overlap tabs about ¼" on each side of divider pages:

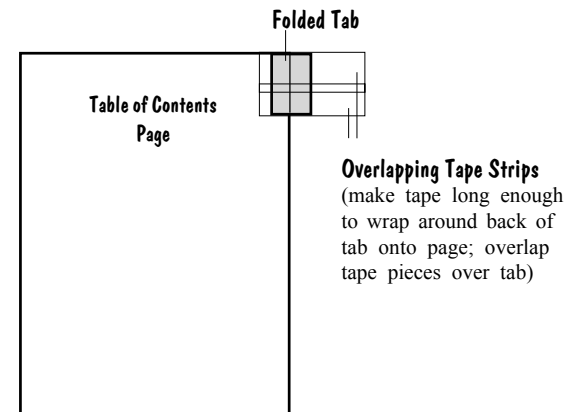
Getting Started (General), p. 3

Quick Breads (Quick), p. 79

Grain Wonders (Grains), p. 39

Yeast Breads (Yeast), p. 117

Tape tab to page on both sides; tape over entire tab to reinforce. Use magic stick scotch tape for best results.



LUNCHES & SNACKS TABS

BREADS	CHILDREN'S COOKBOOK	PLANNING	
SANDWICHES/SPREADS	TEACHING		
SALADS	DESSERTS	BEVERAGES	INDEX
SNACKS	SOUPS		

Cut on dotted lines

Fold each tab in half

Overlap tabs about 1/4" on each side of divider pages:

- | | |
|------------------------------|---------------------------------|
| Planning for Lunches, p. 5 | Crackers, Dips, Spreads, p. 129 |
| Planning for Teaching, p. 27 | Salads, p. 137 |
| Children's Cookbook, p. 33 | Sandwiches & Spreads, p. 145 |
| Beverages, 109 | Soups, p. 161 |
| Breads, p. 115 | Desserts, p. 165 |

Tape tab to page on both sides; tape over entire tab to reinforce. Use magic stick scotch tape for best results.

INTRODUCING WHOLE FOODS COOKING TABS

NUTRITION	RECIPES	SERVING	NEXT STEPS
FOOD TO FAITH	MENUS		

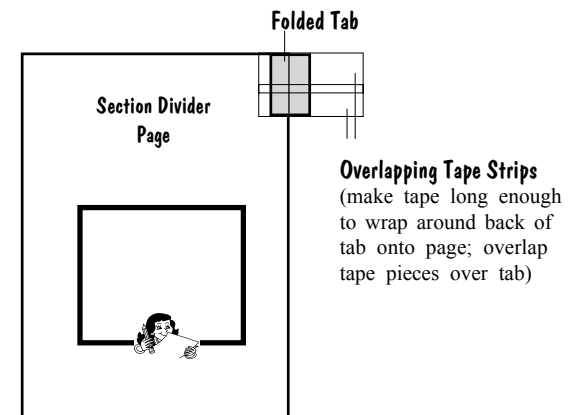
Cut on dotted lines.

Fold each tab in half.

Overlap tabs about 1/4" on each side of section divider pages:

- Nutrition Basics, p. 1
- Recipes, p. 35
- Servinng, p. 58
- Next Steps, p. 75
- Menus for Weight Management, 99
- Food to Faith, 115

Tape tab to page on both sides; tape over entire tab to reinforce. Use magic stick scotch tape for best results.



CREATIVE RECIPE ORGANIZER TABS

MAIN DISHES			
BEAN DISHES	BEEF	CHEESE	ETHNIC DISHES
FISH	GRND TURKEY/BEEF	POULTRY	VEGETARIAN
INGREDIENT CHANGES	COOKING & FOODTERMS	MEASURING	

BREADS	YEAST BREADS	QUICK BREADS	MUFFINS
BEVERAGES	BREAKFAST	TIPS/NUTRITION	
DESSERTS	CAKES/ICINGS	COOKIES	CANDIES
PIES	PUDDINGS	SNACKS	SALADS/VEGGIES
LUNCHES	SANDWICHES	SPREADS/DIPS/SAUCES	
SALADS/DRESSINGS	SOUPS	VEGETABLES	

Cut desired tabs on dotted lines; fold in half; overlap edges ¼ inch on organizer pages front and back; tape down edges with transparent tape; tape over tabs to reinforce.