1. In RStudio, select 'File->New File->R Sweave
2. Embed documentation, either directly or generated by Word or Libreoffice or lyx, etc.
3. Embed R code "chunks" in the document:
   (a) data handling and selection;
   (b) calculations producing quoted values;
   (c) plot generation and placement in the document;
   (d) tabulated values for the document;
   (e) etc.
4. Reference the results of the calculations in the text via "Sexpr{}" statements in LaTeX.
5. Add an appendix with reproducibility information.