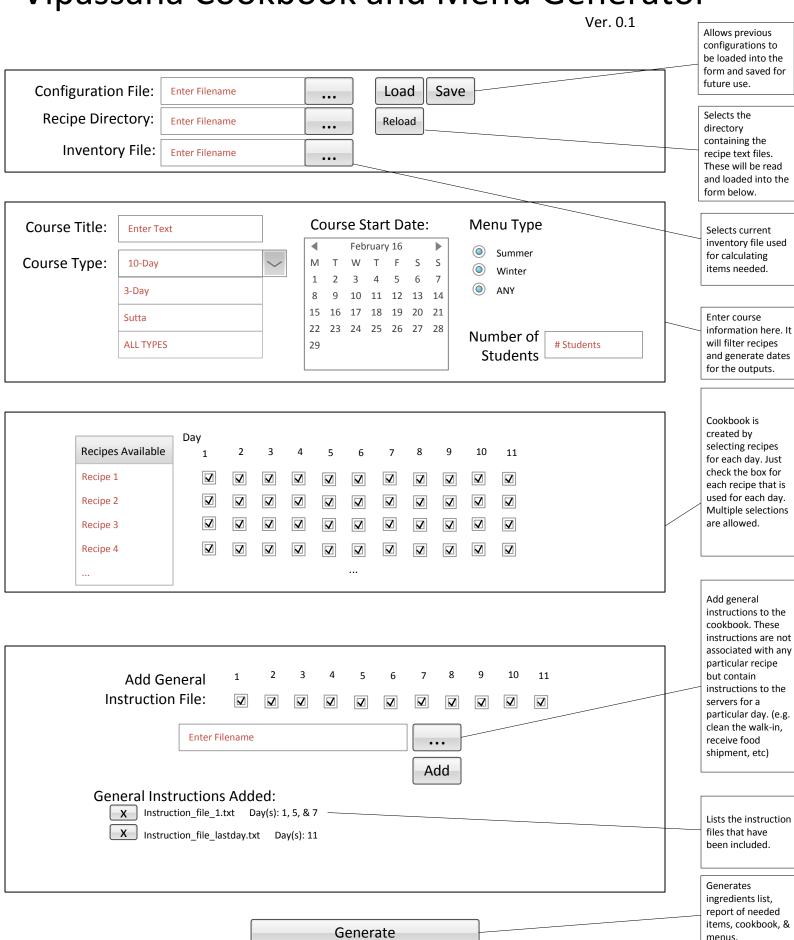
Vipassana Cookbook and Menu Generator



Recipe File Format

```
[Vipassana Recipe File]
Version = 0.1
Recipe_Name = "This recipe name"
Menu Type = "Summer" | "Winter" | ...
Course Types = "Type" [, "Type", ... ] # Where allowed recipe types are listed (10-day, 3-day, sutta, etc. )
Contains = "Gluten" | "Soy" | "Dairy" | "Eggs" | .... # Comma separated list
[Things To Remember]
+ Special notes for the recipe.
+ Make sure there is extra Jack Cheese.
[Timeline]
{6:30am} Remove pans of <b>marinara sauce</b> from...
{9:10am}
       +Get pasta water on flame.....
       +Start rice cookers
{10:20am}
       +Preheat steamer for broccoli
       +Start cooking pasta...
[Instructions]
1. Instruction on the preparation of the meal.
2. Steam
3. Cook ...
[Ingredients: 60,80,100,120,140]
                                            # Identify the number of students this is used below
# Ingredient:Unit:Comma separated amounts for each number of students above:Special Instructions
Potatoes:Lbs:11,13,15,17,19:"Peel & Cut into 3/4 inch wedges"
Green Cabbage:Lbs:11,13,15,17,19:"shredded"
Garlic:Cups:1/8,1/4,1/2,3/4,1:"minced"
[Ingredients Note]
The quantity for 80 will fit in the largest... for larger groups use both ....
```

Special Instruction File Format

[Special Instruction File] Version = 0.1
Name = "First day Special Instructions"
[Things To Remember] +Special notes
[Timeline] {6:30am} Special things to add to timeline.

Vipassana Course Ingredient Report

Course Dates: 01/03/2016 - 01/14/2016

Course Type: 10-Day

Menu Type: Summer

Number of Students: 115

Ingredients Required:

Broccoli 20 Lbs
Potatoes 65 Lbs
Garlic 35 Cups
Ginger 5 Cups
Carrots 80 Lbs
Beets 65 Lbs

...

Inventory On Hand File

inventory on nand the
[Inventory On Hand File] Version = 0.1
[Items] # List of items that are currently on hand in the format Item:Unit:Qty Broccoli:Lbs:8 Carrots:Lbs:20 Bananas:Lbs:34 Garlic:Ears:20 Ginger:Lbs:8