

Login > Click Pages ion Left Hand Side

1. Edit Title
2. Edit Content
3. Click Blue Update Button

To update page graphics, contact CBD. We would be happy to update these for you.

The screenshot shows the WordPress 'Edit Page' interface for the page titled 'How It Works'. The left sidebar contains navigation options like Dashboard, Posts, Events, and Pages. The main content area shows the page title 'How It Works' and a rich text editor with the following content:

1

Eat REAL America Members Receive:

WEEKLY REAL MEAL IDEAS:

Each week you will receive an e-mail with:

- 3 meal ideas (entrée and a side)
- 2 quick and easy "no time for dinner" meal ideas
- Ability to generate a customized shopping list for these and other meals

CUSTOMIZABLE SHOPPING LIST:

Add a recipe to your "Shopping List" and the ingredients will be organized by location in the store. You can also delete any items you already have and take them off the list! Then print or download it to your phone -- then you can check the items off your list at the store!

ONLINE RECIPE BOX:

A way to keep your "favorite" recipes or "I want to make these later" recipes in a central place!

GET ADDITIONAL RESOURCES:

- Recipe archive (you can easily add recipes from the archive to your shopping list or your recipe box)
- Weekly blog topics
- Quick tips for preparing and enjoying REAL food
- Instructional videos
- Other surprises to help you and your family enjoy REAL food at home and away from home

The right sidebar contains 'Custom Sidebar', 's2Member™' settings, 'Publish' options (Status: Published, Visibility: Public), and 'Page Attributes' (Parent: no parent, Template: Sign Me Up). A red arrow points to the 'Update' button at the bottom right of the page editor.

The screenshot shows the live website page for 'How It Works'. The page features a green header with navigation links and a search bar. The main content area includes:

1 HOW IT WORKS

EAT REAL AMERICA MEMBERS RECEIVE: WEEKLY REAL MEAL IDEAS: (Red arrow points to this heading)

2 Each week you will receive an e-mail with:

- 3 meal ideas (entrée and a side)
- 2 quick and easy "no time for dinner" meal ideas
- Ability to generate a customized shopping list for these and other meals

CUSTOMIZABLE SHOPPING LIST: (Red arrow points to this heading)

ONLINE RECIPE BOX:

GET ADDITIONAL RESOURCES:

- Recipe archive (you can easily add recipes from the archive to your shopping list or your recipe box)
- Weekly blog topics
- Quick tips for preparing and enjoying REAL food
- Instructional videos
- Other surprises to help you and your family enjoy REAL food at home and away from home

WHY JOIN EAT REAL AMERICA?

We know you can find recipes anywhere, but we also know you are crazy busy and your time is valuable! So, we have created a central place (a one-stop-shop) for you to find great-tasting REAL food recipes that have been taste-tested by us (and our kids)! Our REAL food recipes must be easy to prepare, taste amazing, affordable, and good for you -- if they don't meet this criteria, we don't consider them "website worthy!" We want to make it easier for you and your family to enjoy all the benefits of great-tasting REAL food meals!

IF YOU ARE WAITING FOR THE RIGHT TIME, IT'S NOW! SIGN UP AND TRY IT FREE FOR 30 DAYS!

SCREENSHOTS

The page also features a 'For Only: \$39 A YEAR or \$5 A MONTH' offer and 'You Get: WEEKLY MEAL IDEAS, HUNDREDS OF REAL FOOD RECIPES, ADDITIONAL RESOURCES'. A red arrow points to the 'Update' button in the screenshot of the page editor.

Choosing a Heading Style

1. Highlight Text
2. Click on Heading Dropdown
3. Choose Style

Don't forget to push the Update button.

This close-up screenshot shows the rich text editor's heading dropdown menu. The menu is open, showing options for Paragraph, Heading 1, Heading 2, Heading 3, Heading 4, Heading 5, Heading 6, and Preformatted. The 'Heading 2' option is highlighted with a blue bar. A red box highlights the entire dropdown menu. The background shows the 'How It Works' page content from the previous screenshot.