

I'm not robot!

cooking methods

	Equip.	Temp.	Time	Uses/Characteristics
Dry Heat	Bake/ Roast			Desserts, Breads, Meat, Vegetables Evenly distributed, indirect heat
	Broil/ Grill			Meat, Vegetables, Fruit Direct heat - Cook, Char, Sear, Crust
	Deep Fry			Desserts, Meat, Vegetables Crispy - requires submersing in fat
	Double Boiler			Chocolate, Custards, Sauces For delicate ingredients
	Pan Fry			Meat, Vegetables, Fruit Even cooking - requires a little fat
	Sauté			Meat, Vegetables, Fruit Searing - requires a little fat
	Sweat			Vegetables Used to extract flavor from items.
	Torch/ Flambe			Desserts, Meringues Flame or lit alcohol to char/sear
Moist Heat	Blanch			Vegetables, Fruit Two steps: 1. Boil, 2. Dip in ice water
	Boil			Pasta, Rice, Vegetables, Reducing Rapid, large bubbles
	Braise			Meat Tenderizes & intensifies flavor
	Poach			Meat, Vegetables, Fruit Infuses flavor, keeps shape
	Scald			Liquids: Milk, Custards For heating delicate ingredients
	Simmer			Liquids: Soups, Stocks, Reducing Infrequent, small bubbles
	Steam			Vegetables, Meat Most gentle & retains nutrients

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GENERATED CONTENT

bookmark-label	content attr string
bookmark-level	none integer
bookmark-target	self uri attr
border-length	auto length
content	normal none inhibit uri
counter-increment	none identifier number
counter-reset	none identifier number
crop	auto shape
display	normal none list-item
float-offset	length length
hyphenate-after	auto integer
hyphenate-before	auto integer
hyphenate-character	auto integer
hyphenate-lines	no-limit integer
hyphenate-resource	none uri
hyphens	none manual auto
image-resolution	normal auto dpi
marks	[crop cross] none
move-to	normal here identifier
page-policy	start first last
quotes	none string string string string

GENERATED CONTENT

string-set	identifier content-list
text-replace	none [<string> <string>]*

POSITIONING

bottom	auto % length
clip	shape auto
left	auto % length
position	static relative absolute fixed
right	auto % length
top	auto % length
z-index	auto number

RUBY

ruby-align	auto start left center end right distribute-letter distribute-space lineedge
ruby-overhang	auto start end none
ruby-position	before after right inline
ruby-span	astr(x) none

Util-Linux Cheat Sheet (v1.00)

Created by **Pavelin Kramnik** (pavelin@ulinux.nl, www.ulinux.nl) - good address, good address!

Utility	Description	Utility	Description
addpart	Inform the Linux kernel of new partitions	lsfs	List local filesystems
addmbr	Alter the Linux kernel boot loader by adding a partition	man	General man utility for man
acsh	Send mail to acsh@ulinux.nl	man2	Configure if messages from other users should be displayed
blkid	Identify special block devices	mkfs	Build a filesystem
blkdevel	Call block device inits from the command line	mkfs.bfs	Make a BFS filesystem
cat	Display a file	mkfs.cramfs	Make a cramfs filesystem
cdisk	Control hard disk partition table manipulation	mkfs.minix	Make a Minix filesystem
cfdisk	Configure CPU	mkswap	Set up a Linux swap area
chfn	Change your finger information	more	Filter for paging through local user records of a line
chkdsk	Find duplicate records	mount	Mount file system
chrt	Manipulate real-time attributes of a process	mountpoint	See if a directory is a mountpoint
chsh	Change login shell	mount	Follow a path to see what a terminal point is found
chgrp	Filter records for fields from legal	newgrp	Change the current group ID
chroot	Filter root output for CRT printing	parted	Tell the kernel about processes and numbering of disk
chown	Remove names from a file	pg	Browser pager through local files
chown	Control file attributes	rsync	Change the local file system
chroot	Change the behavior of chroot	rsync	Get and set process resource limits
clear	Test driver parameters for Cgates2 and	run	Read a Linux run command device
date	Control Geographic data in Dimension data	rsync	Read local and remote partitioning information
ddpart	Ask the Linux kernel to remove a partition	rm	Remove files
df	Examine or control the kernel ring buffer	rm	Alter priority of running processes
df	Eject removable media	rm	Inform the Linux kernel of a new partition size
df	Test the I/O scheduler for block device	rm	Remove lines of a file or files
diff	File difference in a file	rm	Enter a system sleep state with specified wakeup time
diff	Low-level format a floppy disk	rm	Make a script of terminal session
diff	Partition table manipulator for Linux	rm	Play back a script, using timing information
diff	Find a filesystem by label or UUID	rm	Change computer arch in a program and set process
diff	List all mounted filesystems or search for a	rm	Run a program in a new session
diff	Manage file locks from the command line	rm	Set terminal attributes
diff	Check and repair an ext2/3/4 file system	rm	Monitor partition table manipulator for Linux
diff	Check and repair a ramfs file system	rm	Change user ID or browser appearance
diff	Check and repair a Minix file system	rm	Single user login (hard to kill)
diff	Strip and remove names in a file system	rm	Print or change the label or UUID of a swap area
diff	Discard unused blocks on a mounted file system	rm	Enable devices and files for paging and swapping
diff	Force command options	rm	Disable devices and files for paging and swapping
diff	Reboot, dump, boot, and dump	rm	Switch to another filesystem at the root of the mount
diff	Open and set the hardware clock (RTC)	rm	Follow the results of a log file with real-time updates
diff	Get the program I/O scheduling class and p	rm	Relieve an ext2/3/4 process CPU affinity
diff	Control various I/O parameters	rm	Set various parameters for the lp device [dev/tty]
diff	Remove a message queue, semaphore, shared	rm	Control appearance of underlines in terminal and
diff	Provide information on file facilities	rm	Mount file systems
diff	Display the length of a file	rm	Run program with some arguments removed from p
diff	Send signals to the specified process	rm	Copy UTPP and WTMP files in raw format
diff	Stat listing of local files in a directory	rm	UID and GID of a process
diff	Send mail from the editor to a serial line	rm	Create and print a new sessionally unique identifier
diff	Make entries in the routing table	rm	Edit the group or shadow group file
diff	Print entries in the routing table	rm	Edit the password or shadow password file
diff	Print entries in the routing table	rm	Write a message to a user
diff	Display lines beginning with a given string	rm	Show hardware watchdog status
diff	Set up and control log devices	rm	Load the kernel, kernel, and mount page files for
diff	Print all block devices	rm	Write a filesystem signature from a device
diff	Display information about the CPU architec	rm	Send a message to another user



COMMAND LINE CHEAT SHEET

presented by Tower - the best Git client for Mac and Windows



DIRECTORIES

- \$ pwd
- Display path of current working directory
- \$ cd <directory>
- Change directory to <directory>
- \$ cd ..
- Navigate to parent directory
- \$ ls
- List directory contents
- \$ ls -la
- List detailed directory contents, including hidden files
- \$ mkdir <directory>
- Create new directory named <directory>

OUTPUT

- \$ cat <file>
- Output the contents of <file>
- \$ less <file>
- Output the contents of <file> using the less command (which supports pagination etc.)
- \$ head <file>
- Output the first 10 lines of <file>
- \$ <cmd> > <file>
- Direct the output of <cmd> into <file>
- \$ <cmd> >> <file>
- Append the output of <cmd> to <file>
- \$ <cmd1> | <cmd2>
- Direct the output of <cmd1> to <cmd2>
- \$ clear
- Clear the command line window

FILES

- \$ rm <file>
- Delete <file>
- \$ rm -r <directory>
- Delete <directory>
- \$ rm -f <file>
- Force-delete <file> (add -r to force-delete a directory)
- \$ mv <file-old> <file-new>
- Rename <file-old> to <file-new>
- \$ mv <file> <directory>
- Move <file> to <directory> (possibly overwriting an existing file)
- \$ cp <file> <directory>
- Copy <file> to <directory> (possibly overwriting an existing file)
- \$ cp -r <directory1> <directory2>
- Copy <directory1> and its contents to <directory2> (possibly overwriting files in an existing directory)
- \$ touch <file>
- Update file access & modification time (and create <file> if it doesn't exist)

PERMISSIONS

- \$ chmod 755 <file>
- Change permissions of <file> to 755
- \$ chmod -R 600 <directory>
- Change permissions of <directory> (and its contents) to 600
- \$ chown <user>:<group> <file>
- Change ownership of <file> to <user> and <group> (add -R to include a directory's contents)

SEARCH

- \$ find <dir> -name "<file>"
- Find all files named <file> inside <dir> (use wildcards [*]) to search for parts of filenames, e.g. "file.*")
- \$ grep "<text>" <file>
- Output all occurrences of <text> inside <file> (add -i for case-insensitivity)
- \$ grep -ri "<text>" <dir>
- Search for all files containing <text> inside <dir>

NETWORK

- \$ ping <host>
- Ping <host> and display status
- \$ whois <domain>
- Output whois information for <domain>
- \$ curl -O <urltofile>
- Download <file> (via HTTP[S] or FTP)
- \$ ssh <username>@<host>
- Establish an SSH connection to <host> with user <username>
- \$ scp <file> <user>@<host>:<remote/path>
- Copy <file> to a remote <host>

PROCESSES

- \$ ps ax
- Output currently running processes
- \$ top
- Display live information about currently running processes
- \$ kill <pid>
- Quit process with ID <pid>

30-day free trial available at www.git-tower.com

TOWER

The best Git Client for Mac & Windows

MY PCOS DIET CHEAT SHEET

From My PCOS Kitchen

REMEMBER TO STOP EATING CRAP

- ☒ refined carbs
- ☒ artificial sweeteners
- ☒ processed foods

IMPORTANT KEYWORDS

Grain Free | Organic | All Natural | Hormone Free

Additional Key Ingredients | Flavourless | No Sugar | No Dairy | No Soy | No Eggs

REMEMBER THAT Protein is a GOAL Carbs are a LIMIT Fat is a LEVER

POSSIBLY

- Chicken
- Duck
- Eggs
- Pheasant
- Quail
- Turkey
- Beef
- Bison
- Pork
- Lamb
- Goat
- Pork
- Lamb
- Pork
- Beef
- Bison
- Rabbit
- Venison
- Wild

FRUIT & VEGETABLES

- Asparagus
- Broccoli
- Cauliflower
- Cucumber
- Eggplant
- Green Beans
- Kale
- Lettuce
- Spinach
- Zucchini
- Bell Peppers
- Broccoli
- Cauliflower
- Cucumber
- Eggplant
- Green Beans
- Kale
- Lettuce
- Spinach
- Zucchini
- Bell Peppers
- Broccoli
- Cauliflower
- Cucumber
- Eggplant
- Green Beans
- Kale
- Lettuce
- Spinach
- Zucchini
- Bell Peppers

OLEO FAT

- Avocado Oil
- Butter
- Coconut Oil
- Duck Oil
- Olive Oil
- Lard
- Nut Butters
- Sunflower Oil
- Tallow

MEAT & BONES

- Almonds
- Brazil Nuts
- Cashews
- Chia Seeds
- Flax Seeds
- Macadamia Nuts
- Peanuts
- Pine Nuts
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts

FRUIT & VEGETABLES

- Blueberries
- Raspberries
- Lemons
- Limes
- Raspberries
- Strawberries

MEAT & BONES

- Almond Milk
- Coconut Milk
- Coconut Water
- Cofee
- Kombucha
- Tea

AND REMEMBER TO EXERCISE!

at least 3-5 times/week for 30-60mins

- Run
- Cycle
- Jog
- Hike
- Swim
- Strength Training
- Cardio

HTML (HyperText Markup Language) is used to give content to a web page and instructs web browsers on how to structure that content. The content of an HTML element is the information between the opening and closing tags of an element. Codecademy is awesome! The list item element create list items inside: Ordered lists Unordered lists Head on a Prince St. Turn left on Elizabeth Cookies Milk The element embeds a media player for video playback. The src attribute will contain the URL to the video. Adding the controls attribute will display video controls in the media player. Note: The content inside the opening and closing tag is shown as a fallback in browsers that don't support the element. Video not supported The emphasis element emphasizes text and browsers will usually italicize the emphasized text by default. This word will be emphasized in italics. The ordered list element creates a list of items in sequential order. Each list item appears numbered by default. Proheat oven to 325 F [] Drop cookie dough [] Bake for 15 min [] The element is used as a container that divides an HTML document into sections and is short for "division". elements can contain flow content such as headings, paragraphs, links, images, etc. A section of grouped elements Here's some text for the section Second section of grouped elements Here's some text HTML is organized into a family tree structure. HTML elements can have parents, grandparents, siblings, children, grandchildren, etc. It's div's child and body's grandchild It's h1's sibling An HTML closing tag is used to denote the end of an HTML element. The syntax for a closing tag is a left angle bracket < followed by a forward slash / then the element name and a right angle bracket > to close >. HTML attributes consist of a name and a value using the following syntax: name="value" and can be added to the opening tag of an HTML element to configure or change the behavior of the element. The line break element will create a line break in text and is especially useful where a division of text is required, like in a postal address. The line break element requires only an opening tag and must not have a closing tag. A line break haiku. Poems are a great use case.

Oh joy! A line break.HTML image elements embed images in documents. The src attribute contains the image URL and is mandatory. is an empty element meaning it should not have a closing tag. HTML can use six different levels of heading elements. The heading elements are ordered from the highest level to the lowest level . Breaking News This is the 1st subheading

This is the 2nd subheading

... This is the 5th subheadingThe paragraph element contains and displays a block of text. This is a block of text! Lorem ipsum dolor sit amet, consectetur adipiscing elit.In HTML, specific and unique id attributes can be assigned to different elements in order to differentiate between them. When needed, the id value can be called upon by CSS and JavaScript to manipulate, format, and perform specific instructions on that element and that element only. Valid id attributes should begin with a letter and should only contain letters (a-Z), digits (0-9), hyphens (-), underscores (_), and periods (.). Hello WorldHTML attributes are values added to the opening tag of an element to configure the element or change the element's default behavior. In the provided example, we are giving the (paragraph) element a unique identifier using the id attribute and changing the color of the default text using the style attribute. Here's some text for a paragraph that is being altered by HTML attributesThe unordered list element is used to create a list of items in no particular order. Each individual list item will have a bullet point by default. Play more music Read more books An element can have alternative text via the alt attribute. The alternative text will be displayed if an image fails to render due to an incorrect URL, if the image format is not supported by the browser, if the image is blocked from being displayed, or if the image has not been received from the URL. The text will be read aloud if screen reading software is used and helps support visually impaired users by providing a text descriptor for the image content on a webpage. The element represents the content of an HTML document. Content inside tags are rendered on the web browsers. Note: There can be only one element in a document. Learn to code with Codecademy :) The element is an inline container for text and can be used to group text for styling purposes. However, as is a generic container to separate pieces of text from a larger body of text, its use should be avoided if a more semantic element is available. This text may be styled differently than the surrounding text.The element highlights important, serious, or urgent text and browsers will normally render this highlighted text in bold by default. This is important text!An HTML element is a piece of content in an HTML document and uses the following syntax: opening tag + content + closing tag. In the code provided: is the opening tag. Hello World! is the content. is the closing tag. The syntax for a single HTML tag is an opening angle bracket < followed by the element name and a closing angle bracket >. Here is an example of an opening tag. The anchor element is used to create hyperlinks in an HTML document. The hyperlinks can point to other webpages, files on the same server, a location on the same page, or any other URL via the hyperlink reference attribute, href. The href determines the location the anchor element points to. Visit this site Click this image The element contains general information about an HTML page that isn't displayed on the page itself. This information is called metadata and includes things like the title of the HTML document and links to stylesheets. The target attribute on an anchor element specifies where a hyperlink should be opened. A target value of "_blank" will tell the browser to open the hyperlink in a new tab in modern browsers, or in a new window in older browsers or if the browser has had settings changed to open hyperlinks in a new window. This anchor element links to google and will open in a new tab or window.HTML code should be formatted such that the indentation level of text increases once for each level of nesting. It is a common convention to use two or four space per level of nesting. Heading Item 1 Item 2 The anchor element can create hyperlinks to different parts of the same HTML document using the href attribute to point to the desired location with # followed by the id of the element to link to. A different part of the page! Take me to a different part of the pageThe element, the root of an HTML document, should be added after the !DOCTYPE declaration. All content/structure for an HTML document should be contained between the opening and closing tags. In HTML, comments can be added between an opening . Content inside of comments will not be rendered by browsers, and are usually used to describe a part of code or provide other details. Comments can span single or multiple lines. Content Whitespace, such as line breaks, added to an HTML document between block-level elements will generally be ignored by the browser and are not added to increase spacing on the rendered HTML page. Rather, whitespace is added for organization and easier reading of the HTML document itself. Test paragraph Another test paragraph, this will sit right under the first paragraph, no extra space between.The element contains a text that defines the title of an HTML document. The title is displayed in the browser's title bar or tab in which the HTML page is displayed. The element can only be contained inside a document's element. Title of the HTML page URL paths in HTML can be absolute paths, like a full URL, for example: or a relative file path that links to a local file in the same folder or on the same server, for example: ./style.css. Relative file paths begin with ./ followed by a path to the local file. ./ tells the browser to look for the file path from the current folder.

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