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Introduction

I've built literally hundreds of WordPress sites over the years, some for myself, and others to sell on. During that time, I've tried dozens of themes. Some met most of my needs, but all fell short in at least one way.

I don't demand much from a WordPress theme...

It should be properly optimized for search engines, with content towards the top of the source code and navigation code towards the bottom. Most importantly, the post or page title should use the H1 HTML tag and not the blog title. This last one has caused me to reject the majority of themes before even downloading them.

It should be quick and simple to edit and maintain – not just for me when building my own sites but, when building sites to sell, for my clients too. Simplifying life for them simplifies mine as well. No one needs to be answering support queries all day, and if something as simple as a color picker can prevent clients from corrupting style sheets and then hollering for help just as I'm about to take time out with the kids, then I'm all for it.

It should be flexible. Buyers seeking websites often want as many bells and whistles as possible, with appearance being of more importance to some than potential, particularly with newly created turnkey sites that have yet to see traffic or revenue. How the appearance of a site is expected to draw the traffic that hasn't seen it yet is a mystery to me – I'll often start my own sites after doing keyword research by throwing up a bare bones configuration with tagged and categorized articles etc and then experimenting with the effect appearance has once it gets traffic. This allows me to move quickly from building one site to the next, without wasting time with image galleries and fancy headers on the odd site that fails to draw interest. In these instances, I'll need a theme that allows me to add such things but does not require them.

If my sites are offering downloadable items for sale, my ideal theme would use a custom field for the price, so that I can display it in several places but only have to edit it in one. A custom field for the payment button code would be nice too. Again, this makes life easier for clients.

Hmm... maybe I'm just a *little* demanding. If such a theme exists, I couldn't find it and so created my own, adding features that suit my way of working as I've discovered I needed them. The Abundance theme is the result.

<http://www.abundancetheme.com/>

Assumptions

Since the aim of this guide is to show how to quickly configure the Abundance Theme, it's assumed that you are already familiar with WordPress and know how to install themes and plugins. If this is not the case, just use Google to find the information you need - it's available in hundreds of places online.

Before You Start.

It makes sense first to assemble any images you want to include.

If you intend to use a header image on your site, it should be 980px wide. The minimum height is 75px, and the maximum height is whatever you choose to make it. Keep in mind that a header too high will force valuable advertising space beneath the fold. I try not to go beyond 110px.

If you're going to include the Featured Content Gallery, you'll also need at least two (and preferably a few more) images measuring 575px wide. Again, the height is your choice - 400px is probably the maximum, but each image should be the same size and should be relevant to the post you plan on linking it to.

Optionally, you can attach thumbnails to your posts. These will show on the front page, as well as in category and search archives and will need to be 150px by 150px. You can use one standard image for all your posts (or for every category), a different one for each, or none at all. Images of any size can be cropped to thumbnail dimensions by the WordPress uploader, although if the images aren't square to begin with the results can be a little unpredictable, so you may prefer to resize and crop your images yourself.

If you're including PayPal buttons on product pages you'll need to have created these buttons and uploaded any digital files and the Thank You pages from which your buyers can download them after payment. Thank You pages needn't be elaborate - a simple HTML file is usually sufficient. I've included a template in *.txt format which you can edit and save as *.html - upload into a folder which you've named as something hard to guess. [DownloadGuard](#) code also works with the theme, and although DLG comes at a price, it's infinitely more secure and convenient than the basic PayPal button method just described.

Finally, you'll need to install your WordPress site. Configure your plugins and settings as usual, and add around ten posts. I like to add at least three tags to each too.

Plugins

You'll also need to upload and install these two plugins...

The Featured Content Gallery

In order for the Featured Content Gallery to work, you're going to need to activate the Featured Content Gallery plugin. For your convenience, this is packaged with the Abundance Theme, but it can also be downloaded from the site below. Incidentally, this is where support for the plugin can be obtained too.

<http://www.featuredcontentgallery.com/>

Get The Image

Most magazine-style themes draw their homepage and archive images from custom fields added to each post by the user as they're written. This can be a time-consuming process, particularly if you're using a plugin (Amazon Autoposter, for example) to create many posts automatically. It's also a step that a lot of newcomers find confusing, and if you're building websites to sell them you can find that even more of your time is eaten up in answering queries on the procedure.

In contrast, the Abundance theme is coded to use the Get The Image plugin, which simply draws the first image from each post and re-sizes it – a major time saver if you're using something like Amazon Autoposter, because it means that you don't have to open and edit each one. If it can't find an image in the post, the plugin then looks for a custom field (named 'thumbnailing'), and uses that instead. If it finds nothing, it simply displays nothing.

The version of the plugin included with the Abundance theme has been modified to configure it for the theme, so **do not download any updates from the plugin's site**. If an update becomes available, a download link for the newly modified version will be sent to you via the theme updates

<http://www.abundancetheme.com/>

mailing list – be sure to subscribe when you purchase. If you need more information, you'll find it at the plugin's site below.

<http://justintadlock.com/archives/2008/05/27/get-the-image-wordpress-plugin>

*Note that you will still need to install the **Get The Image** plugin even if you don't actually intend to include any images on your site. The theme first looks for the plugin to let it know if and where images are to be displayed. If it does not find the plugin, the page will not load properly and a php error message will be shown at the point on the page where the error occurred.*

Getting Started

Unless you're not starting from scratch, your site should now look much like the one below. Time to upload the Abundance Theme. Once this is done, you should upload your header and other prepared images to the abundance/images folder.



<http://www.abundancetheme.com/>

Configuring the Abundance Theme

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Activate the Abundance theme. The first thing you'll probably notice is that it looks even less inspirational than the default WordPress theme. This is because none of the content areas are activated by default, and there are no default items in any of the sidebars or widgetized areas – from the beginning, the choices are *all* yours.



What follows may seem lengthy, but these are mostly things that are quicker to do than to describe or read about. Configuring the theme is easy, and after you've done it once or twice, you'll find the process can be repeated quite quickly.

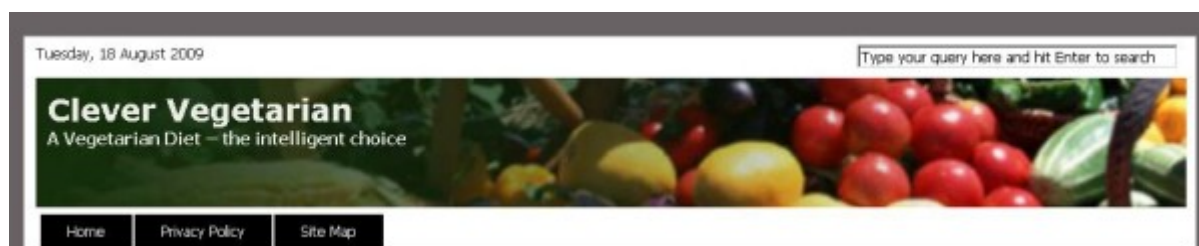
<http://www.abundancetheme.com/>

The Header Area

You're faced with your first choice here, with three different options for your header. If you just want to get something up online for testing and will think about appearances when you've the traffic to justify it, you can just opt to show the standard WordPress title and description.



You can also upload a graphic, change the color of the title and description (if necessary), and display them over the top of your graphic. This option is useful if you're selling limited edition websites where everything remains the same except the name.



Here, we're going to go for the third option, in which the title and description display is turned off and the header is entirely graphical. Unlike the majority of WordPress themes, the Abundance theme does not waste the H1 tag on the blog title, and so header text display is not vital.



Click on the 'Appearance' tab in your WordPress admin, and then click on 'Abundance Theme Options'. Scroll down a little to 'The Header'.

<http://www.abundancetheme.com/>

First, type the height of your header image into the 'Header Height' box, and then type the filename of the image into the 'Header Image' box. This should have been among the images you uploaded into abundance/images earlier.

The Header

Define the height of your header here, and choose whether to display a graphical header image or whether to display your site name and description. You can even do both. Opting not to display the blog title will not deprive your pages of the H1 tag, since the Abundance theme uses this to greater effect on post and page titles instead.

Search Box Display:	<input checked="" type="checkbox"/>	Check this box if you wish to display the search box in the header.
Date Display:	<input checked="" type="checkbox"/>	Check this box if you wish to display the date in the header.
Header Height:	<input type="text" value="110"/>	This sets the height in pixels of the header image area. The minimum height when displaying the WordPress title and description is 75. The width of your image should be 980 pixels.
Header Image:	<input type="text" value="vegetarian_diet.jpg"/>	Use FTP to upload your image to /wp-content/themes/abundance/images and then type the filename in the box on the left - check that you have used the correct case and file extension if you encounter any problems. If you don't wish to display a graphical header, just type in clear.gif - this transparent image is already in the theme's image directory.
Title and Description Display:	<input checked="" type="checkbox"/>	Check this box if you wish to display the standard WordPress title and description in the header area
Title Color:	<input type="text" value="#455B5C"/>	This sets the blog title color
Description Color:	<input type="text" value="#455B5C"/>	This sets the blog tagline color

Tick the 'Search Box Display' and the 'Date Display' boxes if you'd like to show these. The title and description box is already unticked by default. A little further down the page, tick the 'Navigation Bar Display' box if you'd like to show one, then scroll right down to the bottom of the page and hit the 'Save changes' button. Go back to the front end of your site, refresh the page if it's open in another tab, and you should now see your header. There's obviously still work to be done, though, so let's fill that empty front page a little.

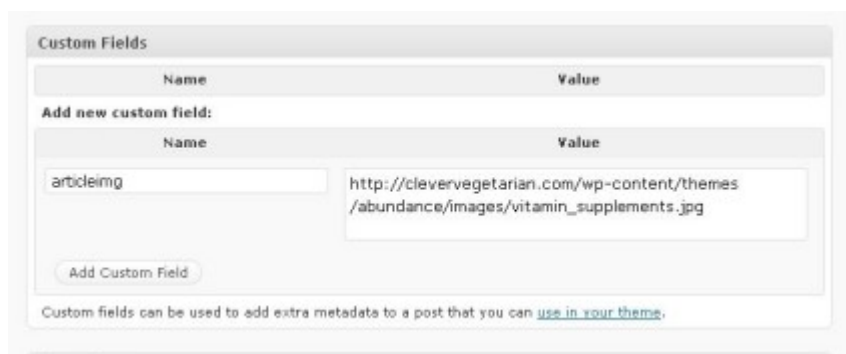
The Featured Content Gallery

The Featured Content Gallery is one of three featured content areas on the page, and its display – like the other two – is optional. The images shown in rotation by the gallery are each attached to a particular post, and you'll need to use a minimum of two images before the gallery will work. To attach one of these images to a post, click on the 'Posts' tab in your WordPress admin and open the post to edit it. Scroll down until you come to 'Custom Fields'.

In the 'Name' field beneath 'Add new custom field', type 'articleimg' (without the quotes). You won't need to remember this name when you edit subsequent posts – it will appear in a drop-down list. In the 'Value' field, enter your image URL and then hit the 'Add Custom Field' button. Your

<http://www.abundancetheme.com/>

custom field will then appear in a list above the entry fields, briefly glowing a startling yellow as it does so.



As mentioned previously, you'll need to add an image to at least two posts for the Featured Content Gallery to work. Three is usually sufficient, although you can of course add more if you like. Continue to add an image to each of your posts until you feel you've done enough, and then return to the 'Posts' page. Hover over the link to each post that you've edited, and as you do so, you'll see the post ID of each one appear at the end of a link displayed in the status bar of your browser at the bottom left of your screen. Write these numbers down, then click on the 'Settings' tab and the 'Featured Content Gallery' link.

Featured Content Selection - Select either a blog category or individual post/page IDs for your featured content:

Select here to use category selection Select here to use individual post or page IDs

Category Name: Post or Page IDs (comma separated no spaces):

Number of Items to Display: Check here to randomize post/page ID display

Gallery Style - Choose your gallery size and colors:

Gallery Width in Pixels: Gallery Border Color (#hex or color name):

Gallery Height in Pixels: Gallery Background Color (#hex or color name):

Text Overlay Height in Pixels: Gallery Text Color (#hex or color name):

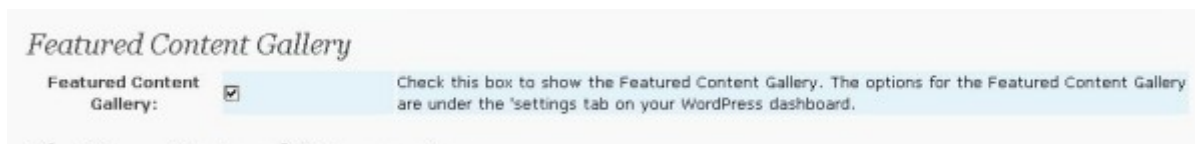
Slide Transition Times and Other Options - Choose your slide and fade duration, carousel button name and text overlay word quantity:

Slide Display Duration (milliseconds): Carousel Button Name:
(Default: 9000 milliseconds / 9 seconds) (Default: "Featured Content")

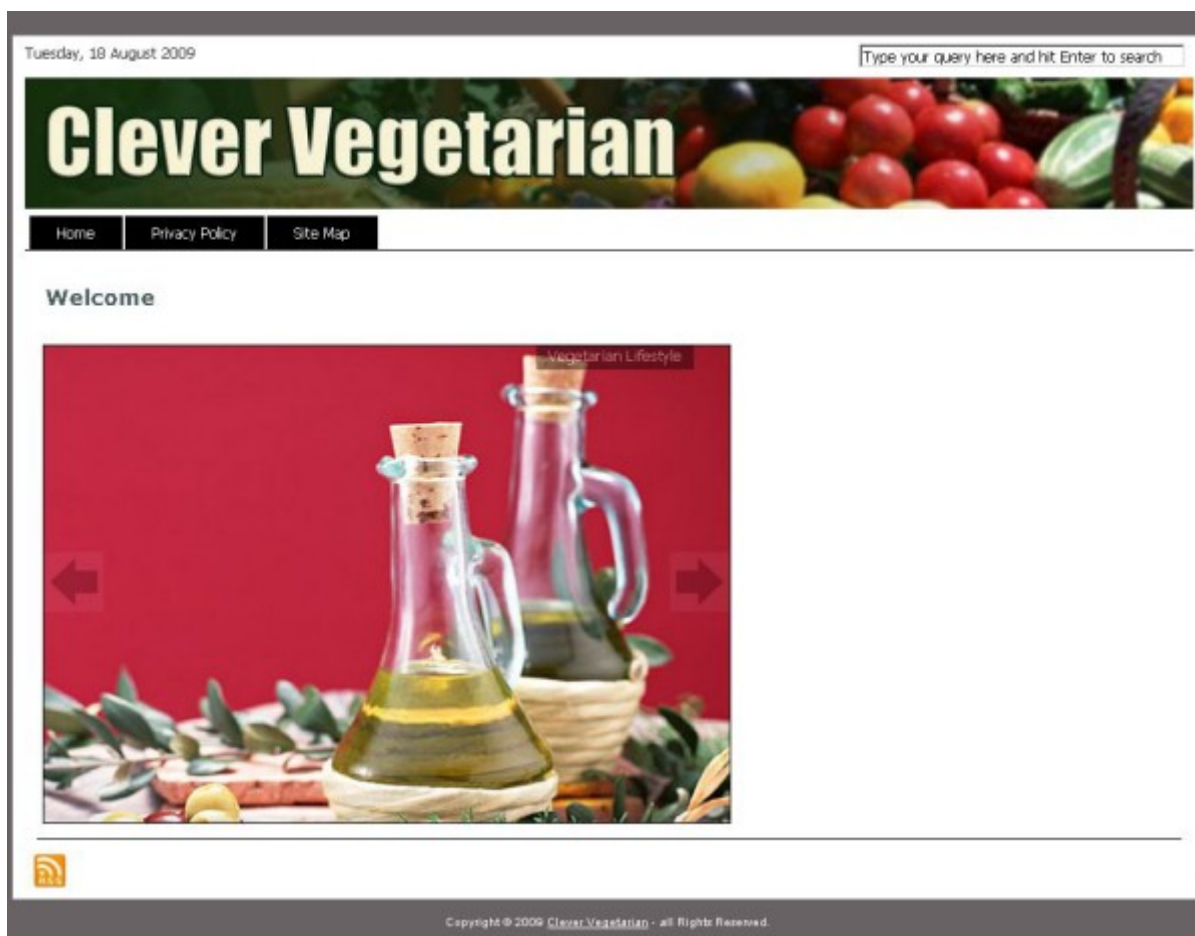
Click the radio button beside 'Select here to use individual post or page IDs', and then type the post numbers that you've just saved into the box beneath it. Alternatively, you could choose to use a category selection, but you will be expected to attach an image to every post in that category or the Featured Content Gallery will not display properly.

<http://www.abundancetheme.com/>

In the 'Gallery Style' section, the width and height should be the same as that of your images, and the text overlay height should be 73px. I usually change the name of the Carousel Button too. Editing the other fields is optional, and you can play around with them at your leisure. Hit the 'Update Options' button and then go back to the 'Settings' tab and the 'Abundance Theme Options' link.

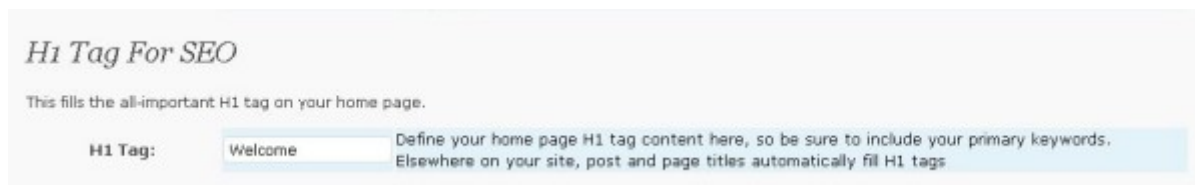


Check the 'Featured Content Gallery' box, and hit the 'Save changes' button. Refresh your front page now and you should see your Featured Content Gallery. If this is the first time you've used one on a site, you'll probably end up staring mesmerized at it for a moment or two before realizing that although things are coming together, there's still more to do. What we need now is to show some actual content.

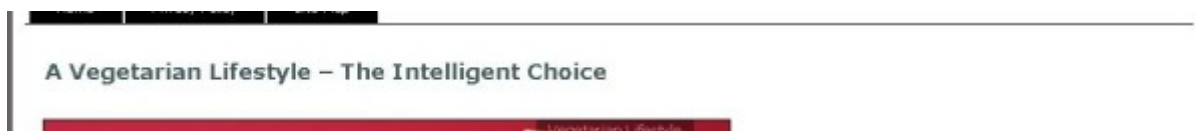


The Home Page H1 Tag

Back at the Abundance Theme Options page, let's edit our home page H1 tag.



I've done no actual keyword research for this site as yet – it's just something I'm putting together quickly to demonstrate how to configure the theme. You'll need to be a little more thorough, and be sure to incorporate your primary keywords into your H1 tag.



The Featured Content Areas

Beneath the Featured Content Gallery on your front page, you can also choose to show two more featured content areas. The Upper Featured Content Area is a single column that spans the entire content area of the front page and draws posts from a category of your choice, while the Lower Featured Content Area is split into two columns which are again fed from categories of your choosing. Before you can configure these, you'll need to find your category ID numbers in the same way you found the ID numbers for your posts. Go to the 'Posts' tab and the 'Categories' link, and hover over the category links and you'll see the relevant IDs in the browser's status bar.

In this instance, we'll ignore the Upper Featured Category Area until a little later on, and just check the box beside the 'Lower Featured Category Areas Display'. Leave the 'Number Of Posts To Show' at three and enter your category numbers in the relevant boxes. You'll also need to edit the text in the left and right title areas.

The Lower Featured Category Areas

Lower Featured Category Areas Display:	<input checked="" type="checkbox"/>	Check this box to show the Lower Featured Category Areas.
Number Of Posts To Show:	3	Enter the number of posts you'd like shown in each of the Lower Featured Category Areas.
Left Lower Featured Category Area Title Bar Text:	The Vegetarian Lifest	Overwrite the text in the Left Featured Category Area title bar using your own choice of words.
Left Lower Featured Area Category Number:	4	The posts in this area are drawn from a category of your choice. Enter the number here.
Right Lower Featured Category Area Title Bar Text:	Vegetarian Groceries	Overwrite the text in the Right Featured Category Area title bar using your own choice of words.
Right Lower Featured Area Category Number:	22	The posts in this area are drawn from a category of your choice. Enter the number here.


Save changes, refresh your front page, and you should be seeing your content show in two columns beneath the gallery.

Tuesday, 18 August 2009 Type your query here and hit Enter to search

Clever Vegetarian

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A Vegetarian Lifestyle – The Intelligent Choice



The Truth About Easy Vegetarian Recipes

There has been much talk about how vegetarians and vegans about finding an easy vegetarian recipe. In some cases, the need to find an easy vegetarian recipe is motivated not just by the need to really find one but to satisfy curiosity as well. Is there really such a thing as an easy vegetarian recipe? The Value of Cooking at Home Some new

The Vegetarian Lifestyle

Vegetarians Eat What?

In the United States , vegetarianism is usually synonymous with ovo-lacto vegetarianism; and will sometimes be assumed to tolerate some meat, for instance, chicken (or "at least" fish). It is also possible to order a vegetarian meal and be served meat. One beneficial cause I attribute to vegetarianism is that it does have an eventual [...]

Reasons for Choosing a Vegetarian Diet

Let us start with a brief background on some the reasons people have chosen a vegetarian diet in our history: The idea of vegetarianism is not a new one, by any stretch of the imagination. Indeed man has in one way or another eaten vegetarian diets since his beginnings. Granted, the first vegetarians did so only [...]

Why People Become Vegetarians

Vegetarianism is the practice of not consuming the flesh of any animal (including sea animals) with or without also eschewing other animal derivatives. This includes other food such as dairy products or eggs. Some vegetarians may choose to also refrain from wearing all clothing that has involved the death of animals. This includes items such [...]

Vegetarian Groceries

Westbrae Natural Vegetarian Organic Pinto Beans, 15 Ounce Cans (Pack of 12)


Product Description
 USDA Organic: Certified organic by Quality Assurance International (QAI). Pinto Beans are: High in fiber, a cholesterol & fat free food, a good source of iron, low in sodium. Ready to eat. Due to the natural properties of this product, color may vary.
[Buy Westbrae Natural Vegetarian \[...\]](#)

Hain Pure Foods Vegetarian Brown Gravy Mix, .7-Ounce Packets (Pack of 24)

Product Description
 All natural. Just add water. Hain Fat Free Brown Gravy Mix is a naturally delicious way to dress up any meal. Hain Fat Free Brown Gravy Mix contains no artificial flavors or artificial colors, and has only 15 calories per serving! It's simple to prepare: just [...]

Westbrae Natural Vegetarian Organic Chili Beans, 15 Ounce Cans (Pack of 12)

Product Description
 High in fiber. Fat free food. USDA organic. Westbrae Natural Beans provide a foundation for nutritious meals centered around vegetables, whole grains and beans. As an integral part of the vegetarian diet pyramid, delicious, versatile beans help you make the transition toward a vegetarian lifestyle. Chili [...]

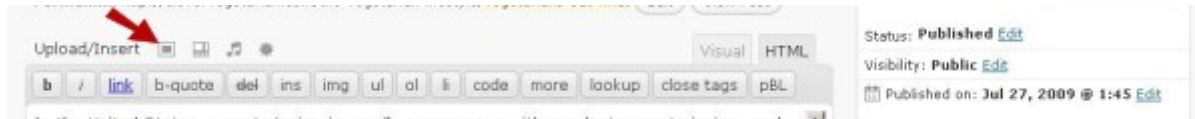


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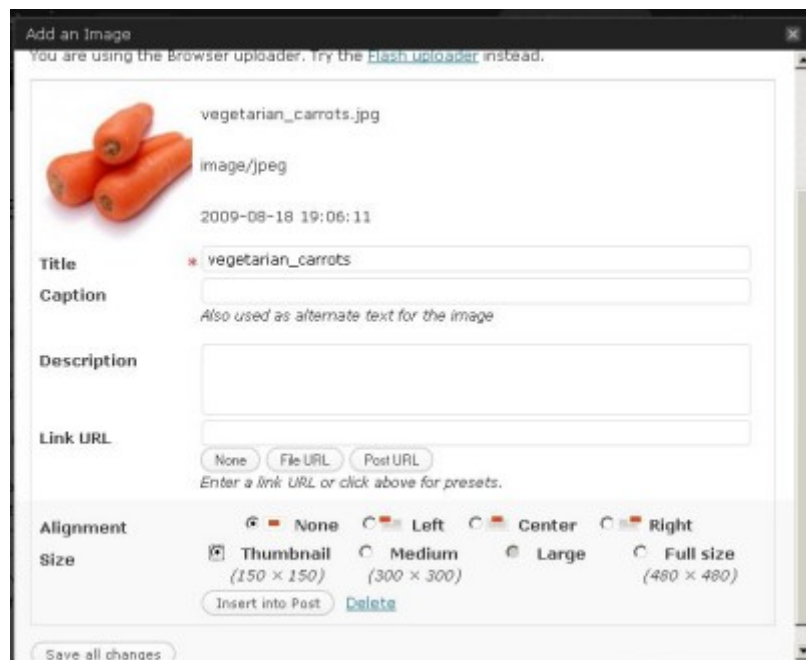
That's a bit better. Let's brighten it up a bit more now with some thumbnail images for each post.

<http://www.abundancetheme.com/>

As before, you'll need to edit each post that you want to attach an image to. This time, rather than uploading our images via FTP, we'll use the WordPress uploader. In the 'Edit Posts' screen, click on the icon arrowed in the image below.



You'll then be faced with a pop-up window and told that you're using the Flash uploader, but can switch to the browser uploader instead if preferred. I use the browser uploader as a matter of habit, but the choice is yours. Once you've browsed your hard drive for your image file and successfully uploaded it, you'll be looking at something much like this...



Select your alignment and size choices using the radio buttons, and then click the 'Insert into Post' button. With many other magazine-style themes, you'd now have to create a custom field for each post and paste the image URL into it so that it will display on the front page, but with the Abundance theme, you're done with this bit – the Get The Image plugin takes care of it.


For our demo site, the images on the left were uploaded and inserted into posts via the WordPress uploader as described above, and the images on the right were simply drawn from posts created by an autoposter plugin.

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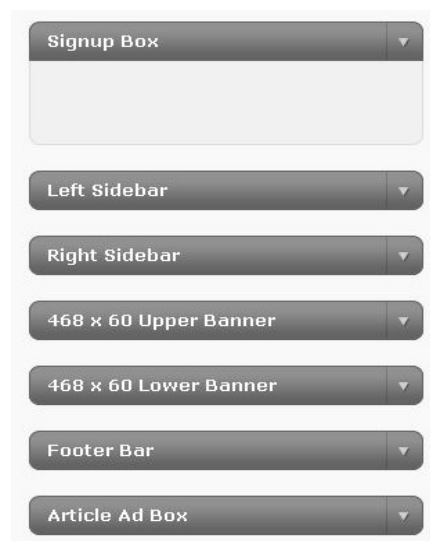
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Refresh your front page. It's looking much more appealing now, but some navigation is definitely needed, and a few spots for monetization wouldn't hurt either.

<http://www.abundancetheme.com/>

Widgetized Areas

There are seven widgetized areas in The Abundance Theme. All are accessed via the 'Widgets' link under the 'Appearance' tab in the usual way, and what's shown on the front page is shown throughout the site in the same place on every page (unless content on a particular page is displayed using the 'No Sidebar' page template – more about that one later).



On the following page, I've highlighted the widgetized areas so that you'll know where they appear. The fact that they're all available does not mean that it's necessary or even advisable to use them all at once, although this of course depends on your site's purpose.

The 468 x 60 Upper and Lower Banner areas are so-named because this is where I often put AdSense or Clickbank banners etc of this size, but there's no actual height limit and you can put what you want in them. The lower one also works very well if you put a link-block widget in there. Because it sticks to the bottom of the content whatever the length of the sidebars on the page, those links are the very first thing your reader will see at the end of every article – so much more likely to catch the eye than left in the usual place over on the sidebar.

There's no reason why you can't put anything you like in the Signup Box area, which also has no maximum height. It simply got it's name because it at one time it was where I'd routinely put an e-mail subscribe box. To create a site with a single sidebar, just use the Signup Box – if you don't drop any widgets on to the left and right sidebars, they won't show.

You can fit four widgets alongside each other in the Footerbar. Putting all the navigation in the Footerbar and instead putting a large block of Adsense links and/or other monetization in the sidebar – where most visitors would automatically look to find the navigation – is an experiment that seems to be working well for me. It may seem unlikely that people will scroll all the way down to bottom and find the navigation when you've a lot of content on the front page, but the majority of visitors will land on your site via one of your articles anyway, where pages are generally much shorter. It's not uncommon for a surfer to read several pages and then click away (hopefully through one of your affiliate links) without ever visiting your home page at all. That being said, it's another reason why you might be better off not cramming your front page with every possible feature just because it's available to you.

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468 x 60 Upper Sidebar

Lorem Ipsum es simplemente el texto de relleno de las imprentas y archivos de texto. Lorem Ipsum ha sido el texto de relleno estándar de las industrias desde el año 1500, cuando un impresor (R. de T. persona que se dedica a la imprenta) desconocido usó una galería de textos y los mezcló de tal manera que logró hacer un libro de textos especimen. No sólo sobrevivió 500 años, sino que también ingresó como texto de relleno en documentos electrónicos, quedando esencialmente igual al original.

468 x 60 Lower Sidebar

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A Vegetarian Lifestyle – The Intelligent Choice

Know Where To Get Quality Vegetarian Vitamin Supplement Facts

In the modern world, there are more and more food-related health problems. But it's not your diet alone that's turning people into vegans. There are many people who don't eat meat, but they still have health problems. A healthy diet is the key to staying healthy and feeling good about your body.

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In the United States, vegetarians are usually omnivorous with omnivores, and will sometimes be assumed to tolerate some meat, for instance, chicken (or "at least" fish). It is also possible to order a vegetarian meal and another option.

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Footerbar

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Also available for use is a widgetized ad box area that shows up in the top left of posts if you choose to use it. For a variety of reasons it would be unwise to use this one on sites where there are images inserted at the top of some of the posts, but this does not mean you're excluded from using images with it altogether. If you want to associate an image with the post in order to fill a spot with it on the front page, simply insert the image further down the post or define it's URL in a custom field and not show an image in the post at all.

The screenshot shows a WordPress blog post with a dark navigation bar at the top containing links for 'Home', 'Privacy Policy', 'Quickly Quit Smoking', and 'Site Map'. Below the navigation bar is a breadcrumb trail: « [Quit Smoking This Year](#). The main heading of the post is 'How to Quit Smoking With the Volcano Vaporizer', followed by an 'Edit' link. The post content is organized into four columns. The first column contains four links: 'Quit Smoking for Good' (www.nhs.uk/smokefree), 'Ways To Stop Smoking' (www.healthvibes.co.uk), 'Hypnosis for Anti-Smoking' (www.thecliftonpractice.co.uk), and 'Stop Smoking Now' (self-hypnosis-download.com). The second column contains text about the Volcano Vaporizer, stating it can help overcome nicotine addiction without common withdrawal effects. The third column continues the text, describing the device as inhaling natural ingredients instead of toxic by-products. The fourth column explains that the device allows users to reduce nicotine intake slowly, avoiding withdrawal symptoms. At the bottom of the first column, there is an 'Ads by Google' logo. The text at the bottom of the post states: 'Also there is no second-hand smoke involved to harm any of the people around you. A point to be taken into consideration especially if you live together with other people.'

Editing The Site Colors

Before adding Adsense or anything else you might want to blend in with your site, it's a good time to configure your color scheme.

Horizontal Navigation Bar

Navigation Bar Display:	<input checked="" type="checkbox"/>	Check this box if you wish to display the horizontal navigation bar.
Navigation Bar Color:	#FFFFFF	This sets the navigation bar color
Navigation Bar Lower Border:	#251108	This sets the color of the navigation bar lower border, as well as the top border of the footer bar at the bottom of the page.
Menu Item Background:		background color of menu items
Menu Item Text:		text color of menu items
Menu Item Background Hover:		menu item background hover color
Menu Item Hover Text:	#FFFFFF	This sets the menu item text hover color
Sub Item Background:	#45585C	This sets the background color of sub-items
Sub Item Text:	#FFFFFF	This sets the text color of sub-items

Click on any of the color fields on the theme options page to bring up a color picker. You can either select your color from this, or type or paste the relevant hex code into the color field. Don't forget the # sign. To get rid of the color picker when you're done, click on the field outside it.

It's useful to remember when selecting your colors to choose a contrast between the Page Color (the one that covers the entire screen) and Text Color. This allows the text to be read easily still if slow-loading third party applications prevent the Main Background Color from loading quickly too.



I've now edited my site colors and have added content to the widgetized areas. Having cautioned against stuffing the site with every available feature, this one looks set to be gaudier than Rothchild's Christmas tree, and we're not done yet. Bear in mind that this is for demonstration purposes – less is usually more.

I've put all the navigation in the footer, and the wide Signup Box now boasts two large Adsense blocks. There's an Amazon banner in the upper banner area, and an Adsense link block in the lower one.

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Type your query here and hit Enter to search

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Stock Up and Save

Shop now at Amazon.com

A Vegetarian Lifestyle – The Intelligent Choice

Know Where To Get Quality Vegetarian Vitamin Supplement facts

In this modern world, there are more and more food-related health problems. That is why, many people are turning towards having more vegetables on their dinner tables. In fact, many have switch from meat-eating diets to vegetarian diets. There are many people stating that they are plank-eaters, but in actual fact there is not really a single vegetarian diet. Why is that so? I will share more as you read this article. What are the 4 basic types of

The Vegetarian Lifestyle
Vegetarian Groceries

Vegetarians Eat What?

In the United States, vegetarianism is usually synonymous with ovo-lacto vegetarianism; and will sometimes be assumed to tolerate some meat, for instance, chicken (or "at least" fish). It is also possible to order a vegetarian meal and be served meat. One beneficial cause I attribute to vegetarianism is that it does have an eventual [...]

Westbrae Natural Vegetarian Organic Pinto Beans, 15 Ounce Cans (Pack of 12)

Product Description
USDA Organic. Certified organic by Quality Assurance International (QAI). Pinto Beans are: High in fiber, a cholesterol & fat free food, a good source of iron, low in sodium. Ready to eat. Due to the natural properties of this product, color may vary. Buy Westbrae Natural Vegetarian [...]

Reasons for Choosing a Vegetarian Diet

Let us start with a brief background on some the reasons people have chosen a vegetarian diet in our history: The idea of vegetarianism is not a new one, by any stretch of the imagination. Indeed man has in one way or another eaten vegetarian diets since his beginnings. Granted, the first vegetarians did so only [...]

Hain Pure Foods Vegetarian Brown Gravy Mix, .7-Ounce Packets (Pack of 24)

Product Description
All natural. Just add water. Hain Fat Free Brown Gravy Mix is a naturally delicious way to dress up any meal. Hain Fat Free Brown Gravy Mix contains no artificial flavors or artificial colors, and has only 15 calories per serving! It's simple to prepare: just [...]

Why People Become Vegetarians

Vegetarianism is the practice of not consuming the flesh of any animal (including sea animals) with or without also eschewing other animal derivatives. This includes other food such as dairy products or eggs. Some vegetarians may choose to also refrain from wearing all clothing that has involved the death of animals. This includes items such [...]

Westbrae Natural Vegetarian Organic Chili Beans, 15 Ounce Cans (Pack of 12)

Product Description
High in fiber. Fat free food. USDA organic. Westbrae Natural Beans provide a foundation for nutritious meals centered around vegetables, whole grains and beans. As an integral part of the vegetarian diet pyramid, delicious, versatile beans help you make the transition toward a vegetarian lifestyle. Chili [...]

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Balanced Diet
Food Order
Healthy Eating Diet
Weight Loss Food

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- + [Hain Pure Foods Vegetarian Brown Gravy Mix, .7-Ounce Packets \(Pack of 24\)](#)
- + [Westbrae Natural Vegetarian Organic Chili Beans, 15 Ounce Cans \(Pack of 12\)](#)

Categories

- + [The Vegetarian Lifestyle](#)
- + [Vegetarian Children And Teenagers](#)
- + [Vegetarian Groceries](#)
- + [Vegetarian Recipes](#)
- + [Vitamin Supplements For Vegetarians](#)

Pages

- + [Privacy Policy](#)
- + [Site Map](#)

Recommended

- + [Easy Veggie Meal Plans](#)
- + [Vegan Sauce Making Course](#)
- + [Vegetarian Diet Info](#)

Low Carb Meals Delivered
Choose the Meal Plan that suits you Weight Loss Consultant. Get Started
[www.athobobob.com](#)

Vegan Protein: The Facts
Learn What Top Superfoods You Need. Know What Works & Why. Full Report!
[www.JonBaron.org](#)

Want A Vegetarian Diet?
Get A Free Customized Diet & Meal Plan. Fitness, Food Tracker & More!
[5x4People.com/Free_Diet_Plans](#)

Change4Life: Cut Back Fat
Too much hidden fat could put kids at risk. Find out more here.
[www.nhs.uk/Change4Life](#)

Tesco Diets 2 Weeks Free
Join TescoDiets & get 2 weeks free! Choose from 16 healthy diet plans.
[TescoDiets.com/UK](#)

Vegetarian Brighton Hotel
Vegetarian/Vegan hotel in Brighton with a great friendly atmosphere.
[www.ambassa60brighton.co.uk](#)

3 Best Diet Supplements
Top-Rated Diet Supplements Exposed 2009's Best Weight Loss Solutions
[WeightLossDietSupplements.org/Top-Rated](#)

Vegetarian Tours in India
Experience the magic of India - on a small group vegetarian adventure!
[www.VegVoyages.com](#)

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Adding Payment Buttons And Prices

Next, let's add a payment button for a digital product. I'm using [DownloadGuard](#) here so there's no need to create and upload a Thank You page, but if you're just using PayPal, there's a simple Thank You page HTML template included in the folder which contained this guide. Upload your product zip file to your server too and you're ready to go.

Create a normal post using your sales copy. At the bottom of the 'Write' page, it's time to start adding custom fields again. You'll need two, the first being called 'price'. The value field isn't a numerical field – it's just an ordinary text field - and so you can display your price in any currency or even just write FREE.

Call your second field 'paypalbutton', and paste your button code into the 'Value' field.



Once you've added your custom fields and published your post, the result should look like this...



You also have the ability to display a second payment button and price beneath the first. This is useful when you have one product on offer that has two options (e.g. personal use and resell rights). Use 'price2' to display the second price. Use 'paypalbutton2' to display the second payment button.

You can also use payment button and price custom fields on pages instead of posts. Used in this way, no prices will be shown on the home page, the archives or anywhere else in the theme.

Alternatively, if you just want to offer a free download (to capture e-mail addresses, for instance), you can use the following method.

This time, your first custom field needs to be called 'buttonimgurl'. Paste into the value field the image URL for your button graphic. You can use one of your own or the one included with the theme files.

`abundance/images/downloadbutton.jpg`

Call the second custom field 'buttonurl', and paste into the value field the URL you'd like your button to link to, e.g. a squeeze page or perhaps just the zip file if for some reason you're giving a product away without an opt-in.



Add your custom fields, publish your post and the result will be this...



There are many ways you can use the facility to add payment buttons to your posts. In this example, we're just using it on a single post, but there's nothing to stop you from adding it to all of them. Combine with the PayPal Shopping Cart and have an entire site offering digital products if you like. Sell eBooks, web graphics, PLR or even complete web sites.

Our product is alone in it's category, so I've opted to display it in the unused Upper Featured Area. You'll notice that because a price has been entered into the post's custom field, it also appears automatically on the home page. Like the image, the price also shows up when the post is listed in category or search archives. Because the Featured Areas can only be seen on the home page, I've also put an image in the sidebar that's linked to the post.



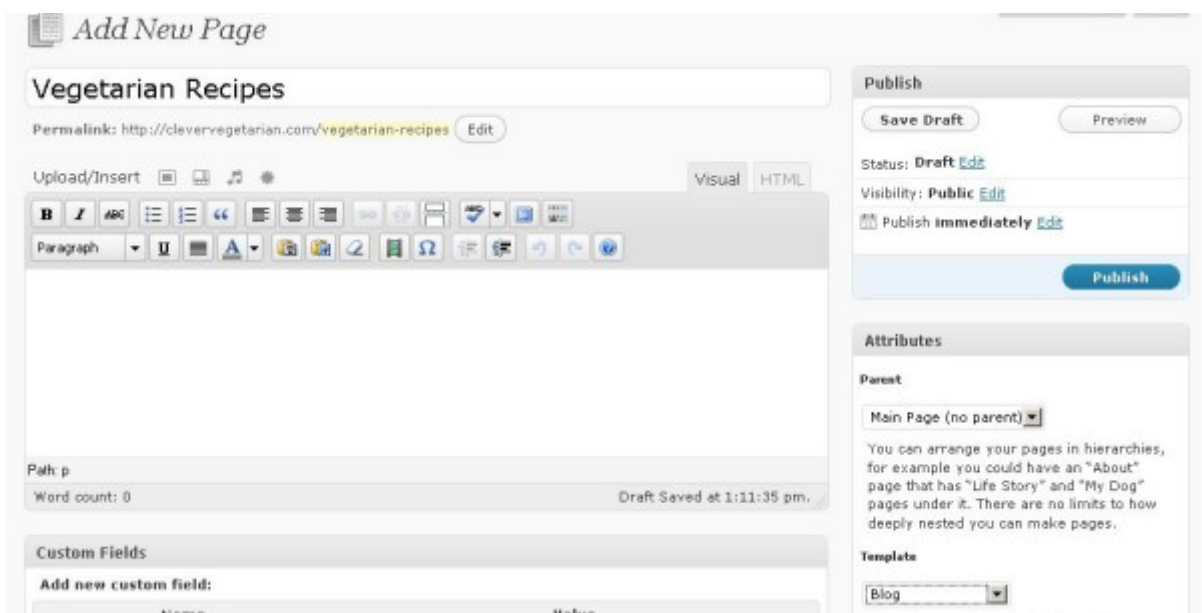
Page Templates

Ordinarily, you'd use the 'Blog' page template to give the appearance of a conventional site with an attached blog. I'm going to use it to give our 'Vegetarian Recipes' category a place of it's own.

After going to the 'Categories' page of your WordPress admin and finding the number of the category that you'd like to use for the blog, head off to the Abundance Theme Options page and enter the number in the box right at the bottom. Save changes.



Now you'll need to go to 'Pages' in your WordPress admin, and select 'Add New'.



Enter your page title – no content here – and from the drop-down 'Template' list in the sidebar, select 'Blog'. Publish and you're done. If I refresh our site's front page now and click on the 'Vegetarian Recipes' tab on the menu bar, I'll see the ten most recent posts in the category.

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Vegetarian Recipes

3 Excellent Asian Vegetarian Recipes – Easy Step By Step Cooking Instructions

One of the best ways to enjoy the delicious vegetarian cooking is by cooking some asian dish. You can cook any of the various Asian vegetarian cooking recipes. Some individuals like to choose their own Asian vegetarian cooking that is their favorite while others like to try something new from the list of Asian vegetarian [...]

Vegetarian Recipes: Important Non-meat Sources of Protein for Vegetarians

Although most vegetarians consume a considerable amount of protein, they often do not absorb as much as they would on a nonvegetarian diet. This is because plant proteins are considerably less digestible than animal proteins, which contain amino acid chains that are closer or identical to human amino acid chains. Consuming animal proteins might yield close [...]

Vegetarian Recipes: Vegan Alternatives to Gelatin

Gelatin serves both nutritional and culinary roles in nonvegetarian diets; however, a lot of vegetarians and all vegans do not consume gelatin in its many forms because it is often created out of boiled pig skins and dissolved real cartilage and bones. The leaves vegetarians with a gap in cooking functionality when a recipe calls for [...]

Quick and Easy Low Calorie Vegetarian Recipes

The shops these days are full of all sorts of goodies suitable for the vegetarian. So longer do you have to satisfy yourself with an omelette or salad. And because there is such choice you can choose low calorie options. Also there are now a number of meat substitutes if you want to go that way. [...]

Vegetarian recipes for meat eaters – 2 Simple Recipes For A Green Meal

For people who have been eating meat and have very recently switched over to being vegetarian would certainly find it difficult to getting used to eating only greens. For these meat eaters who have converted to vegetarianism, there are many vegetarian cooking recipes that will make them want to continue being a vegetarian. Here are [...]

Ways to Enhance Your Vegetarian Recipes

Cooking vegetables can be tricky. Over-cooking vegetables can make them bland, soggy, and most importantly, can remove the necessary nutrients that are bodies need to remain healthy. Boiling your vegetables is the biggest culprit for robbing cooked vegetables of their nutritional components. It also turns this crisp and fresh vegetables into a lifeless, tasteless form. Vegetables [...]

Low Calorie and Vegetarian Recipes – the Delicious Options

It is common belief that low calorie and vegetarian recipes have to challenge your palate. The truth is, however, they can be just as delicious as your favorite dishes. Now, I am about to share with you two such recipes, and you can just give them a try to convince yourself. 1. Vegetarian Black Bean Burgers You [...]

Vegetarian Recipes: Cooking With Tofu

If you aren't a vegetarian now and haven't been one in the past, you probably also haven't eaten tofu many times. In fact, the only time most people hear about tofu it is in jokes aimed at vegetarians. So why is it that vegetarians eat this stuff all the time? Is it simply because they [...]

Vegetarian Recipes That Will Make your Taste Buds Desire More With Each Bite

The art of cooking encompasses many different types of foods from a variety of countries. Each of these countries that you will find recipes for has an interesting way of cooking these foods. The numerous ways that you can cook vegetables will also be documented in the various vegetarian recipes that you can find. These recipes [...]

Getting the Most Out of your Chili Vegetarian Recipe

One vegetarian favorite is the chili. A true chili vegetarian recipe cook however, knows that there is more to just randomly adding any kind of chili pepper. There are some things that you need to take into consideration with your chili vegetarian recipe. Know Your Chili The amount of chili in your recipe will depend mainly on [...]

Change4Life Official Site
Keep your family healthy & happy. Find out more at Change4Life
www.nhs.uk/Change4Life

Vegetarian Recipes
Make Delicious Vegetarian Dishes! It's Easy with the Recipe Toolbar
Recipes.alot.com

Easy Dinner Recipes
Want to try something new tonight? Quick & Easy Dinner Recipes
www.Foodly.co.uk

Free Vegetarian Recipes
Thousands of Delicious Recipes Absolutely Free!
VegCooking.com

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1 Tip of a flat belly:
Cut down 3 lbs of your belly every week by using this 1 weird tip.
FitterInMinutes.com

Vegetarian Recipes
Tasty Vegetarian Recipes at Ciao! Find Great Tips & Recipes online.
www.ciao.co.uk/Vegetarian

Good Food Channel
(Formerly UKTV Food) Find Recipes As Shown On TV & More Online Today!
[uktv.co.uk/Good_Channel](http://uktv.co.uk/Good_Food_Channel)

Marks & Spencer Recipes
Try our delicious Lochmuir Salmon recipe. Ideas and more from M&S.
www.marksandspencer.com/recipes

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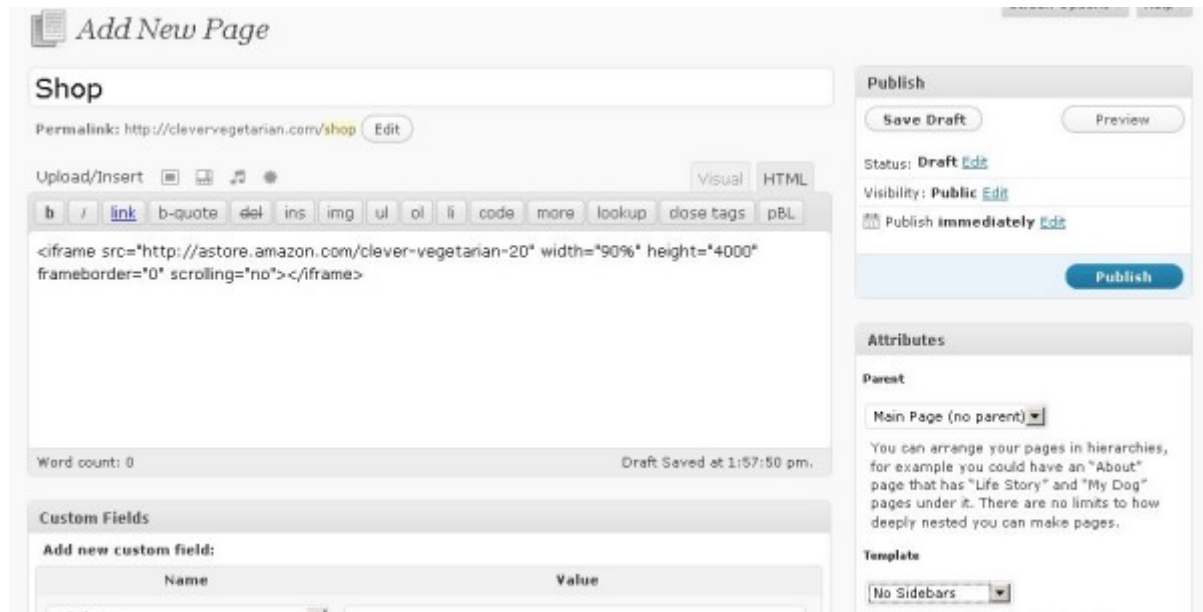
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Our site now probably competes with The Great Wall of China for being the only man-made object visible from space, but we're still not quite done – we're going to add an Amazon aStore. Amazon aStores are notoriously wide, and won't fit into most WordPress sites unless you edit the theme files, but with the 'No Sidebars' page template available to us, we don't have to.



Once more in 'Add New Page', enter your page title. You'll need to have paid a visit to your Amazon Associates account and created your aStore (mine took less than five minutes), and copied the 'Embed my store using an inline frame' code. Paste this into the window where you'd normally write your post – for this to work, you MUST be using the 'HTML' tab and not the 'Visual' tab. Select 'No Sidebars' from the drop-down 'Template list', and publish. Refresh your front page, click on the newly created menu tab that links to your store, and you should see something similar to what's shown on the following page.

Due to the inexplicable height of an Amazon aStore, your footer content will be several empty screens in depth below it. I believe you can edit this in the aStore code, but I've never found this is necessary as we can still navigate easily via the horizontal menu.

Wednesday, 19 August 2009 Type your query here and hit Enter to search





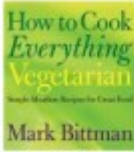


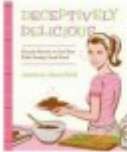

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Vegetables & Vegetarian Shopping Cart

 <p>Eat This, Not That! Thousands of Simple Foods That Will Save Your Waistline by David Zincenko \$11.97</p>	 <p>Nourishing Traditions: The Cookbook that Features Gluten-Free, Dairy-Free, and Paleo Recipes by Sally Fallon \$17.82</p>	 <p>The Eat-Clean Diet Cookbook: Great-Tasting, Low-Fat, and Low-Carb Recipes by Tosca Reno \$13.57</p>
 <p>Green Smoothie Revolution: The Radical Leap to a Healthier, Greener Lifestyle by Victoria Boutenko \$10.17</p>	 <p>How to Cook Everything Vegetarian: Simple, Healthy, and Delicious by Mark Bittman \$23.10</p>	 <p>Rustic Fruit Desserts: Crumbles, Buckles, Cakes, and More by Cory Schreiber \$14.96</p>
 <p>Raw Food Made Easy for 1 or 2 People by Jennifer Combleet \$12.21</p>	 <p>Deceptively Delicious: Simple Secrets to Getting Your Kids to Eat Healthier by Jessica Seinfeld \$8.23</p>	 <p>The South Beach Diet Quick and Easy Cookbook by Arthur Agatston \$11.18</p>

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Vegetables & Vegetarian




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- [General A&S](#)
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 <p>Traditional Foods Are Your Best Friend by Ronald F. Schmid N.D. \$11.53</p>	

1 2 3 4 5 6 7 8 9 10 ... [Next >>](#)

The Bare Bones Configuration

For those times when you just want to test ideas or keywords without fussing over a site's appearance, a magazine-style theme can be overkill. Fortunately, it's as easy to give the Abundance theme the lightweight look as it is to beef it up later if you decide that the site requires it.



Even if you'll be showing no images on your site, you'll first need to upload and activate the 'Get The Image Plugin'. Then, just upload and activate the Abundance theme, go to the theme options page, edit your front page H1 tag, tick the 'Search Box Display', 'Date Display', 'Title And Description Display', 'Navigation Bar Display' and 'Upper Featured Category Area' boxes, and set the number of posts you want to show. There is no category

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number defined by default here, and unless you choose to put one there the theme will show all. Throw some navigation and monetization into the widgetized areas and you're done.

Custom Field Quick Reference

For your convenience, here's a quick listing of the custom fields used.

Use ***articleimg*** to show a related image in the Featured Content Gallery.

Use ***thumbnailimg*** if you want to link an image to the post for the home page, but don't want to show it in the post. If you're showing an image in the post, it's not necessary to use a custom field at all here – it will show up on the front page automatically.

Use ***price*** to display the price.

Use ***paypalbutton*** to display your payment button. Despite the name, this needn't necessarily be a PayPal button – DownloadGuard button code will work here too.

If you have a link to a download or payment page rather than a button code...

...use ***buttonurl*** for a link to the page, together with...

...***buttonimgurl*** for a link to your button image.

Since this user guide was last published, I've added the ability to display a second payment button and price beneath the first. This is useful when you have one product on offer that has two options (e.g. personal use and resell rights).

Use ***price2*** to display the second price.

Use ***paypalbutton2*** to display the second payment button.

This addition has meant the need to align the display of prices on the home page to the right instead of the left, and will explain why current demo sites and your own results may look slightly different to some of the images shown in this guide.

Contact

These days, I use the Abundance theme almost exclusively on all my sites, whether they're for keeps or for sale. It meets every requirement I make of a WordPress theme, and I hope it meets yours too. In the event of any problems or if there's something I've forgotten to mention in the user guide, please get in touch at contact@abundancetheme.com