First step is to run the program then you will see a display with a menu revealing what is expected of this program these steps include add recipe , reset,clear,exit,display, scale since our main focus is adding the recipe we then do that by selecting new recipe entry then it will run the User input method which will include parts where the user is asked to name the recipe then there will be ingredients the calories and then you will enter the food group then to successfully add this recipe by where it asks for the ingredient name you must enter complete as for adding another recipe you will repeat the same process above but since there are other steps involved and methods I might as well get into them which are reset which restarts the whole recipe then with clear it completely removes it from memory then there is the scale which scales the units of measurement such as the calories I then added a recipe and an ingredient class which store getters and setters that will retrieve the methods I did