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Mathews Kutumela

- Run the application, after sucessful compilation follow the simple instructions on screen. The appication will prompt you to enter details for a recipe, follow the on-screen instructions to enter the number the ingridients, their quantities, units, the steps and more. this time the application will require you to enter the number of calories and also the food group that the ingridient belongs to. also there is no limit to the number of recipes the user can enter.