Title: Recipe App User Manual

Step 1: Download and Install the Recipe App

* Visit the official website or app store to download the Recipe App.
* Follow the on-screen instructions to install the app on your device.

Step 2: Launch the Recipe App

* Locate the Recipe App icon on your device and click or tap on it to launch the app.

Step 3: Main Menu Overview

* Upon launching the app, you will be greeted with the main menu.
* Familiarize yourself with the available options, such as entering a new recipe, viewing recipes, filtering recipes, scaling quantities, resetting quantities, and clearing data.

Step 4: Entering a New Recipe

* To enter a new recipe, select the "Enter New Recipe" option from the main menu.
* You will be prompted to provide the number of ingredients for the recipe.
* Enter the name, quantity, and unit of measurement for each ingredient when prompted.
* After entering all the ingredients, specify the number of steps for the recipe.
* Provide a description for each step of the recipe when prompted.

Step 5: Displaying Recipes

* To view the list of all recipes, select the "View Recipes" option from the main menu.
* The recipes will be displayed in alphabetical order by name.
* Scroll through the list to find the desired recipe.

Step 6: Filtering Recipes

* If you wish to filter the recipes based on specific criteria, select the "Filter Recipes" option from the main menu.
* Depending on your preference, choose one of the filtering options: ingredient, food group, or maximum calories.
* Enter the required information or select the appropriate options to apply the filter.
* The filtered recipes will be displayed accordingly.

Step 7: Scaling a Recipe

* To scale a recipe, select the desired recipe from the list.
* Within the recipe details, you will find the option to scale the quantities.
* Choose a scaling factor of 0.5 (half), 2 (double), or 3 (triple) to adjust the ingredient quantities accordingly.

Step 8: Resetting Quantities

* If you have scaled the quantities and wish to revert them to their original values, select the "Reset Quantities" option within the recipe details.
* This action will restore the ingredient quantities to their initial values.

Step 9: Clearing Data

* If you want to start afresh and remove all entered data, select the "Clear Data" option from the main menu.
* Confirm the action when prompted, as this process is irreversible.
* All recipes, ingredients, and steps will be deleted.

Step 10: Total Calories and Notifications

* The Recipe App automatically calculates and displays the total calories for each recipe.
* If the total calories of a recipe exceed 300, the app will notify you.
* Pay attention to these notifications for recipes that may be high in calories.

Step 11: Unit Testing

* The Recipe App includes a unit test to ensure accurate calculation of total calories.
* To run the unit test, select the "Run Unit Test" option from the main menu.
* The test will verify the correctness of the total calorie calculation.

Step 12: Troubleshooting

* In case you encounter any issues or errors while using the Recipe App, refer to the troubleshooting section in the user manual.
* It provides possible solutions or guidance on resolving common problems.

Step 13: Enjoy Cooking with the Recipe App

* Explore the Recipe App, enter various recipes, and discover new culinary delights.
* Experiment with scaling quantities, filtering recipes, and tracking calories to enhance your cooking experience.