User Manual:

1. Creating a Recipe:

- Select option 1 from the main menu.
- Enter the details for your recipe, including ingredients, quantities, units, calories, and steps.
- The application checks if the total calories exceed 300 and prompts you accordingly.
- After entering all the details your recipe will be saved.

2. Searching for a Recipe:

- Choose option 2 from the main menu.
- Enter the name of the recipe you want to find.
- The application displays the recipe details if it exists; otherwise, it notifies you that the recipe does not exist.

3. Displaying All Recipes:

- -Select option 3 from the main menu.
- The application lists all saved recipe names.

4. Scaling, Resetting, or Clearing a Recipe:

- These options are available within the ingredient menu (option 6 in the main menu).
- You can scale the recipe by a factor of 0.5, 2, or 3.
- Resetting a recipe halves the quantities of all ingredients.
- Clearing a recipe removes all details, allowing you to start fresh.

5. Exiting the Application:

- Simply select option 4 from the main menu.