In RecipeAppGUI, I refactored the code to create a more organized and maintainable architecture. I separated the GUI logic from the business logic by introducing a new Methods class, which encapsulates the recipe management functionality. This allows for a clearer separation of concerns and makes the code more modular.

I also introduced a Recipe class to represent individual recipes, which includes properties for recipe name, ingredients, steps, and total calories. The Ingredient class was also introduced to represent individual ingredients, with properties for name, quantity, measurement, calories per unit, and food group.

Additionally, I implemented the ScaleRecipe and RevertRecipe methods in the Methods class, which allow users to scale and revert recipe quantities. The CheckCalories method was also implemented to notify users when a recipe's total calories exceed 300.

Overall, the changes in RecipeAppGUI have improved the code's structure, readability, and maintainability, making it easier to add new features and functionality in the future.