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Problem Statement: Recipe Management System

You are tasked with creating a simple Recipe Management System for a food blog. The system will manage a list of recipes, each recipe containing a title, a list of ingredients, and instructions. The goal is to implement a variety of JavaScript concepts to manipulate and interact with the recipe data.

Requirements:

1. Recipe Data Structure:

- Each recipe should be an object with the following properties:
 - title (string): The name of the recipe.
 - ingredients (array of strings): List of ingredients.
 - instructions (string): A description of how to prepare the dish.

2. Functions to Manage Recipes:

- Add Recipe: Create a function addRecipe that takes a recipe object and adds it to an array of recipes.
- **Remove Recipe:** Create a function removeRecipe that removes a recipe from the array based on the recipe title.
- **Find Recipe by Ingredient:** Create a function **findRecipeByIngredient** that takes an ingredient and returns an array of recipes that include that ingredient.

3. Array Manipulations:

- Use forEach to display the title of each recipe in the console.
- Use map to create an array of recipe titles.
- Use filter to find recipes that contain a specific ingredient.
- Use reduce to count the total number of recipes.

4. Object Manipulations:

- Use dot notation and bracket notation to access and modify recipe properties.
- Use object destructuring to extract title and ingredients from recipes.

5. Additional Features:

- Recipe Destructuring: Implement a function describeRecipe that takes a recipe object and logs a description in the format: "Title: [title], Ingredients: [ingredients], Instructions: [instructions]".
- **Recipe Update:** Create a function updateRecipe that updates the ingredients of a recipe based on the title.
- Recipe Statistics: Implement a function getStatistics that provides the average number of ingredients per recipe.

6. Optional Advanced Features:

- o Implement sort to display recipes sorted by title.
- Implement find to get the first recipe that contains a specified ingredient.

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- Use fill to initialize a list of recipes with placeholder values.
- Use splice to remove a specific recipe based on its index.

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**Example Usage:**
***Add Recipes**
addRecipe({
   title: " > Veggie Stir-Fry",
   ingredients: ["broccoli", "carrots", "bell peppers", "soy sauce", "garlic"],
   instructions: " ♥ Stir-fry vegetables with soy sauce and garlic until
tender."
});
addRecipe({
   title: " • Avocado Toast",
   ingredients: ["avocado", "whole grain bread", "lemon juice", "salt",
"pepper"],
   instructions: " Mash avocado with lemon juice, salt, and pepper. Spread on
toasted bread."
});
**Display Recipe Titles**
console.log(' Recipe Titles:');
recipes.forEach(recipe => console.log(`- ${recipe.title}`));
**Find Recipes with "avocado"**
const avocadoRecipes = findRecipeByIngredient("avocado");
console.log(' Recipes with avocado:');
avocadoRecipes.forEach(recipe => console.log(`- ${recipe.title}`));
**Update Avocado Toast Recipe**
updateRecipe("  Avocado Toast", ["avocado", "whole grain bread", "lemon juice",
"salt", "pepper", "chili flakes"]);
console.log('
   Avocado Toast updated with new ingredients!');
**Describe a Specific Recipe**
console.log(' Recipe Description:');
describeRecipe(recipes[0]);
**Get and Display Recipe Statistics**
const stats = getStatistics();
console.log(' Recipe Statistics:');
console.log(`- Total Recipes: ${stats.totalRecipes}`);
console.log(`- Average Ingredients per Recipe: ${stats.averageIngredients}`);
**Sort Recipes by Title**
const sortedRecipes = [...recipes].sort((a, b) => a.title.localeCompare(b.title));
console.log('@B Sorted Recipes by Title:');
sortedRecipes.forEach(recipe => console.log(`- ${recipe.title}`));
**Find the First Recipe with "carrots"**
const carrotRecipe = recipes.find(recipe =>
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recipe.ingredients.includes("carrots"));
console.log(' First Recipe with Carrots:');
console.log(carrotRecipe ? carrotRecipe.title : 'No recipe found.');

**Fill Placeholder Recipes**
const placeholderRecipes = new Array(3).fill({
    title: " Placeholder Recipe",
    ingredients: ["ingredient1", "ingredient2"],
    instructions: " Placeholder instructions."
});
console.log(' Placeholder Recipes:');
console.log(placeholderRecipes);

**Remove a Recipe by Index**
recipes.splice(1, 1); // Removes the second recipe (index 1)
console.log(' Recipes after Splice:');
recipes.forEach(recipe => console.log(' - ${recipe.title}'));
```

Breakdown of Example Usage:

2. Displaying Titles: 📃

3. Finding Ingredients: **Q**

4. Updating Recipes: 🖼

5. Describing Recipes: **Q**

6. Statistics: 📊

7. Sorting Recipes: (AB)

8. Finding Ingredients in Recipes: 🔊

9. Placeholder Recipes: 🞇

10. Removing Recipes: 10

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