**Fly Food Protocol-1L**

Continue stirring throughout the whole process

1. Boil 850 mL of water
2. Add 7.9 g of agar and stir till completely dissolved
3. Add 27.5 g of brewer’s yeast
4. Add 52 g of cornmeal
5. Add 11 g of sugar
6. Stir continuously until mixture boils
7. Turn off the heat and stir for 15 minutes
8. Dissolve 2.4 g of tegosept in 9.2 mL of ethanol
9. Add the tegosept/95% ethanol mix–NEVER FORGET ANTI FUNGUS SOLUTION
10. Immediately pour while stirring (approx. 12 mL per vial and 50 mL per bottle)