**Fly Food Protocol-3L**

Continue stirring throughout the whole process – NEVER FORGET ANTI FUNGUS SOLUTION!

1. Boil 2.55 L of water
2. Add 23.7 g of agar and stir till completely dissolved
3. Add 82.5 g of brewer’s yeast
4. Add 156 g of cornmeal
5. Add 33 g of sugar
6. Stir continuously until mixture boils
7. Turn off the heat and stir for 15 minutes
8. Dissolve 7.1 g of tegosept in 27.6 mL of ethanol
9. Add the tegosept/95% ethanol mix-NEVER FORGET TO ADD THE ANTI-FUNGUS SOLUTION
10. Pour while stirring (approx. 12 mL per vial and 50 mL per bottle)