**Fly Food Protocol-4L**

Continue stirring throughout the whole process

1. Boil 3.4 L of water
2. Add 31.6 g of agar and stir till completely dissolved
3. Add 110 g of brewer’s yeast
4. Add 208 g of cornmeal
5. Add 44 g of sugar
6. Stir continuously until mixture boils
7. Turn off the heat and stir for 15 minutes
8. Dissolve 9.5 g of tegosept in 36.8 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)