

users	
id	INT NOT NULL AUTO_INCREMENT [PRIMARY KEY]
name	VARCHAR(255)
password	INT NOT NULL
email	VARCHAR(512)
phone	VARCHAR(512)

groceryList	
id	INT NOT NULL AUTO_INCREMENT [PRIMARY KEY]
item	VARCHAR(512)
userID	INT NOT NULL FOREIGN KEY(users(id))

notes	
id	INT NOT NULL AUTO_INCREMENT [PRIMARY KEY]
message	VARCHAR(1024)
name	VARCHAR(255)
dateCreated	DATETIME

userNotes	
userID	INT NOT NULL FOREIGN KEY(users(id))
noteID	INT NOT NULL FOREIGN KEY(notes(id))
unread	BOOLEAN DEFAULT TRUE