

1:M

1.) One user can make many post but one post goes back to one user

M:M

~~Ing - groc~~  
~~recp - Ing~~

2.) One user can have many grocery lists but one list goes back to one user

Ing → Groc

Recp → Ing

3.) One user can have many occasions but one occasion goes back to one user

M:M

1.) One Ingredient will appear in many posts, and one post will have many Ingredients

2.) One Ingredient will appear in many grocery lists, and one list will have many ingredients

3.) One occasion can have many recipe posts, and one post can link to multiple occasions

User