USER TABLE	
user_id	int
user_name	varchar(30)
country_of_origin	varchar(30)

RECIPE	
recipe_id	int
recipe_name	varchar(30)
timing	int
views	int
recipe_category	varchar(30)
method	text
cuisine	varchar(30)
user_id	int
ingredient_id	int

INGREDIENT	
ingredient_id	int
ingredient_category	varchar(30)
allergen_milk	boolean
allergen_nut	boolean
allergen_egg	boolean
allergen_gluten	boolean