

user_id		
NOT NULL	user_id	integer
NOT NULL	name	text
NOT NULL	email	text

grocery_list		
NOT NULL	grocery_list_id	integer
NOT NULL	user_id	integer

comments		
NOT NULL	comments_id	integer
NOT NULL	user_id	text

ingredients		
NOT NULL	ingredients_id	integer
NOT NULL	user_id	text

occasions		
NOT NULL	occasions_id	integer
NOT NULL	user_id	text

recipes		
NOT NULL	recipe_id	integer
NOT NULL	user_id	integer
NOT NULL	share_private	boolean
NOT NULL	share_public	boolean

