**Tables:**

1. **Users:**

* user\_id (Primary Key)
* username
* email
* password (hashed)
* created\_at
* updated\_at

1. **Recipes:**

* recipe\_id (Primary Key)
* user\_id (Foreign Key referencing Users table)
* title
* category
* instructions
* created\_at
* updated\_at

1. **Ingredients:**

* ingredient\_id (Primary Key)
* name

1. **Recipe\_Ingredients (Many-to-Many Relationship Table):**

* recipe\_id (Foreign Key referencing Recipe table)
* ingredient\_id (Foreign Key referencing Ingredients table)
* quantity
* unit

**Relationships:**

* One user can have many recipes, but each recipe belongs to only one user. This is a one-to-many relationship between Users and Recipes.
* Each recipe can have multiple ingredients, and each ingredient can be used in multiple recipes. This is a many-to-many relationship between Recipes and Ingredients, implemented through the Recipe\_Ingredients table.