

**Utilisateur** ( id\_user, login, prenom, nom, adresse\_email, mdp )

**Recette** ( id\_recette, nom\_recette, description, duree\_total, prix, difficulte, #id\_regime, #id\_user )

**Ingredient** ( id\_ingredient, nom\_ingredient, type, qualite, #id\_user, #id\_category )

**Regime** ( id\_regime, nom\_regime )

**Img\_vid** ( id\_img\_vid, img\_vid\_link, img\_or\_vid, #id\_recette )

**Etape** ( id\_etape, nom\_etape, duree, #id\_recette )

**Qualite** ( id\_qualite, qualite\_calories, qualite\_lipides, qualite\_glucides, qualite\_protides, #id\_recette )

**Category** ( id\_category, nom\_category )

**Recette\_contient\_Ingredient** ( #id\_ingredient, #id\_recette, quantite\_unit, quantite\_gramme, nbr\_personne )

**Menu** ( id\_menu, #id\_recette, #id\_user, date\_menu )

**Dispose** ( id\_dispose, #id\_ingredient, #id\_user, date\_dispose )

**Liste\_d\_achat** ( id\_liste\_d\_achat, #id\_ingredient, #id\_user, date\_liste )

**Interdit** ( #id\_ingredient, #id\_regime, interdit )