

Ingredients	
PK	<u>Id Guid</u>
	Name string
	Description string?

Meals	
PK	<u>Id Guid</u>
	Name string
	Description string?
	Instructions string

Nutrients	
PK	<u>Id Guid</u>
FK	IngredientId Guid
	Protein decimal
	Carbohydrates decimal
	Fats decimal

IngredientsMeals	
PK	<u>Id Guid</u>
FK	MealId Guid
FK	IngredientId Guid
	Quantity Quantity

