Users cant just create ingreidents, they should pick from a searchable list first before given the chance to make their own

```
Pantry
                Recipe
                                                                                                                           Ingredient
                                                                                                                                                                                     User
                                                                                                                                                                                                                                        Recipe Book
id*: <ObjectID>,
                                                                                                             id*: <ObjectID>,
                                                                                                                                                                    id*: <ObjectID>,
                                                      id*: <ObjectID>,
                                                                                                                                                                                                                           id*: <ObjectID>,
owner*: <ObjectID>,
                                                                                                            name*: <string>,
                                                                                                                                                                   firstname*: <string>,
                                                     owner*: <ObjectID>,
                                                                                                                                                                                                                          owner*: <ObjectID>,
name*: <string>,
                                                                                                                                                                   lastname*: <string>,
                                                                                                            image: <image>,
                                                     name: <string>,
                                                                                                                                                                                                                          name: <string>,
alias: <string>,
                                                                                                            description: <string>,
                                                                                                                                                                   username: <string>,
                                                                                                                                                                                                                          description: <string>,
                                                     description: <string>,
description: <string>,
                                                                                                            calories: <number>
                                                                                                                                                                  displayname: <string>,
                                                     ingredients*: [
                                                                                                                                                                                                                          recipes*: [
                                                                                                                                                                  password*: <string>,
instructions: [list]:<string>,
                                                                                                                                                                                                                             recipe id*: <ObjectID>
ingredients*: [
                                                                                                                                                                   email*: <string>,
                                                            ingredient id*: <ObjectID>
                                                                                                                                                                                                                           ]: st of recipes>,
                                                                                                                                                                   sex: <boolean>,
                                                            quantity: <number>
                                                                                                                                                                                                                          dateCreated*: <Date>,
       ingredient id*: <ObjectID>,
                                                                                                                                                                  gender: <string>
                                                                                                                                                                                                                          dateUpdated*: <Date>
       amount: <string>,
                                                                                                                                                                   profilepicture: <image>
       unit: <string>
                                                      : <list of objects>,
                                                     dateCreated*: <Date>,
                                                     dateUpdated*: <Date>
1: st of objects>,
public*: <boolean>,
dateCreated*: <Date>,
dateUpdated*: <Date>,
image: <image>,
type: <app | side | dish | desert>,
mealTime: <bre> <bre> <bre>dinner>
```