

users			
PK	user_id	int default nextval	not null
	username	varchar(50)	not null
	password_hash	varchar(200)	not null
	role	varchar(50)	not null

meal_plan			
FK	user_id	int	
PK	meal_plan_id	int default nextval	
	meal_plan_name	varchar(100)	
	start_date	date	

recipes			
FK	user_id	int	not null
PK	recipe_id	int default nextval	not null
	recipe_name	varchar(200)	not null
	directions	text	not null
	number_of_servings	int	not null
	cooking_time	int	
	difficulty	varchar(50)	

meal_plan_recipes			
FK	meal_plan_id	int	
FK	recipe_id	int	
	meal_category	varchar(50)	
	day_of_week	varchar(50)	
	meal_date	date	

recipes_ingredients			
FK	recipe_id	int	
FK	ingredient_id	int	
	measurement_unit	varchar(100)	
	measurement_quantity	int	

ingredients			
PK	ingredient_id	int default nextval	not null
	ingredient_name	varchar(50)	not null

