

Breakfast DB Table Samples

USER

id	username	password	email
1	teacupTaster	pass123	kingreakfast@outlook.com
2	earlyBird	bird123	birdmorning@outlook.com
3	hashbrownHero	toast456	AnnaForger@gmail.com
4	EggMaster	eggy789	masteregg@gmail.com

USER_PERMS

user.uid	perm_lvl
3	-1
4	1

not listed: normal user (view+post)

-1: violator (view only)

1: moderator (view+post+approve posts)

REGION

code	name
NA	North America
EU	Europe
AS	Asia
SA	South America
AF	Africa
IN	India
MENA	Middle East
MEDIT	Mediterranean
CAR	Caribbean
MX	Mexico
JO	Jordan
TUR	Turkiye

UNIT

name
cup
tablespoon
teaspoon
gram
ounce
whole

INGREDIENT

id	name
1	Egg
2	Soy sauce
3	Vegetable oil
4	Olive oil
5	Potato
6	Salt
7	Water
8	Onion
9	Bell pepper
10	Chili powder
11	Cumin
12	Paprika
13	Parsley
14	Garlic
15	Chia seeds
16	Milk
17	Lox
18	Avocado
19	Bagel
20	Spinach

id	name
21	Banana
22	Honey
23	Flaxseeds
24	Tortilla wrap
25	Tomato paste
26	Simit
27	Eggplant
28	Chicken breast
29	Fig
30	Cucumber
31	Olives
32	Feta cheese
33	Ground chickpeas
34	Almond milk
35	Whole wheat bagel
36	Maple syrup
37	Sweet potatoes
38	Pita bread
39	Zucchini
40	Black beans

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BLOG_REVIEW

(blog.blog_id)	user.reviewer_id)	rating (1-5)	comment
1	1	5	Delicious and authentic!
2	2	4	Simple and easy to make.
2	3	4	10 minutes is too much. It really depends on your stove.
3	3	5	Spicy and flavorful.
4	4	3	Healthy but a bit bland. Personally, I like it with a bit of cinnamon.
5	1	5	Perfect for a quick breakfast.
4	1	2	How is this a breakfast item??
5	1	2	Who eats salmon for breakfast?
6	2	4	Refreshing and energizing.
7	3	5	Filling and tasty.
8	4	5	Amazing traditional flavor.
9	1	4	A great variety of flavors.
10	2	5	Smooth and creamy.
11	3	5	Crispy and perfect.

BLOG

id	recipe. recipe_id	user. author_id	user. mod_id	title	region. region_id	prep_time	difficulty (1-5)	instructs
1	1	1	2	Japanese Rolled Omelet (Tamagoyaki)	AS	20 mins	3	<p>Tamagoyaki layers are thin, rectangular, and typically seasoned with soy sauce, sugar, and mirin. This slightly sweet and savory omelet can be served in traditional breakfast or as a topping.</p> <ol style="list-style-type: none"> 1. In a bowl, mix together eggs with soy sauce, sugar, and mirin until well combined. 2. Heat a rectangular tamagoyaki pan over medium heat and lightly oil it. 3. Pour a thin layer of the egg mixture into the pan, tilting to spread evenly. 4. When the egg is almost set, roll it to one side of the pan. 5. Add another thin layer of egg mixture, lifting the rolled omelet to let the uncooked egg flow underneath. 6. Once this layer is nearly set, roll the omelet again, incorporating the first roll.

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								<p>Repeat steps 5 and 6 until all the egg mixture is used.</p> <p>Remove the omelet from the pan and let it cool slightly before slicing. Serve warm or at room temperature.</p>
2	2	1	2	Perfect Boiled Egg	NULL	10 mins	1	<p>After boiling a pot of water (enough to fully submerge the egg(s)), gently add in the eggs and leave them to cook.</p> <p>For soft-boiled eggs (runny yolk and slightly set white), cook for about 6-8 minutes.</p> <p>For hard-boiled (fully set yolk and white), cook for about 9-12 minutes.</p>
3	3	2	2	Spicy Shakshuka	MEDIT	30 mins	2	Cook vegetables and poach eggs in sauce.
4	4	3	2	Simple Chia Pudding	MX	15 mins	1	Mix chia seeds with milk and refrigerate.
5	5	1	2	Classic Salmon Bagel	NULL	10 mins	1	Assemble ingredients on a bagel.
6	6	2	2	Energy Smoothie	NULL	5 mins	1	Blend all ingredients together.
7	7	4	2	Breakfast Burrito	MX	15 mins	2	Fill tortilla with cooked ingredients.
8	8	1	2	Traditional Turkish Menmen	TUR	25 mins	2	Cook vegetables and eggs together.
9	9	2	2	Jordanian Mezze Platter	JO	30 mins	3	Prepare and arrange ingredients.
10	10	3	2	Creamy Hummus	MENA	15 mins	1	<p>Middle Eastern hummus is made from blended chickpeas, tahini (sesame paste), lemon juice, garlic, and olive oil. It's often garnished with paprika, parsley, and additional olive oil, and typically served with pita bread, fresh vegetables, or as part of a mezze platter.</p> <p>Preparation: Blend chickpeas with other ingredients.</p>
11	11	4	2	Crispy Hashbrowns	NULL	20 mins	2	Shred and fry potatoes.

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RECIPE

id	name	description
1	Rolled Omelet	Dish made by rolling layers of seasoned eggs.
2	Boiled egg	Simple and nutritious breakfast item made by cooking an egg in its shell in boiling water. Can be prepared soft-boiled or hard-boiled.
3	Shakshuka	Middle Eastern and North African dish made by poaching eggs in a sauce of tomatoes, peppers, and onions, seasoned with spices like cumin and paprika. This savory and aromatic dish is often served for breakfast or brunch, accompanied by bread for dipping.
4	Chia pudding	Healthy and versatile dish made by soaking chia seeds in liquid, such as milk or a plant-based alternative, until they form a gel-like consistency. Often sweetened and flavored with ingredients like vanilla, honey, or fruit, chia pudding is typically served as a nutritious breakfast or dessert.
5	Salmon bagel	Breakfast or brunch dish made by layering smoked salmon on a sliced and toasted bagel, typically spread with cream cheese. Often garnished with toppings such as capers, red onions, & fresh dill, this savory meal combines creamy, smoky, & tangy flavors.
6	Energy smoothie	Nutritious drink made by blending fruits, vegetables, and other ingredients like yogurt, milk, or a plant-based alternative. Often enhanced with protein powder, nuts, seeds, or greens for an extra boost, this smoothie is designed to provide sustained energy and essential nutrients, making it a popular choice for breakfast or a post-workout snack.
7	Breakfast burrito	Flour tortilla wrapped around a filling of scrambled eggs, cheese, and other ingredients such as sausage, potatoes, beans, and vegetables. Often served with salsa, sour cream, or avocado, this savory and customizable dish is perfect for a quick and satisfying breakfast.
8	Menmen	Traditional Turkish dish made by cooking scrambled eggs with tomatoes, green peppers, and onions, seasoned with spices like paprika and pepper. Often enjoyed for breakfast or brunch, this savory and flavorful dish is typically served with bread for dipping.
9	Mezze	A selection of small dishes served as appetizers in Middle Eastern and Mediterranean cuisines. Common components include hummus, baba ghanoush, tabbouleh, falafel, dolmas, and a variety of olives and cheeses. Mezze is often enjoyed with pita bread and serves as a communal and flavorful start to a meal or as a light, shared meal on its own.
10	Hummus	Creamy and savory dip made from blended chickpeas and other ingredients.
11	Hashbrown	Crispy and golden breakfast dish made from grated or finely chopped potatoes, often mixed with onions and seasoning, then fried until browned and crunchy. Hashbrowns are commonly served as a side dish in American breakfasts, complementing eggs, bacon, and other breakfast items.

Breakfast DB Table Samples

BLOG_INGREDIENT

(blog. blog_id)	ingredient. ingredient_id)	quantity	unit	Explanation
1	1	3	whole	Rolled Omelet: eggs
1	2	2	tblsp	Rolled Omelet: soy sauce
1	3	1	tblsp	Rolled Omelet: vegetable oil
1	4	1	tsp	Rolled Omelet: salt
1	5	1	tsp	Rolled Omelet: sugar
1	6	1	cup	Rolled Omelet: Dashi stock
2	1	2	whole	Boiled Egg: eggs
2	7	2	cups	Boiled Egg: water
3	1	4	whole	Shakshuka: eggs
3	8	1	whole	Shakshuka: onion
3	9	1	whole	Shakshuka: bell pepper
3	4	2	tblsp	Shakshuka: olive oil
3	10	1	tsp	Shakshuka: chili powder
3	11	1	tsp	Shakshuka: cumin
3	12	1	tsp	Shakshuka: paprika
3	13	2	tblsp	Shakshuka: parsley
3	14	2	cloves	Shakshuka: garlic
4	15	1	cup	Chia Pudding: chia seeds
4	16	1	cup	Chia Pudding: milk
5	17	2	slices	Salmon Bagel: lox
5	18	1	whole	Salmon Bagel: avocado
5	19	1	whole	Salmon Bagel: bagel
11	5	2	whole	Hashbrown: potatoes
11	4	2	tblsp	Hashbrown: olive oil

(blog. blog_id)	ingredient. ingredient_id)	quantity	unit	Explanation
6	20	1	cup	Energy Smoothie: spinach
6	21	1	whole	Energy Smoothie: banana
6	22	1	tblsp	Energy Smoothie: honey
6	23	1	tblsp	Energy Smoothie: flaxseeds
7	24	1	whole	Breakfast Burrito: tortilla wrap
7	1	2	whole	Breakfast Burrito: eggs
7	5	1	whole	Breakfast Burrito: potatoes
8	1	3	whole	Menmen: eggs
8	9	2	whole	Menmen: tomatoes
8	8	1	whole	Menmen: onion
8	4	1	tsp	Menmen: salt
8	6	1	tsp	Menmen: pepper
8	25	2	tblsp	Menmen: tomato paste
8	26	1	whole	Menmen: Simit
9	27	1	whole	Mezze: eggplant
9	10	2	tblsp	Mezze: hummus
9	28	1	whole	Mezze: chicken breast
9	29	1	whole	Mezze: fig
9	30	1	whole	Mezze: cucumber
9	9	2	whole	Mezze: tomatoes
9	31	1	cup	Mezze: olives
9	32	1	cup	Mezze: feta cheese
10	33	2	cups	Hummus: ground chickpeas
10	4	2	tblsp	Hummus: olive oil

BLOG_INGREDIENT_ALT

(blog.blog_id)	ingredient.standard_ingredient_id)	ingredient.alt_ingredient_id)
11	4	3
1	3	4
2	1	2
3	4	3
4	16	34
5	19	35

(blog.blog_id)	ingredient.standard_ingredient_id)	ingredient.alt_ingredient_id)
6	22	36
7	5	37
8	26	38
9	27	39
10	33	40
11	4	3