Brainstorming

users_id
login_name
email address
first name
last name
DOB
password... own table

recipes_id
name
created date
instructions
public = bool

ingredients_id
name
description

grocery list
users_id
ingredients_id
amount

occasions_id
name
date
description
repeating = bool

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user - recipes connection
recipes - ingredients connection
user - occasions
occasions - recipes
user - grocery list