

FK - foreign key

dishes		
id	name	quantity
int	text	numeric(4,1)
primary key FK of recipes.dish_id		

ingredients					
id	name	unit	amount	pantry_id	store_id
int	text	text	numeric(5,2)	int	int
primary key FK of recipes.ingredient_id				FK to pantry.id	FK to shaws.id

recipes			
id	dish_id	ingredient_id	quantity
int	int	int	numeric(6,3)
PK	FK to dishes.id	FK to ingredients.id	

pantry		
id	sequence	description
int	int	text
PK FK of ingredients.pantry_id		

store		
id	sequence	description
int	int	text
PK FK of ingredients.store_id		