users

public

user_id	serial
email	varchar
password	varchar
first_name	varchar
last_name	varchar

grocery_list serial grocery_id user_id integer recipes_id integer vegetables text meats text fruits text wheats text seasonings text

recipes_id serial user_id integer ingredients text instructions text

boolean

viewable	
viewable_id	serial
recipes_id	integer
user_id	integer

serial
integer
date
text