

```
mysql> select *from foodt;
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Food Item				Nutritional Information		
id	name	time	dtype	cal	tot_fat	sugar
sodium	protein	sat_fat	carbs			
1	Pancakes	15	Vegan	264	5	8
717	5	1	50			
2	Greek Salad	20	Vegetarian	265	22	6
538	6	6	14			
3	Potato Wedges	45	Vegan	225	7	2
13	4	1	38			
4	Fried Chicken	45	Non-Vegetarian	887	80	0
389	30	11	14			
5	Shrimp Salad	80	Non-Vegetarian	363	30	4
388	17	5	7			
6	Margherita Pizza	40	Vegetarian	551	26	5
1183	29	11	55			

```
6 rows in set (0.00 sec)
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```
mysql> select * from ingredients;
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ing_id	ing_name
1	Olive Oil
2	Garlic
3	Salt
4	Tomato
5	Pizza crust
6	Feta Cheese
7	Mozzarella Cheese
8	Shrimp
9	Onion
10	Lemon Juice
11	Pepper
12	Mayonnaise
13	All-Purpose Flour
14	Egg
15	Chicken
16	Vegetable Oil
17	Potato
18	Oregano
19	Lettuce
20	Olives
21	Bell Pepper
22	Sugar
23	Baking Powder
24	Water

24 rows in set (0.00 sec)

```
mysql> select * from containst;
```

fid	ing_id
1	13
1	22
1	23
1	3
1	24
1	16
2	19
2	9
2	20
2	21
2	4
2	18
2	1
2	10
2	11
3	17
3	1
3	18
3	3
3	11
4	13
4	18
4	3
4	11
4	14
4	15
4	16
5	8
5	9
5	10
5	3
5	11
5	12
5	4
6	1
6	2
6	3
6	4
6	5
6	6
6	7

```
41 rows in set (0.00 sec)
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```
mysql> select * from ingredients_type;
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ing_id	itype
1	Oils
2	Vegetable

3	Condiment
4	Vegetable
5	Grain
6	Dairy
7	Dairy
8	Meat
9	Vegetable
10	Condiment
11	Condiment
12	Dairy
13	Grain
14	Meat
15	Meat
16	Oils
17	Vegetable
18	Condiment
19	Vegetable
20	Vegetable
21	Vegetable
22	Condiment
23	Condiment
24	Water

+-----+

24 rows in set (0.00 sec)

mysql> select \* from steps;

+-----+		
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-----+		
fid	sequence	description
+-----+		
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1	1	Sift the flour, sugar, baking powder, and salt into a large bowl. Whisk the water and oil together in a small bowl. Make a well in the center of the dry ingredients, and pour in the wet. Stir just until blended; mixture will be lumpy
1	2	Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.
2	1	In a large salad bowl, combine the Romaine, onion, olives, bell peppers, tomatoes, cucumber and cheese.
2	2	Whisk together the olive oil, oregano, lemon juice and black pepper. Pour dressing over salad, toss and serve.



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17 rows in set (0.00 sec)