

Users

userName: string
fullName: string
password: string
symptomRating: [symptonScores]
savedRecipes: [Recipes]
savedIngredients:[Ingredients]

Ingredients

ingredientName: string
omegaSixContent: number
omegaThreeContent: number
dhaContent: number
epaContent: number
omegaRatio: number
calories: number
proteinContent: number

Recipes

recipeName: string
ingredientList: [Ingredients]
cumulativeOSix: number(w constructor)
cumulativeOThree: number(w constructor)
cumulativeCalories: number(w constructor)
cumulativeProtein: number(w constructor)
instructions: string or [string]

