Recipe

PK	recipe_id: integer
IX1	title: text
	description: text
IX2	created: numeric
	steps: text

Ingredient

PK	ingredient_id: text
IX1	name: text
IX2, UK2	unit_of_measure: numeric
IX4	min_carb: real
IX5	max_carb: real
IX6	min_protein: real
IX7	max_protein: real
IX8	min_fat: real
IX9	max_fat: real
IX10	created: numeric