

user	
PK	<u>user_id: integer</u>
IX1	created: numeric
IX2	name: text
IX3, UK1	email: text

A user can
have many recipes.

recipe	
PK	<u>recipe_id: integer</u>
IX1	title: text
	description: text
IX2	created: numeric
	steps: text
IX3	cuisine_type_id: text

each recipe has multiple
ingredients assigned
to them.

ingredient	
PK	<u>ingredient_id: text</u>
IX1	name: text
IX2	created: numeric
UK1	amount_of_recipes: numeric