ingredients

id	integer
name	varchar

recipes

id	integer
category_id	integer
name	varchar
method	text
serves	tinyint
preparation_time_m	smallint
kcal_per_serve	smallint

ingredients_quantity

recipe_id	integer
ingredient_id	integer
quantity	tinyint
amount_g	decimal(7, 2)

categories

id	integer
name	varchar

dbdiagram.io