

users			
bigint	id	PK	Source: AuthorId
varchar	name		Source: AuthorName (Unique)
varchar	password		Source: password
varchar	gender		Source: Gender
int	age		Source: Age
varchar	role		Req: ADMIN or USER (Default USER)
boolean	is_deleted		Req: Soft Delete (Default FALSE)

recipes			
bigint	id	PK	Source: RecipeId
bigint	author_id	FK	Source: AuthorId
varchar	name		Source: Name
text	description		Source: Description
varchar	category		Source: RecipeCategory
varchar	cook_time_iso		Source: CookTime (e.g. PT3H)
int	cook_time_sec		Derived: Integer seconds
varchar	prep_time_iso		Source: PrepTime
int	prep_time_sec		Derived: Integer seconds
timestamp	date_published		Source: DatePublished
float	aggregated_rating		Source: AggregatedRating
int	review_count		Source: ReviewCount
float	calories		
float	fat_content		
float	saturated_fat_content		
float	cholesterol_content		
float	sodium_content		
float	carbohydrate_content		
float	fiber_content		
float	sugar_content		
float	protein_content		
int	servings		Source: RecipeServings
varchar	yield		Source: RecipeYield
boolean	is_deleted		Default FALSE

user_follows			
bigint	follower_id	FK	Who is following
bigint	followee_id	FK	Who is being followed



consists of

recipe_ingredients			
bigint	id	PK	Auto Increment
bigint	recipe_id	FK	
varchar	name		Parsed from c('eggs', 'milk')
int	display_order		To maintain list order

