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1 Likes

Creation: Mar 24, 2019 at 07:00 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
URL	text		No					
Likes	json		No					

2 Lists

Creation: Mar 24, 2019 at 04:29 PM
Last update: Mar 31, 2019 at 06:11 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
UserName	varchar(32)		No			-> logins.UserName ON UPDATE RESTRICT ON DELETE CASCADE		
List	json		Yes	NULL				

Mar 31, 2019 at 08:06 PM

3 logins

Creation: Mar 21, 2019 at 04:15 PM
Last update: Mar 31, 2019 at 06:11 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
firstName	varchar(32)		Yes	NULL				
LastName	varchar(32)		Yes	NULL				
EMAIL	varchar(255)		Yes	NULL				
UserName	varchar(32)		No					
Password	varchar(64)		Yes	NULL				

Mar 31, 2019 at 08:06 PM

4 Pantry

Creation: Mar 30, 2019 at 02:50 PM
Last update: Mar 31, 2019 at 03:10 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
UserName	varchar(64)		No			-> logins.UserName ON UPDATE RESTRICT ON DELETE CASCADE		
Item	varchar(64)		No					
Amount	int(16)		No					
Unit	varchar(64)		No				ABSOLUTE	

Creation: Mar 24, 2019 at 04:11 PM
Last update: Mar 31, 2019 at 06:11 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
UserName	varchar(32)		No			-> logins.UserName ON UPDATE RESTRICT ON DELETE CASCADE	User Name linked by logins	
Balanced	tinyint(1)		No	0			Protein/Fat/Carb values in 15/35/50 ratio	
High-Fiber	tinyint(1)		No	0			More than 5g fiber per serving	
High-Protein	tinyint(1)		No	0			More than 50% of total calories from proteins	
Low-Carb	tinyint(1)		No	0			Less than 20% of total calories from carbs	
Low-Fat	tinyint(1)		No	0			Less than 15% of total calories from fat	
Low-Sodium	tinyint(1)		No	0			Less than 140mg Na per serving	
Alcohol-free	tinyint(1)		No	0			No alcohol used or contained	
Celery-free	tinyint(1)		No	0			does not contain celery or derivatives	
Crustacean-free	tinyint(1)		No	0			does not contain crustaceans (shrimp, lobster etc.) or derivatives	
Dairy	tinyint(1)		No	0			No dairy; no lactose	
Eggs	tinyint(1)		No	0			No eggs or products containing eggs	
Fish	tinyint(1)		No	0			No fish or fish derivatives	
Gluten	tinyint(1)		No	0			No ingredients containing gluten	
Kidney-friendly	tinyint(1)		No	0			per serving – phosphorus less than 250 mg AND potassium less than 500 mg AND sodium: less than 500 mg	
Kosher	tinyint(1)		No	0			contains only ingredients allowed by the kosher diet. However it does not guarantee kosher preparation of the ingredients themselves	
Low-potassium	tinyint(1)		No	0			Less than 150mg per serving	
Lupine-free	tinyint(1)		No	0			does not contain lupine or derivatives	
Mustard-free	tinyint(1)		No	0			does not contain mustard or derivatives	
No-oil-added	tinyint(1)		No	0			No oil added except to what is contained in the basic ingredients	
No-sugar	tinyint(1)		No	0			No simple sugars – glucose, dextrose, galactose, fructose, sucrose, lactose, maltose	
Paleo	tinyint(1)		No	0			Excludes what are perceived to be agricultural products; grains, legumes, dairy products, potatoes, refined salt, refined sugar, and processed oils	
Peanuts	tinyint(1)		No	0			No peanuts or products containing peanuts	
Pescatarian	tinyint(1)		No	0			Does not contain meat or meat based products, can contain dairy and fish	

Pork-free	tinyint(1)		No	0			does not contain pork or derivatives	
Red-meat-free	tinyint(1)		No	0			does not contain beef, lamb, pork, duck, goose, game, horse, and other types of red meat or products containing red meat.	
Sesame-free	tinyint(1)		No	0			does not contain sesame seed or derivatives	
Shellfish	tinyint(1)		No	0			No shellfish or shellfish derivatives	
Soy	tinyint(1)		No	0			No soy or products containing soy	
Sugar-conscious	tinyint(1)		No	0			Less than 4g of sugar per serving	
Tree Nuts	tinyint(1)		No	0			No tree nuts or products containing tree nuts	
Vegan	tinyint(1)		No	0			No meat, poultry, fish, dairy, eggs or honey	
Vegetarian	tinyint(1)		No	0			No meat, poultry, or fish	
Wheat-free	tinyint(1)		No	0			No wheat, can have gluten though	

Mar 31, 2019 at 08:06 PM

Pantry

UserName
Item
Amount
Unit

Preferences

UserName
Balanced
High-Fiber
High-Protein
Low-Carb
Low-Fat
Low-Sodium
Alcohol-free
Celery-free
Crustacean-free
Dairy
Eggs
Fish
Gluten
Kidney-friendly
Kosher
Low-potassium
Lupine-free
Mustard-free
No-oil-added
No-sugar
Paleo
Peanuts
Pescatarian
Pork-free
Red-meat-free
Sesame-free
Shellfish
Soy
Sugar-conscious
Tree Nuts
Vegan
Vegetarian
Wheat-free

Likes

URL
Likes

Lists

UserName
List

logins

firstName
LastName
EMAIL
UserName
Password