Brainstorming:

Users:
-user_id
-user_name
-password
-email
-phone #

Groceries:
-grocery_id PRIMARY
-user_id
-food_item

Recipe:
-recipe_id
-user_id
-recipe_name

Post:
-post_id
-user_id
-recipe_id
-text
-timestamp

Comment:
-comment_id
-user_id
-post_id
-comment

Relationships

One-one
Groceries
Comment
One-Many
Users

Many-Many
Posts
Recipe


```sql
CREATE TABLE Users (
  user_id SERIAL PRIMARY KEY,
  username VARCHAR(30),
  password TEXT,
  email VARCHAR(30),
  phone_number INTEGER
  );

CREATE TABLE Groceries (
  grocery_id SERIAL PRIMARY KEY,
  user_id INTEGER REFERENCES Users(user_id),
  food_item VARCHAR(30)
  );

CREATE TABLE recipe (
  recipe_id SERIAL PRIMARY KEY,
  grocery_id INTEGER REFERENCES Groceries(grocery_id),
  user_id INTEGER REFERENCES Users(user_id),
  recipe_name VARCHAR(30)
  );

CREATE TABLE post (
  post_id SERIAL PRIMARY KEY,
  user_id INTEGER REFERENCES users(user_id),
  recipe_id INTEGER REFERENCES recipe(recipe_id),
  comment_id INTEGER REFERENCES comment(comment_id)
  text TEXT,
  timestamp TIMESTAMP
  );
```
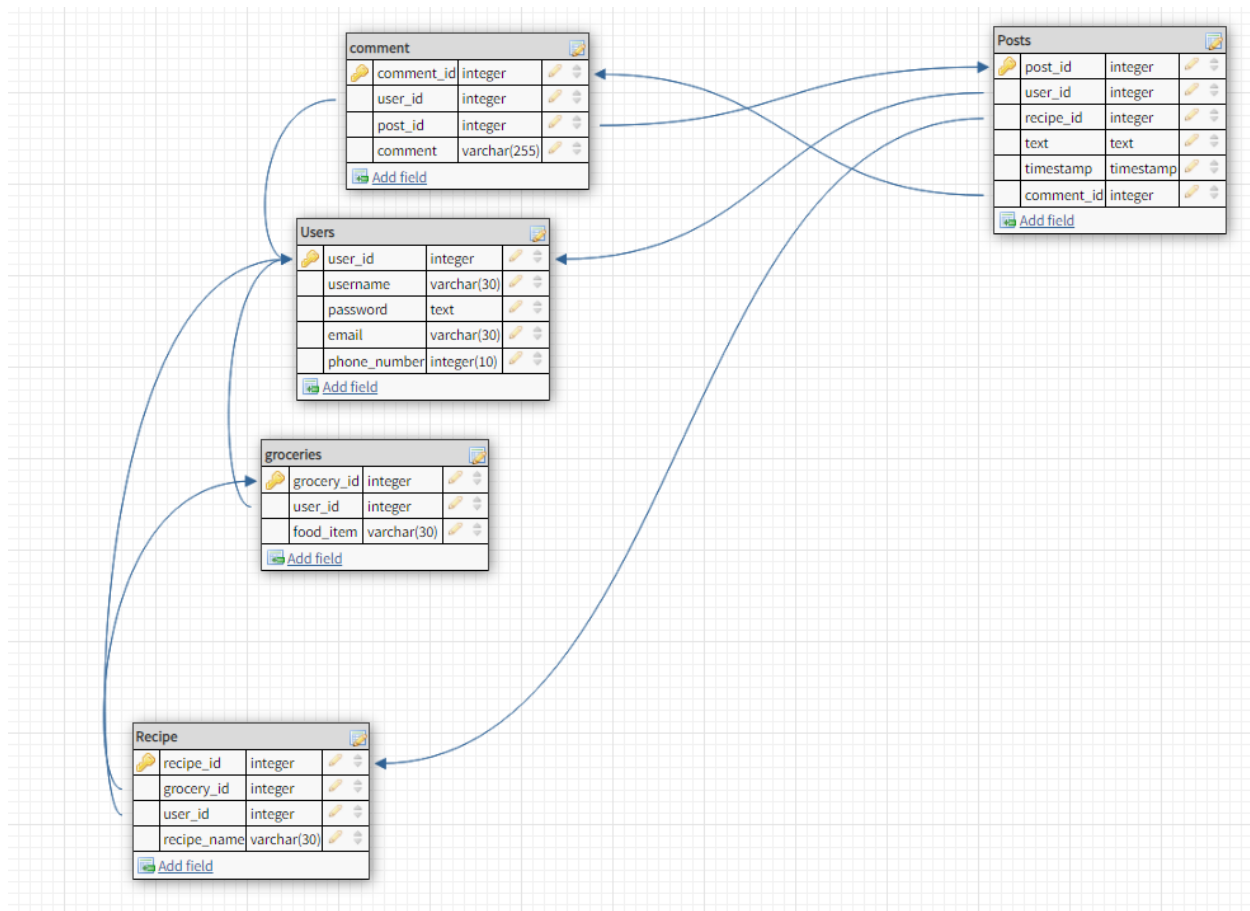
```
CREATE TABLE comment (
  comment_id SERIAL PRIMARY KEY,
  user_id INTEGER REFERENCES users(user_id),
  post_id INTEGER REFERENCES post(post_id),
  comment VARCHAR(255)
  );
```


Intermediate

```
INSERT INTO users (username, password, email, phone_number)
VALUES ('godman123', 'eaterofman123', '90cranker@gmail.com', '911-911-9111');
```

```sql
INSERT INTO groceries (food_item)
VALUES ('pear'), ('apple'), ('carrot');
```