

recipes	
O id	serial
O name	string
O author_id	integer
O ingredients	text
O instructions	text

authors	
O id	serial
O first_name	string
O email	string

teams	
O id	serial
O name	string

players	
O id	serial
O name	string
O team_id	integer

members	
O id	serial
O username	string

cars	
O id	serial
O model	string
O user_id	integer