

**tblCuisine**

cuisine_id	geography
1	Korean
2	French
3	Italian
5	Moroccan

**tblIngredients**

ingredient_id	ingredient
1	Beef
2	Tomato Sauce
3	Snails
4	Cabbage
5	Penne
6	Onions
7	White beans
8	Duck
9	Tomato
10	Flour

**tblRecipes**

recipe_id	recipe	cuisine_id
1	Penne a la vodka	3
2	Pizza	NULL
3	Cassoulet	2
4	Bulgogi	1
5	Kimchi	1
7	Escargot	2

**tblGroceryList**

recipe_id	ingredient_id	quantity
4	6	2
4	1	1
5	6	1
5	4	3
3	6	2
3	7	100
3	8	2
2	9	7
2	10	1