Data Ideas
- User info (profile id, email, password)
- Recipes, Ingredients (varchar)
  - Instructions (text)
  - User
- Public/private (boolean)
- Grocery list (text)
  - Link ingredients
  - User
- Occasions
  - Link recipes
  - User

Table Ideas

User: holds profile id, email, password
Recipes: holds recipe id, recipe name, instructions, user id, public/private, ingredient id
Recipes Ingredients: junction table
Ingredients: holds ingredient id, user id, ingredient name
Grocery List: holds grocery id, ingredient id, user id
Grocery List Ingredients: junction table
Occasions: holds occasion id, occasion name, recipe id, user id
Occasions Recipes: junction table

Relationships

One-To-One
- Grocery List to user

One-To-Many
- User to ingredients
- User to recipe
- User to occasions

Many-To-Many
- Ingredients to recipe
- Ingredients to grocery list
- Recipe to occasion

SQL:

```sql
CREATE TABLE users (
  user_id SERIAL PRIMARY KEY,
  email VARCHAR(50),
  password VARCHAR(200)
);

CREATE TABLE grocery_list (
  grocery_list_id SERIAL PRIMARY KEY,
  user_id INTEGER NOT NULL REFERENCES users(user_id)
);

CREATE TABLE ingredients (
  ingredient_id SERIAL PRIMARY KEY,
  ingredient_name VARCHAR(25),
  user_id INTEGER NOT NULL REFERENCES users(user_id)
);

CREATE TABLE groceries_ingredients (
  groceries_ingredients_id SERIAL PRIMARY KEY,
  grocery_list_id INTEGER NOT NULL REFERENCES grocery_list(grocery_list_id),
  ingredient_id INTEGER NOT NULL REFERENCES ingredients(ingredient_id)
);

CREATE TABLE recipes (
  recipe_id SERIAL PRIMARY KEY,
  recipe_name VARCHAR(50),
  instructions TEXT,
  user_id INTEGER NOT NULL REFERENCES users(user_id),
  public BOOLEAN
);

CREATE TABLE recipes_ingredients (
  recipes_ingredients_id SERIAL PRIMARY KEY,
  recipe_id INTEGER NOT NULL REFERENCES recipes(recipe_id),
  ingredient_id INTEGER NOT NULL REFERENCES ingredients(ingredient_id)
);

CREATE TABLE occasions (
  occasion_id SERIAL PRIMARY KEY,
  occasion_name VARCHAR(50),
  user_id INTEGER NOT NULL REFERENCES users(user_id)
);
```

```sql
CREATE TABLE occasions_recipes (
  occasions_recipe_id SERIAL PRIMARY KEY,
  occasion_id INTEGER NOT NULL REFERENCES occasions(occasion_id),
  recipe_id INTEGER NOT NULL REFERENCES recipes(recipe_id)
);


INSERT INTO users (email, password)
VALUES ('rickybobby@winnerwinner.com', 'if you ain"t first you"re last');

INSERT INTO recipes (recipe_name, instructions, user_id, public)
VALUES ('bounteous taco bell', 'drive to tacobell', 1, FALSE);

INSERT INTO users (email, password)
VALUES ('heman@gmail.com', 'aaaahhhAAAAAAA'),
('lebron@theking.org', 'LiveLaughLove'),
('jasonbourne@yahoo.com', 'me');
```