```
CREATE TABLE users (
 user_id SERIAL PRIMARY KEY,
 password VARCHAR(30),
 email VARCHAR (50),
 userfirstname VARCHAR(50),
 userlastname VARCHAR(50)
);
CREATE TABLE ingredients(
 ingredient id SERIAL PRIMARY KEY,
 ingredient name VARCHAR(30)
);
CREATE TABLE ingredientslists(
  ingredientlist id SERIAL PRIMARY KEY,
  Ingredientslist_num INT,
  ingredientname INT NOT NULL REFERENCES ingredients(ingredient_id)
);
CREATE TABLE instructions(
 instructions id SERIAL PRIMARY KEY,
 instructions_name VARCHAR(30),
 instructions ingredients INT NOT NULL REFERENCES ingredients(ingredient id),
 instructions text VARCHAR(500)
);
CREATE TABLE recipes (
 recipe id SERIAL PRIMARY KEY,
 recipe name VARCHAR(30),
 recipe_author INT NOT NULL REFERENCES users(user_id),
 recipe_instructions INT NOT NULL REFERENCES instructions(instructions_id)
);
CREATE TABLE grocerylists (
 grocerylist id SERIAL PRIMARY KEY,
 user_id INT NOT NULL REFERENCES users(user_id),
 grocerylistingredients INT NOT NULL REFERENCES ingredientslists(ingredientlist id)
);
CREATE TABLE occasions(
 occasion_id SERIAL PRIMARY KEY,
 user id INT NOT NULL REFERENCES users(user id),
 recipe_id INT NOT NULL REFERENCES recipes(recipe_id)
```

```
INSERT INTO users(password, email, userfirstname, userlastname)
VALUES ('1234', 'bob@bob.bob', 'bob', 'joe'),('5678', 'phil@yo.dude', 'phil', 'dude'),
('9012', 'tate@iam.awesome', 'tate', 'frost'),('3456', 'joe@gov', 'joe', 'bo');
INSERT INTO ingredients(ingredient_name)
VALUES ('flour'),('milk'),('eggs'),('sugar'),('yeast'),('salt');
INSERT INTO ingredientslists(ingredientslist_num, ingredientname)
VALUES (1, 1), (1, 2), (1, 3);
INSERT INTO instructions(instructions_name, instructions_ingredients, instructions_text)
VALUES ('MUSH', 1, 'put stuff in bowl, done');
INSERT INTO recipes (recipe_name, recipe_author, recipe_instructions)
VALUES ('SCHLOP', 2, 1);
INSERT INTO grocerylists (user_id, grocerylistingredients)
VALUES (3, 1);
```

INSERT INTO occasions (user_id, recipe_id)

VALUES (4, 1);