Brainstorm
    Users
    Recipe
    Ingredients
    Instructions
    Grocery list
    Occasion
    Accessible

Table Ideas
Users
- Id
- Email (unique)
- Password

Recipe
- Id
- Name (of the recipe) (unique)
- user (fk to users_id) (unique)
- Ingredients (fk to igredients_id)
- Directions (fk to instructions_id)
- Accessible (boolean, public or private)
- Description (what the recipe is)

Recipe-ingredients
- Id
- Recipe (fk recipe_id)
- Ingredients (fk ingredients_id)

Ingredients
- Id
- List (fk to grocery_list_id)
- Ingredients
- nutrition

Instructions
- Id
- Data

Grocery list
- Id
- List
- Recipe list (fk to recipe_id)

Occasion
- Id
- Occasion

Relationships
- **One - to - one**
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