Brainstorming:

User id
User email
User password
Recipe name
Recipe instructions
Recipe id
Recipe ingredient count?
Ingredient name
Viewing posts
Viewing id
Occasion group?
Grocery items (user id, ingredient id)

Tables:

User: user id, user email, user password,(will hold information on the given user), grocery id, grocery date,
Ingredients: ingredient id, ingredient name, (each row will be an individual ingredient, maybe it's allergen qualities?)
Recipe: recipe id, user id, recipe name, ingredient id, private/public(the recipe table will contain the recipe id and user id along with the ingredients used in the recipe,
***Viewing:** viewingId, *user id,* recipe id(this table will show the user of a given public recipe)
Occasion Group: occasion id, recipe id, viewing id, user id(this will contain group ideas of a given recipe and those who wanna follow the group,)
Grocery: grocery id, ingredient id, user id,

Relationships:

ONE-TO-ONE:
User: A user

ONE-TO-MANY:
A user can have many recipes and a recipe belongs to one user.
 A recipe can have many views and an individual view belongs to a recipe.
A user can have many grocery lists and a grocery list can have one user.
MANY-TO-MANY:
An ingredient can have many users and many users can have an ingredient.
A grocery list can have many ingredients and many ingredients can be in a grocery list