-- Inserting into Users table

INSERT INTO Users (Username, Password, DateOfBirth, email, UserRole)

VALUES

('user1', 'strongpass', '1994-01-01', 'user1@example.com', 'admin'),

('user2', 'strongerpass', '1994-01-02', 'user@example.com', 'admin'),

('user3', 'strongestpass', '1994-01-03', 'user3@example.com', 'admin');

-- Inserting into Categories table

INSERT INTO Categories (CategoryName)

VALUES

('African Dishes'),

('Vegetarian'),

('Breakfast');

-- Inserting into Recipes table

INSERT INTO Recipes (CategoryID, UserID, DishName, TotalCookingTime, Description, Rating)

VALUES

(1, 3, 'Fried Rice', '1h 20min', 'Delicious Nigerian meal', '4.8'),

(2, 5, 'Corn Salad', '30 mins', 'Creamy and refreshing', '4.8'),

(3, 6, 'Scrambled Eggs', '15 mins', 'Mouth-watering and light', '4.2');

-- Inserting into Ingredients table

INSERT INTO Ingredients (IngredientName)

VALUES

('Rice'),

('Vegetable Oil'),

('Onions'),

('Carrots'),

('Green Peas'),

('Bell Peppers'),

('Salt'),

('Seasoning Cubes'),

('Sweet Corn'),

('Tomatoes'),

('Cucumbers'),

('Red Onion'),

('Feta Cheese'),

('Olive Oil'),

('Lemon Juice'),

('Eggs'),

('Milk'),

('Butter'),

('Black Pepper'),

('Chives');

-- Inserting into RecipeIngredients table

INSERT INTO RecipeIngredients (RecipeID, IngredientID, Quantity, MeasurementUnit)

VALUES

(1, 1, '2 cups', 'cups'),

(1, 2, '2 tablespoons', 'tablespoons'),

(1, 3, '1 large', 'large'),

(1, 4, '2 medium', 'medium'),

(1, 5, '1 cup', 'cup'),

(1, 6, '2', ''),

(1, 7, 'to taste', ''),

(1, 8, '2', ''),

(2, 9, '2 cups', 'cups'),

(2, 10, '2 medium', 'medium'),

(2, 11, '1', ''),

(2, 12, '1/4 cup', 'cup'),

(2, 13, '1/2 cup', 'cup'),

(2, 14, '2 tablespoons', 'tablespoons'),

(2, 15, '2 tablespoons', 'tablespoons'),

(2, 16, 'to taste', ''),

(3, 17, '4', ''),

(3, 18, '2 tablespoons', 'tablespoons'),

(3, 19, '1 tablespoon', 'tablespoon'),

(3, 7, 'to taste', ''),

(3, 20, 'to taste', ''),

(3, 21, '2 tablespoons', 'tablespoons');

-- Inserting into Instructions table

INSERT INTO Instructions (RecipeID, StepNumber, InstructionDescription)

VALUES

(1, 1, 'Wash and rinse the rice thoroughly.'),

(1, 2, 'Heat vegetable oil in a large pan or wok over medium heat.'),

(1, 3, 'Add chopped onions and sauté until translucent.'),

(1, 4, 'Stir in diced carrots and cook until slightly tender.'),

(1, 5, 'Add green peas and bell peppers, and cook for a few minutes.'),

(1, 6, 'Add washed rice to the pan and stir to combine with the vegetables.'),

(1, 7, 'Season with salt and seasoning cubes, and stir well.'),

(1, 8, 'Pour in water and bring to a boil. Cover and simmer until rice is cooked through.'),

(2, 1, 'In a large bowl, combine sweet corn, diced tomatoes, and sliced cucumbers.'),

(2, 2, 'Add thinly sliced red onion and crumbled feta cheese to the bowl.'),

(2, 3, 'Drizzle olive oil and lemon juice over the salad ingredients.'),

(2, 4, 'Season with salt to