SETTING UP APPLICATION ENVIRONMENT:

CREATE FLASK PROJECT:

CREATE IBM CLOUD ACCOUNT:
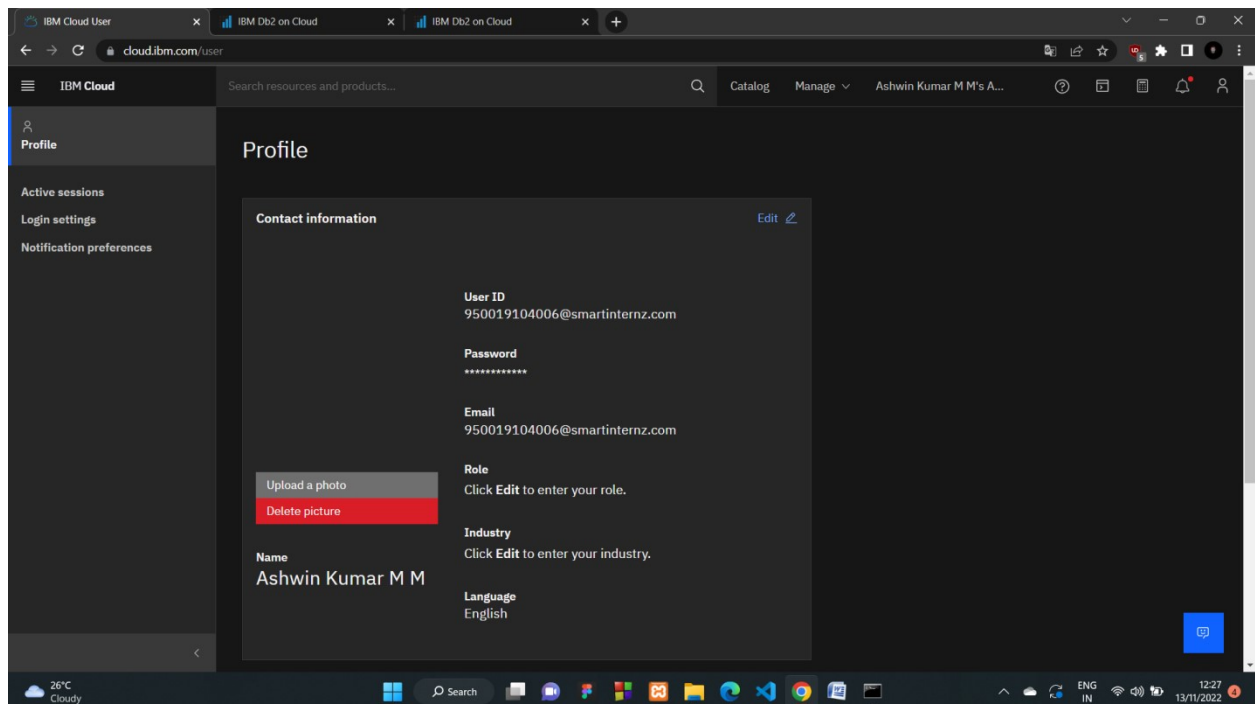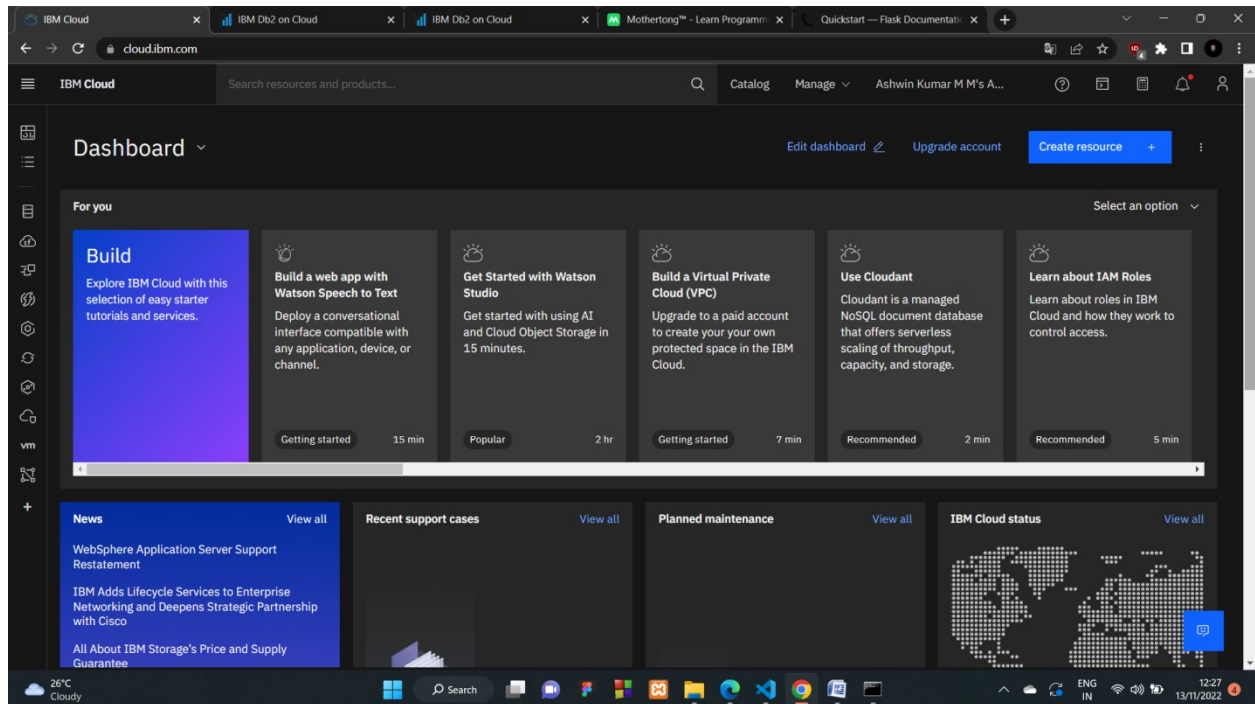
DOCKER AND CLI INSTALLATION :

INTERFACE:
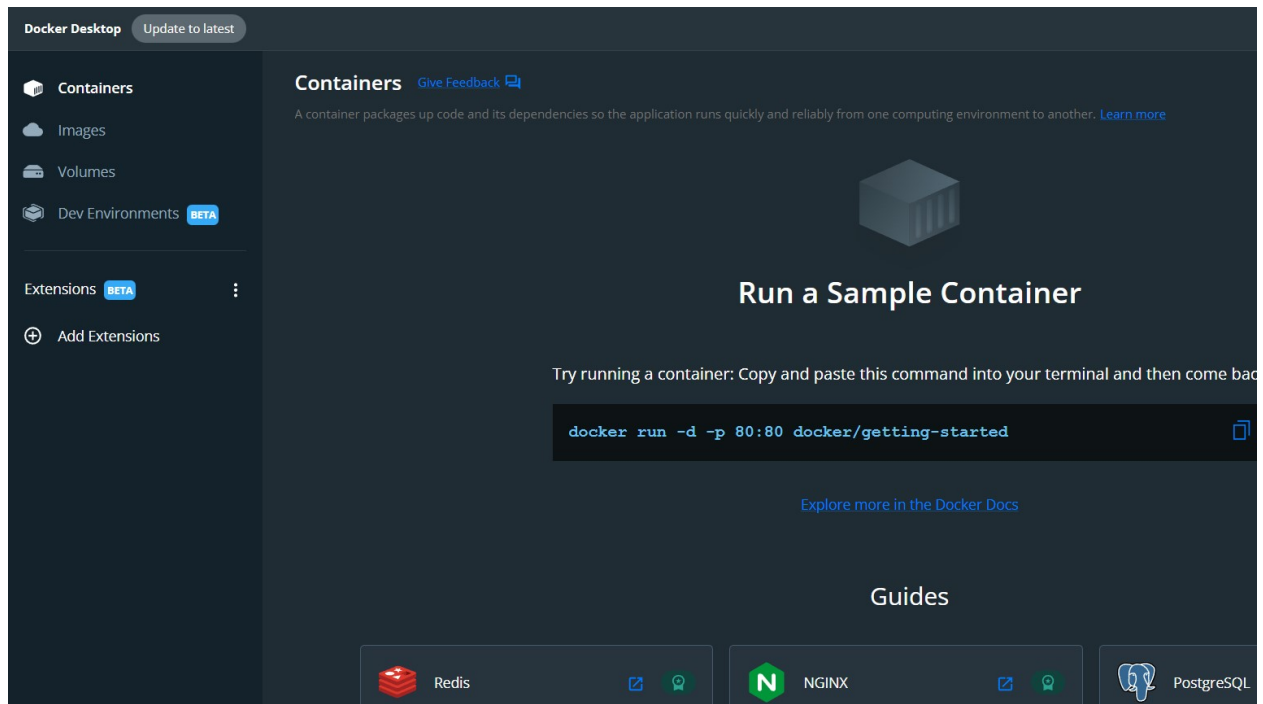
IMAGES:
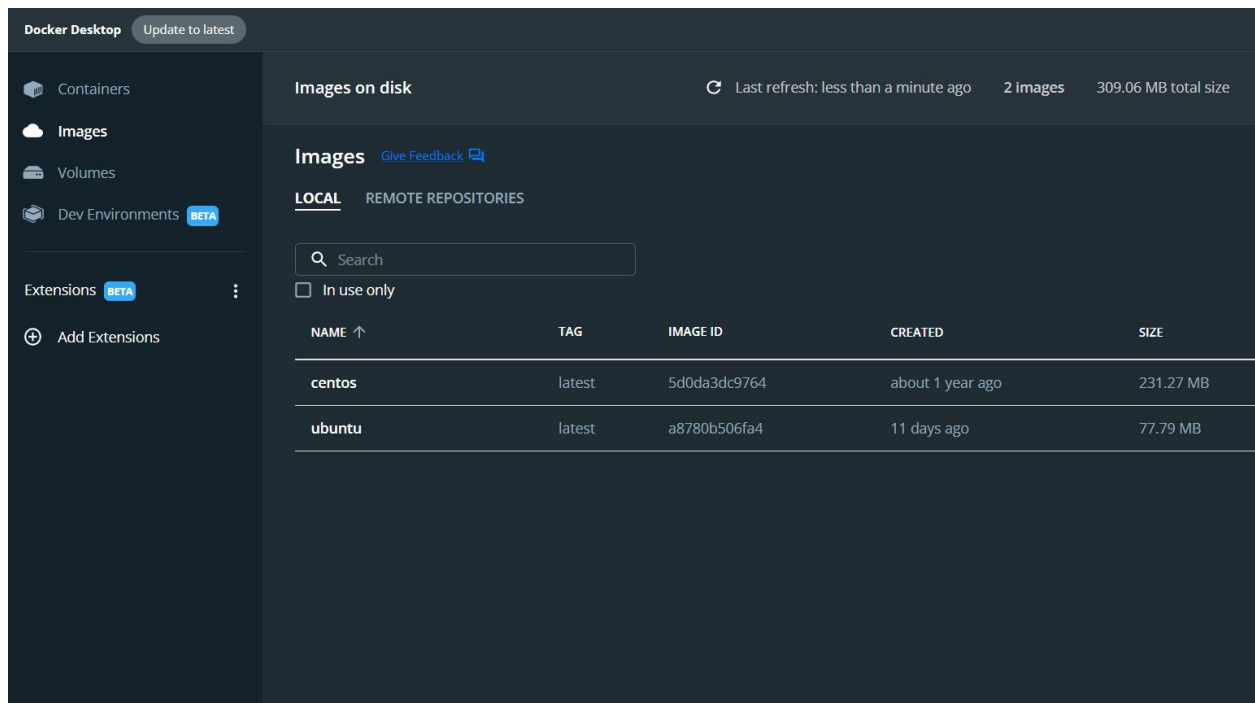
INSTALLATION:

```
Command Prompt
Microsoft Windows [Version 10.0.22000.1219]
(c) Microsoft Corporation. All rights reserved.

C:\Users\Lakshmanan>docker

Usage:  docker [OPTIONS] COMMAND

A self-sufficient runtime for containers

Options:
      --config string      Location of client config files (default
                           "C:\\Users\\Lakshmanan\\.docker")
  -c, --context string     Name of the context to use to connect to the
                           daemon (overrides DOCKER_HOST env var and
                           default context set with "docker context use")
  -D, --debug              Enable debug mode
  -H, --host list          Daemon socket(s) to connect to
  -l, --log-level string   Set the logging level
                           ("debug"|"info"|"warn"|"error"|"fatal")
                           (default "info")
      --tls                Use TLS; implied by --tlsverify
      --tlscacert string   Trust certs signed only by this CA (default
                           "C:\\Users\\Lakshmanan\\.docker\\ca.pem")
      --tlscert string     Path to TLS certificate file (default
                           "C:\\Users\\Lakshmanan\\.docker\\cert.pem")
      --tlskey string      Path to TLS key file (default
                           "C:\\Users\\Lakshmanan\\.docker\\key.pem")
      --tlsverify          Use TLS and verify the remote
  -v, --version            Print version information and quit

Management Commands:
  builder     Manage builds
  buildx*     Docker Buildx (Docker Inc., v0.9.1)
  compose*    Docker Compose (Docker Inc., v2.10.2)
  config      Manage Docker configs
  container   Manage containers
  context     Manage contexts
  extension*  Manages Docker extensions (Docker Inc., v0.2.9)
  image       Manage images
  manifest    Manage Docker image manifests and manifest lists
  network     Manage networks
  node        Manage Swarm nodes
```

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Command Prompt
  search      Search the Docker Hub for images
  start       Start one or more stopped containers
  stats       Display a live stream of container(s) resource usage statistics
  stop        Stop one or more running containers
  tag         Create a tag TARGET_IMAGE that refers to SOURCE_IMAGE
  top         Display the running processes of a container
  unpause     Unpause all processes within one or more containers
  update      Update configuration of one or more containers
  version     Show the Docker version information
  wait        Block until one or more containers stop, then print their exit codes

Run 'docker COMMAND --help' for more information on a command.

To get more help with docker, check out our guides at https://docs.docker.com/go/guides/

C:\Users\Lakshmanan>docker ps
CONTAINER ID   IMAGE     COMMAND   CREATED   STATUS    PORTS     NAMES

C:\Users\Lakshmanan>docker pull ubuntu
Using default tag: latest
latest: Pulling from library/ubuntu
e96e057aae67: Pull complete
Digest: sha256:4b1d0c4a2d2aaf63b37111f34eb9fa89fa1bf53dd6e4ca954d47caebca4005c2
Status: Downloaded newer image for ubuntu:latest
docker.io/library/ubuntu:latest

C:\Users\Lakshmanan>docker images
REPOSITORY   TAG       IMAGE ID       CREATED       SIZE
ubuntu       latest    a8780b506fa4   10 days ago   77.8MB

C:\Users\Lakshmanan>docker pull centos
Using default tag: latest
latest: Pulling from library/centos
a1d0c7532777: Pull complete
Digest: sha256:a27fd8080b517143cbbbab9dfb7c8571c40d67d534bbdee55bd6c473f432b177
Status: Downloaded newer image for centos:latest
docker.io/library/centos:latest

C:\Users\Lakshmanan>docker ps
CONTAINER ID   IMAGE           COMMAND   CREATED             STATUS             PORTS     NAMES
6cbfb11a01b1   ubuntu:latest   "bash"    About a minute ago  Up About a minute            upbeat_greider
```
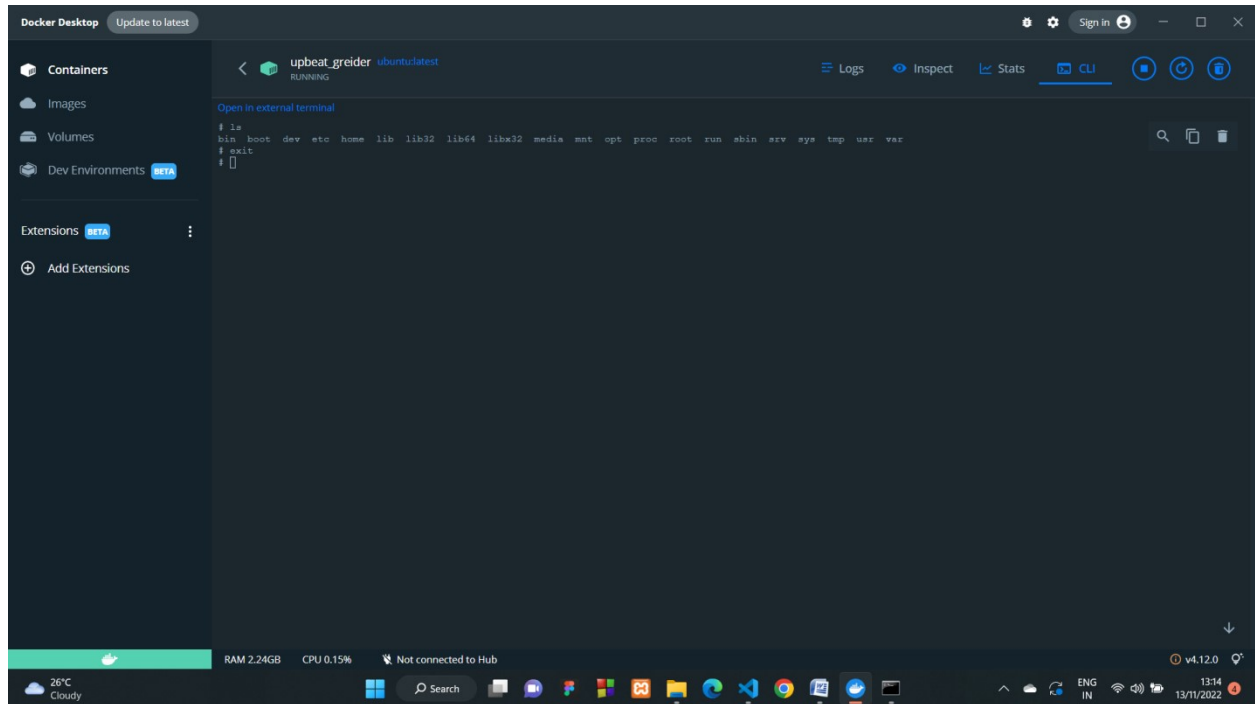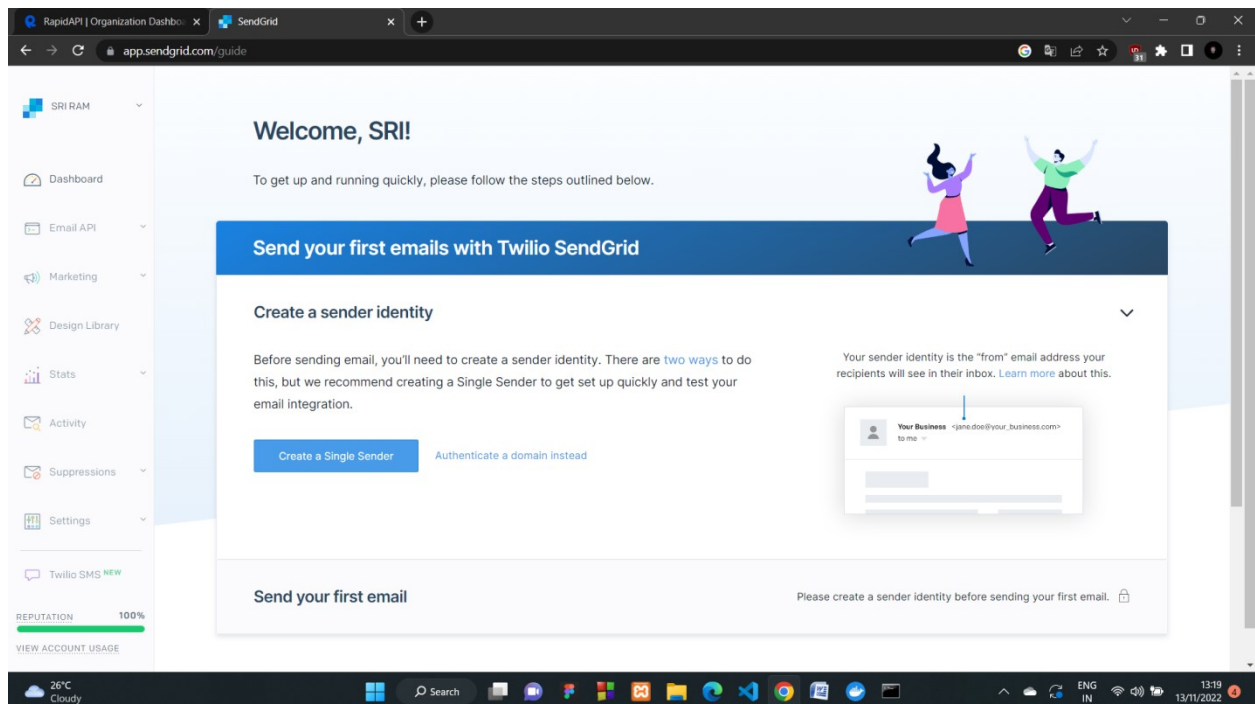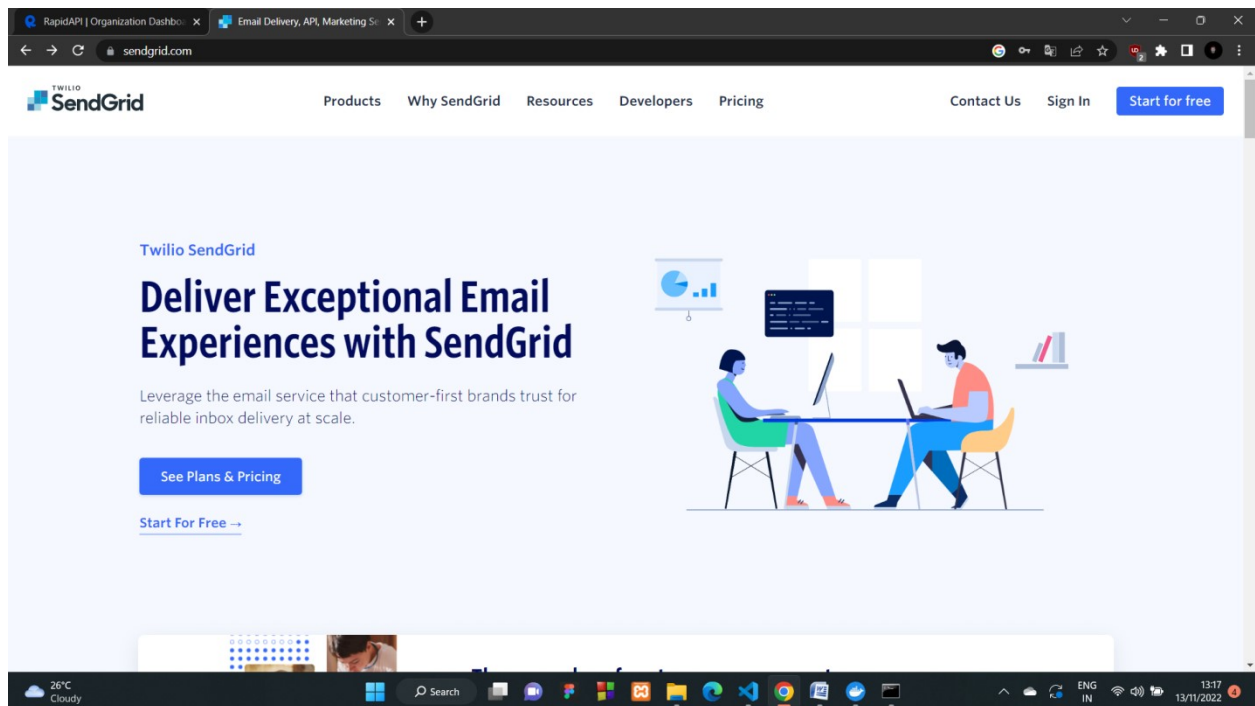
DOCKER CLI:

CREATE AN ACCOUNT IN SENDGRID:

CREATE AN ACCOUND IN NUTRITION API: