Sure, here's a step-by-step guide on how to install and run `mongosh` in CLI and Atlas:

Installation

1. **Update Homebrew**: Run the following command to make sure that Homebrew is up-to-date:

   ```
   brew update
   ```

2. **Tap MongoDB Homebrew**: To access the MongoDB formulae for Homebrew, you need to tap it first with this command:

   ```
   brew tap mongodb/brew
   ```

3. **Install MongoDB Atlas**: You can install MongoDB Atlas by running the following command:

   ```
   brew install mongodb-atlas
   ```

4. **Setup Atlas**: After installing MongoDB Atlas, you need to set it up using this command:

   ```
   atlas setup
   ```

5. **Install MongoDB Community Edition**: To install the MongoDB Community Edition, you can use this command:

   ```
   brew install mongodb-community@7.0
   ```

Running

1. **Start MongoDB Service**: You can start the MongoDB service by running this command:

   ```
   brew services start mongodb-community@7.0
   ```

2. **List All Services**: To confirm that the MongoDB service has started, you can list all services with this command:

   ```
   brew services list
   ```

3. **Check Mongosh Version**: Before running `mongosh`, it's a good practice to check its version first:

   ```
   mongosh --version
   ```

4. **Run Mongosh**: Finally, you can run `mongosh` with this simple command:

   ```
   mongosh
   ```

Please make sure to run these commands in the given order for a successful setup.