Steps to install Qiskit from scratch:

1. Install the latest version of qiskit: https://www.python.org/downloads/
2. Install Anaconda through which you can access Jupyter notebook to run your python code: https://docs.anaconda.com/anaconda/install/mac-os/ Anaconda also automatically all the Python packages you'll need for Qiskit
3. Install Qiskit after installing Python and Anaconda https://qiskit.org/documentation/install.html

Introduction to Python tutorials:

1. https://www.learnpython.org/
2. https://www.geeksforgeeks.org/python-3-basics/?ref=lbp
3. https://www.youtube.com/playlist?list=PLeo1K3hjS3usILfyvQlvUBokXkHPSve6S
4.