1. Get the mfp-ionic-templates from <https://github.com/csantanapr/mfp-ionic-templates>
2. Create a new MFP server project - $ mfp create securityLabServer
3. Create a new MFP cordova project - $ mfp cordova create securityLabApp –p ios –t mfp-ionic-templates/blank
4. Navigate to server project – $ cd securityLabServer
5. Create new adapter - $ mfp add adapter – call it PeopleAdapter, choose HTTP, no to JSONStore, no to USSD
6. Open securityLabServer in a text editor. Open adapters>PeopleAdapter>PeopleAdapter-impl.js – delete everything
7. Open adapters>PeopleAdapter>PeopleAdapter.xml – delete the two procedures at the bottom and make a new one called getPeople like below  
     
    <procedure name="getPeople"/>
8. Replace protocol with ‘http’, domain with ‘api.randomuser.me’ and port ‘80’
9. Write a function in PeopleAdapter-impl.js called getPeople() and copy the code below