Create a project plan for a full-stack Kanban board application called "KanbanFlow” (the repo is in https://github.com/dnsjm/kanban-flow.git). The tech stack should be: a **React.js** frontend (using Vite, Axios, and Tailwind CSS), a **Java Spring Boot** backend (using Maven, Spring Web, Spring Data JPA, and Spring Security for JWT authentication), and a **PostgreSQL** database. The plan should cover setting up a GitHub repository, building the backend REST API with models, repositories, services, and controllers, then developing the React frontend with components for boards and tasks, including drag-and-drop functionality. Finally, outline the deployment process: hosting the PostgreSQL database on ElephantSQL, deploying the Spring Boot API to **Render**, and deploying the React frontend to **Vercel**, ensuring they are connected via environment variables.