

For macOS:

1. Install `nvm` :

- Open Terminal.
- Install

```
nvm
```

by running:

```
curl -o- https://raw.githubusercontent.com/nvm-sh/nvm/v0.39.1/install.sh | bash
```

- Close and reopen Terminal or run `source ~/.bash_profile` (or `~/.zshrc` for zsh users) to make `nvm` available.

2. Install Node.js using `nvm` :

- Install Node.js version 16.14.2:

```
nvm install 16.14.2
```

- Set it as default:

```
nvm alias default 16.14.2
```

3. Create a New React App:

- Use `npm` which comes with `npm` to create a new React application:

```
npm create-react-app my-app
```

- Replace `my-app` with the name of your project.

4. Start the React App:

- Navigate to the project directory:

```
cd my-app
```

- Start the development server:

```
npm start
```

For Windows:

1. Install `nvm-windows` :

- Go to the [nvm-windows releases page](#).
- Download `nvm-setup.zip`.
- Unzip and run the installer.
- Follow the installer prompts.

2. Install Node.js using `nvm-windows` :

- Open the command prompt as an administrator.
- Install Node.js version 16.14.2:

```
nvm install 16.14.2
```

- Set it as default:

```
nvm use 16.14.2
```

3. Create a New React App:

- Use `npx` which comes with `npm` to create a new React application:

```
npx create-react-app my-app
```

- Replace `my-app` with the name of your project.

4. Start the React App:

- Navigate to the project directory:

```
cd my-app
```

- Start the development server:

```
npm start
```