Vanilla PHP test

In vanilla PHP, please create an API, that has two controllers that interface with a database (MySQL).

Requirements:
The API accepts only requests with an accept header.
Latest PHP coding recommendations.

The controllers are:
- users
- lists

These endpoints should be available in the api
- create user (mail, name, password)
- reset password
- create list
- edit list
- add item to list
- delete list

Evaluation will consider: datamodel, routing, security, (secure) database operations, OOP, clean code, PDO.

Please note:
It is important to take note of the latest OWASP security recommendations.
It is important to secure the API.
It is important to secure the database.