

food_db

app_auth

/backups

backup_db.sh

food-mysql-1

food_project-mysql-1
mysqldump

gzip
food_db_YYYYMMDD_HHMM.sql.gz

/etc/crontab

```
0 2 * * * root /bin/bash /c/Users/lanfr144/Documents/DOPR01/Antigravity
```

```
# 1. Navigate to the project directory  
cd /c/Users/lanfr144/Documents/DOPR01/Antigravity/Food
```

```
# 2. Run the backup wrapper  
bash backup_db.sh
```

```
ls -lh backups/
```

```
ls -la backups/  
# Example Target: backups/food_db_20260521_1100.sql.gz
```

```
docker ps --filter name=mysql
```

```
# Adjust the container name ('food-mysql-1' or 'food_project-mysql-1')  
gunzip < backups/food_db_20260521_1100.sql.gz | docker exec -i food-mys
```

```
docker exec -it food-mysql-1 mysql -u food_reader -preader_pass food_db
```

```
.gz  
gzip -t backups/filename.sql.gz
```