

```
# Standard environment
docker-compose up -d
```

```
# Windows / WSL environment (if applicable)
docker-compose -f docker-compose-wsl.yml up -d
```

```
docker exec -it food-mysql-1 mysql -u root -p
```

```
    .env    MYSQL_ROOT_PASSWORD
```

```
docker exec -it food-ollama-1 bash
# Inside the container, you can run:
# ollama list
# ollama run qwen2.5:1.5b
```

```
docker logs -f food-searxng-1
```

```
docker exec -it food-zabbix-server-1 bash
```

```
docker ps
```

```
app-1      Up (healthy)          mysql                food-
```