

KitchenOwl

[Link](#)

KitchenOwl is a smart self-hosted grocery list and recipe manager.

```
version: "3"
services:
  front:
    image: tombursch/kitchenowl-web:latest
    restart: unless-stopped
    ports:
      - "80:80"
    depends_on:
      - back
  back:
    image: tombursch/kitchenowl:latest
    restart: unless-stopped
    environment:
      - JWT_SECRET_KEY=PLEASE_CHANGE_ME
    volumes:
      - kitchenowl_data:/data

volumes:
  kitchenowl_data:
```

We recommend running KitchenOwl behind a reverse proxy with HTTPS (e.g. [nginx](#) or [Traefik](#)). Some [example configurations have been contributed](#).

It is also important that you have HTTP Strict Transport Security enabled and the proper headers applied to your responses or you could be subject to a javascript hijack.

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