

First Agent Lab: Clean Up Guide

Oct 11, 2026 · @Zander Winslow

You can remove everything from the lab in about five minutes. Deleting only the AI model frees 2 GB and keeps Ollama for next time. Uninstalling Ollama removes the rest.

If you want to	Do this
Free up space but keep Ollama	Option 1 only
Remove everything from the lab	Option 1, then Option 2 for your computer

When you see a grey command, copy it, paste it into your terminal, and press Enter. Open the terminal the same way you did in the install guide.

Option 1: Delete only the AI model (every computer)

First, see which models you have and how big they are:

```
ollama list
```

Then delete the lab model:

```
ollama rm llama3.2
```

It says `deleted 'llama3.2'`. Run `ollama list` again to confirm it is gone.

You can download it again any time with `ollama pull llama3.2`.

Option 2: Uninstall Ollama on Windows

Do Option 1 first, so the 2 GB model is gone for sure.

1. Find the small llama icon near the clock in the bottom-right corner. You may need to click the up arrow to see it.
2. Right-click the icon and choose **Quit Ollama**.
3. Press the **Windows key**, type `Add or remove programs`, and press **Enter**.
4. Find **Ollama** in the list.

5. Click the three dots next to it (or click it), then click **Uninstall**. Confirm if Windows asks.

The uninstaller also deletes downloaded models, unless you changed where Ollama stores them.

Optional, to remove every trace: press **Windows key + R**, paste `%USERPROFILE%`, and press **Enter**. Your user folder opens. If you see a folder called `.ollama`, right-click it and choose **Delete**. If it is not there, it is already gone.

Option 2: Uninstall Ollama on Mac

Do Option 1 first. The commands below use `rm -rf`, which deletes straight away with no Trash and no undo. Paste them exactly; do not edit them.

1. Click the llama icon in the bar at the top of the screen and choose **Quit Ollama**.
2. Open **Finder**, click **Applications**, right-click **Ollama**, and choose **Move to Trash**.
3. Empty the Trash.
4. In Terminal, delete Ollama's models and settings:

```
rm -rf ~/.ollama
```

5. Remove the `ollama` command. Type your Mac password when asked. Nothing shows while you type; that is normal.

```
sudo rm /usr/local/bin/ollama
```

Optional, to remove every trace: Ollama's docs list a few more folders. Run each line:

```
rm -rf "$HOME/Library/Application Support/Ollama"
rm -rf "$HOME/Library/Saved Application State/com.electron.ollama.savedState"
rm -rf "$HOME/Library/Caches/com.electron.ollama"
rm -rf "$HOME/Library/Caches/ollama"
rm -rf "$HOME/Library/WebKit/com.electron.ollama"
```

These commands print nothing when they work, even for a folder that was never there.

Option 2: Uninstall Ollama on Linux

Do Option 1 first. Then run these commands one at a time, in this order, from Ollama's own uninstall steps. Type your password if asked.

Stop Ollama and remove its background service:

```
sudo systemctl stop ollama
sudo systemctl disable ollama
sudo rm /etc/systemd/system/ollama.service
```

Remove the program. Keep this order, because both lines look up where `ollama` is installed:

```
sudo rm -r $(which ollama | tr 'bin' 'lib')
sudo rm $(which ollama)
```

Remove the Ollama user and its data, which includes the models:

```
sudo userdel ollama
sudo groupdel ollama
sudo rm -r /usr/share/ollama
```

If a line says a file, user or group does not exist, that part is already gone. Move on to the next line.

Optional, to remove every trace: `rm -rf ~/.ollama` deletes the small settings folder in your home folder.

Optional extras

The `ollama` Python package. It is small, but you can remove it. Type `y` and press Enter when it asks to proceed.

Your computer	Command
Windows	<code>python -m pip uninstall ollama</code>
Mac or Linux	<code>python3 -m pip uninstall ollama</code>

If Mac or Linux says `externally-managed-environment`, run `python3 -m pip uninstall --break-system-packages ollama`.

The lab files. Delete the folder that holds `decoder_starter.py`, or keep it as a souvenir of your first agent.

What we recommend keeping:

- **Python and VS Code.** You will use them in other classes and projects.
- **On Linux, never remove Python.** Your system needs it to run, and removing it can break your computer.

Check that it is gone

Close your terminal and open a new one, then run:

```
ollama --version
```

What you see	What it means
<code>not recognized</code> (Windows) or <code>command not found</code> (Mac, Linux)	Ollama is fully removed
A version number	Ollama is still installed. Go back to Option 2 for your computer

If you only did Option 1, run `ollama list` instead. The lab model should no longer be in the list.

Sources

- [Ollama on Windows: uninstall](#)
- [Ollama on macOS: uninstall](#)
- [Ollama on Linux: uninstall](#)