

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Gabriella's Kitchen Inc. (the "Issuer", "GABY", or the "Company").

Trading Symbol: GABY

Number of Outstanding Listed Securities: 176,260,483

Date: September 6, 2019

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

GABY, a U.S.-focused, consumer packaged goods company operating a family of brands in the cannabis industry and in the mainstream grocery channel, continues to bring its proprietary, acquired and third-party brands to market in both the licensed and mainstream market.

2. Provide a general overview and discussion of the activities of management.

GABY's management continued sales and marketing efforts applicable to its products.

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

No material new products or services were developed or offered during the month of August 2019.

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

No products or services were discontinued in the month of August 2019.

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

N/A

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

With GABY's recent announcement of its acquisition of KJM Data and Research Inc., (KJM) and the accompanying 25,000 sq. ft. state-of-the-art facility in Santa Rosa which was issued a Provisional State License for Type 6 (non-volatile) manufacturing and which also recently received approval from Sonoma County for four licenses: manufacturing; cultivation; nursery; and

distribution, GABY has terminated the previously announced acquisition of The Oil Plant.

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

N/A

8. Describe the acquisition of new customers or loss of customers.

No material acquisition of new customers or loss of customers occurred during the month of August 2019 that would be outside of the ordinary course of business.

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

No new developments or effects on intangible products occurred during the month of August 2019 other than as may have occurred in the ordinary course of business.

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

No material new hirings, terminations or lay-offs took place in the month of August 2019. However, as press released on August 30, 2019, Ms. Mara Gordon resigned as Chief Research Officer. Ms. Gordon is leaving to focus her efforts on research and development of medicinal formulations. As previously announced on July 25, 2019, Mr. Shawn Ripley has taken the role of Consulting Chief Science Officer for GABY. Following Ms. Gordon's departure, Mr. Ripley's role with GABY will be expanded. Mr. Ripley is a proven scientific leader that has focused on both developing and commercializing cannabis products for various consumer markets in the U.S. and Canada. Ms. Gordon has agreed to make herself available to work with GABY to help Mr. Ripley transition into his new role of Consulting Chief Science Officer.

11. Report on any labour disputes and resolutions of those disputes if applicable.

No labour disputes or resolutions occurred during the month of August 2019.

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

No legal proceedings to which GABY became a party occurred during the month of August 2019.

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

N/A

14. Provide details of any securities issued and options or warrants granted.

No securities were issued or options or warrants granted in August 2019.

15. Provide details of any loans to or by Related Persons.

No loans were provided to or by Related Persons in the month of August 2019.

16. Provide details of any changes in directors, officers or committee members.

On August 29, 2019, GABY held its annual and special meeting of shareholders. The following were elected to the Board:

- **Margot Micallef (Chair and CEO)**
- **Jackie Altwasser**
- **Maureen Putman (new)**
- **Robert Travis**
- **Jason Kujath (Lead Director)**
- **Russell Wilson**

Further, Ms. Putman and Ms. Micallef were appointed by the Board to serve on the Governance and Nominating Committee. That Committee's current members are as follows:

Jason Kujath (Chair)
Margot Micallef
Robert Travis
Maureen Putman

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

On October 17, 2018, the use of recreational cannabis became legal in Canada however, edible cannabis products have not yet been legalized for sale in

Canada. The government of Canada has stated that edible cannabis shall become legal no later than October 17, 2019.

Cannabidiol was removed from Schedule I of the Controlled Substances Act in the United States on December 11, 2018, under the Agriculture Improvement Act of 2018.

Certificate Of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof, there was no new material information concerning the Issuer which had not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated September 6, 2019

Leanne E. Likness, Corporate Secretary

“Leanne E. Likness”

<i>Issuer Details</i>	For Month End	Date of Report
Gabriella’s Kitchen Inc.	August 2019	September 6, 2019
Issuer Address		
City/Province/Postal Code	Issuer Fax No.	Issuer Telephone No.
200, 209 - 8th Avenue SW, Calgary, Alberta T2P 1B8	N/A	(800) 674-2239
Contact Name	Contact Position	Contact Telephone No.
Margot Micallef	Founder, Chair and CEO	(800) 674-2239
Contact Email Address	Web Site Address	
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