

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: GABY

Number of Outstanding Listed Securities: 89,671,749

Date: December 6, 2018

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.

On November 2, 2018, GABY announced that its *alto*TM brand of cannabis infused products ("Infused Products") had launched in Northern California.

GABY offers a variety of *alto*[™] products including a line infused with cannabis-derived cannabinoids (including CBD and THC) which are part of GABY's "better-for-you" edibles line, the first such line to be offered, representing an entirely new approach to cannabis-infused products. The initial *alto*[™] products released consist of infused, flavored olive oils, including an extra virgin olive oil, a truffle-infused olive oil, and a garlic-infused olive oil. In addition to the flavour-infusion, all are further infused with CBD or with a combination of CBD and THC, with a dosage per bottle (8 servings per bottle) ranging from 20 mg to 72 mg of THC (2.5 mg to 5 mg per serving) and 36 mg to 96 mg of CBD (4.5 mg to 4 mg per serving). For those wishing to enjoy *alto*[™] without cannabinoids, GABY sells uninfused *alto*[™] products on its website: www.gabriellas-kitchen.com.

GABY's *alto*[™] line represents an extension of the Company's existing established portfolio of healthy and nutritional meals, sauces and other "better-for-you" products currently sold in over 3,400 mainstream retailers across the United States and Canada. The *alto*[™] products provide consumers with an innovative way to enhance their healthy living by supplementing every day ingredients with the health benefits offered by CBD and THC. In addition to this initial offering of infused oils, GABY is in various stages of development of additional and further differentiated products that it plans to launch over the coming weeks and into early 2019. The Company's Infused Products are an ideal complement to the Aunt Zelda's[™] line of topicals, tinctures and concentrates, which was acquired by GABY through the acquisition of The Oil Plant ("TOP"), the closing of which was announced on October 16, 2018.

On November 20, 2018, GABY announced that it had submitted an application to have its common shares quoted on the OTCQB Venture Market (the "OTCQB") and its intention to seek The Depositary Trust Company ("DTC") eligibility. The listing of the Company's common shares on the OTCQB remains subject to the approval of the OTCQB and the satisfaction of applicable listing requirements. The Company believes that being listed on the OTCQB will expand the Company's presence in the U.S. and provide current and future U.S.-based shareholders with greater access to, and ease of trading in, GABY's shares. The Company will continue to trade on the Canadian Securities Exchange under its existing symbol "GABY". Admission to the OTCQB is part of the long-term strategy to introduce the Company to a broader range of institutional and retail investors in the U.S. As per the above, GABY has established a strong operating base in the U.S. which includes products available in over 3,400 major retail locations, a cannabis manufacturing facility, and cannabis and mainstream distribution networks.

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

In addition to #1 above, 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.

See #1 above.

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 November 2018.

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.

No expiry or termination of contracts occurred in the month of November 2018.

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.

N/A

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.

See #1 above.

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

On November 6, 2018, GABY announced the appointment of Maureen Putman as a Special Advisor to the Company. Maureen is the former President of The Grocery and Snacks Division of The Hain Celestial Group, Inc. (NASDAQ: HAIN) and has also held the position of Chief Innovation Officer. Maureen will contribute her skills and expertise to the development and achievement of GABY's vision to penetrate and lead the mainstream market as a trusted cannabis wellness company. Maureen is particularly focussed on developing and bringing CBD-infused products to the mainstream and natural channels.

Maureen's prior experience, joining Hain as a start up and significantly contributing to its growth to over \$2.5 billion, positions her well to help guide GABY to its projected growth targets. Further, as GABY continues to expand, Maureen's knowledge and experience building brands from scratch to category leaders is an incredible value for GABY. In addition, Maureen's hands-on experience working with key retailers in the US including Kroger, Walmart, Whole Foods, Target, Safeway and Wegmans will assist GABY as it continues to grow its presence in the consumer market with its full range of health and wellness products.

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

No labour disputes occurred during the month of November 2018.

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.

N/A

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

No indebtedness was incurred by GABY in the month of November 2018.

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

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
Stock Options	300,000	Issued on November 26, 2018 at a grant price of \$0.50. The options will vest over three years, with one third vesting immediately (November 26, 2018), one third vesting on the first anniversary and the balance on the second anniversary.	N/A

(1) State aggregate proceeds and intended allocation of proceeds.

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

No loans were provided to or by Related Persons in the month of November 2018.

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

On November 9, 2018, Richard (Dick) Bonnycastle resigned his position as a director of GABY. On November 26, 2018, GABY appointed Robert Travis as a Board Member. As a result of this resignation/appointment, the Committee membership is as follows:

Governance and Human Resources Committee:

Jason Kujath (Chair)
Mara Gordon
Robert Travis

Audit Committee

Russell Wilson (Chair)

Jackie Altwasser
Jason Kujath

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 cannabis industry became legal in Canada.

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 December 6, 2018

Leanne E. Likness, Corporate Secretary

“Leanne E. Likness”

<i>Issuer Details</i> Gabriella's Kitchen Inc.	For Month End November 2018	Date of Report December 6, 2018
Issuer Address		
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Contact Name Margot Micallef	Contact Position Founder and CEO	Contact Telephone No. (800) 674-2239
Contact Email Address IR@gabriellas-kitchen.com	Web Site Address www.gabriellas-kitchen.com	