

SIS, ALLOW ME
TO INTRODUCE
YOU TO THE
KITCHEN!



Welcome Home to the Kitchen Era

Sis...

You didn't just download a freebie — you stepped into a whole new vibe.

One where the kitchen isn't scary, survival-mode, or stress-inducing anymore.

One where meals are made with love (even if they start with boxed mac & cheese and prayer).

This guide is your soft life starter pack. It's not about being a chef — it's about being present. In your body. In your healing. In your home.

Whether you've never boiled water or just want to stop eating snacks for dinner, I got you. Let's glow in the kitchen together.

And remember — you're not behind. You're just beginning.

— With garlic, grace & good vibes,

Mimi ❤️



Must Have Seasonings!

herbs & spices

☐

Garlic powder

☐

Onion powder

☐

Lemon pepper

☐

Paprika

☐

Salt

☐

Pepper

☐

Chili flakes

☐

Cajun seasoning

☐

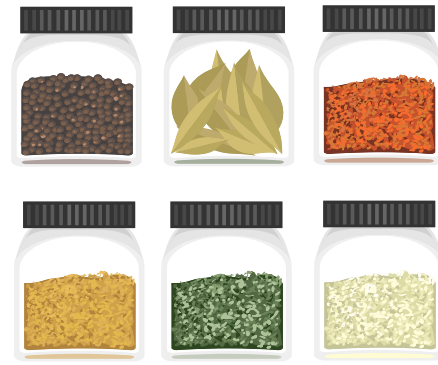
Cinnamon

☐

Italian seasoning



Soft Grocery Staples Starter List



Pantry Must-Haves:

- ☐ Pasta
- ☐ Olive oil
- ☐ Canned tomatoes
- ☐ Peanut butter

Fridge/Freezer Staples:

- ☐ Eggs
- ☐ Spinach
- ☐ Frozen salmon or chicken
- ☐ Milk of choice

Soft Life Extras

- ☐ Herbal tea
- ☐ Chocolate chips
- ☐ Candle for the vibe
- ☐ Your favorite “healing snack”

“My top 3 must-haves: _____



Ready for the full kitchen glow-up?
Unlock everything you need to make the
kitchen your healing space:

- ✓ Full Glow Spice Rack™
- ✓ Kitchen Tools Checklist
- ✓ Grocery Budget Template
 - ✓ Soft Life Affirmations
 - ✓ 5-Day Meal Plan
 - ✓ Self-Care Systems
- ✓ Bonus Recipes & Glow Trackers

GLOW BODY BY MIMI™ SKOOL



WAITLIST

SIGN UP NOW