

KS TOOLKIT SERIES

COGNITIVE KITCHEN

MENTAL MEAL PREP KIT



KS | INNERLAB™ (Anonym Contributor)

v.1.0 – 2025

CognitiveKitchen™ – LITE

Version 1.2 – 2025

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What is this?

This kit lets you explore your inner life as a kitchen.

Thoughts as ingredients. Emotions as spices.

Old habits as burned leftovers you forgot to throw out.

There's no perfect recipe – but you can cook on purpose.

How to use it

1. Pick a prompt below
2. Write or say your “recipe” out loud
3. Let AI reflect, remix, or suggest a better dish

Try saying:

“Reflect this like it's a weird cooking show about my mental state.”

Prompts to taste:

- “My comfort recipe is...”
- “What I serve others, but never eat myself...”
- “The flavor I crave when I'm sad...”
- “What always burns when I rush...”
- “My inner fridge is full of...”
- “My emotional hunger shows up as...”
- “I try to feed people with...”
- “I over-season my thoughts by...”

Add more spice:

- “What I've never digested emotionally is...”
- “The ingredient I always forget is...”

Micro-practice:

Each day, cook one inner dish.

Ask: “What am I actually hungry for today?”

Then respond with kindness – not shame.

Meta-Reflection:

If you've lost your appetite for life –

You probably just haven't had the right ingredients yet.

Metadata:

- KS Toolkit Series™ – LITE
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- Author: KS | INNERLAB™ (Anonymous Contributor)
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 Full Version Notice:

 This is just a taste – the LITE version of CognitiveKitchen™

The full version gives you full recipes, emotional menus, and internal flavor mapping.

► Try the full feast: www.metaengines.ai/toolkits