

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Nutritional High International Inc. (the "Issuer").

Trading Symbol: EAT

Number of Outstanding Listed Securities: 995,587,157

Date: November 2020

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.

The company continued to focus on higher margin, lower working capital intensive manufacturing and brand development capabilities and leveraging these strengths in multiple states and internationally.

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

The Company operates in the U.S. where such activity is permitted and regulated by state law, through entities which hold a valid U.S. state license to produce cannabis-infused edible products and to distribute and dispense cannabis products.

Among other duties, management has been undertaking the following:

- **Continue strategic review of the business, including the sale of Calyx and assessment of its assets in Oregon and California.**
- **Awaiting approval of the State of Colorado to acquire Palo Verde.**
- **Awaiting approval of the State of Nevada to acquire Green Therapeutics.**
- **Pursuing branding and licensing opportunities**

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.

None to report.

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.

None to report.

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.

In accordance with the Waiver and Consent agreement dated November 18, 2020, approved by the holders of over 51% of the principal amount of August 2018 Debentures, the Company has amended the following terms:

1. **The term of the Debentures has been extended by 1 year to August 3, 2022;**
 2. **All of the interest owing until the end of the term being added to the principal amount of the Debentures with the Debentures thereafter not bearing any interest; and**
 3. **Any conversion to common shares will not be permitted to the extent that such conversion would result in a holder of the Debentures becoming a shareholder holding more than 9.99% of the issued and outstanding common shares in the capital of the Corporation.**
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.

In accordance with the Waiver and Consent agreement dated November 18, 2020, approved by the holders of over 51% of the principal amount of August 2018 Debentures, the Company has amended the following terms:

1. **The term of the Debentures has been extended by 1 year to August 3, 2022;**
 2. **All of the interest owing until the end of the term being added to the principal amount of the Debentures with the Debentures thereafter not bearing any interest; and**
 3. **Any conversion to common shares will not be permitted to the extent that such conversion would result in a holder of the Debentures becoming a shareholder holding more than 9.99% of the issued and outstanding common shares in the capital of the Corporation.**
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.

None to report

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

None to report.

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.

None noted.

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

None to report.

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

None to report.

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.

On November 30, 2020 a legal action was filed against the Company and Adam Szweras in the superior court of Washington state by MAKH Properties LLC. The action is for outstanding rent of US\$122,217 in regard to a guarantee of a lease agreement between MAKH Properties LLC and Earthsphere LLC (subsequently assigned to JBM LLC). The Company was served under this action on December 3, 2020.

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

None Noted

14. Provide details of any securities issued and options or warrants granted.
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None to report

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

See note 5 above

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

None to report

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

None to Report

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 is no material information concerning the Issuer which has 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 21, 2020

Robert Wilson
Name of Director or Senior
Officer

"Robert Wilson"
Signature
CFO
Official Capacity

Issuer Details Name of Issuer Nutritional High International Inc.	For Month End November 30, 2020	Date of Report YY/MM/D 21/12/20
Issuer Address 77 King Street West, Suite 2905		
City/Province/Postal Code Toronto/ Ontario/ M5K 1H1	Issuer Fax No. ()	Issuer Telephone No. (416) 840-3798
Contact Name Robert Wilson	Contact Position CFO	Contact Telephone No. (416) 666-4005
Contact Email Address rwilson@nutritionalhigh.com	Web Site Address www.nutritionalhigh.com	