FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Delic Holdings Inc. (the “Issuer”).

Trading Symbol: DELC

Number of Outstanding Listed Securities: 55,193,750

Date: January 4, 2021

**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.

**Delic Holdings Inc. is an umbrella media platform focused on providing information on psychedelics and related matters. Delic’s product offerings include a blog, podcast, e-commerce store and periodic events.**

**On December 18, 2020, the Company issued an aggregate of 425,000 options to employees and consultants pursuant to the Company’s share compensation plan — each with an exercise price of $0.35, vesting as to 1/3 of such options on each of the 6, 12 and 18-month anniversaries, and expiring in three years.**

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

**The Issuer’s management team is focused on the following activities:**

* **Expand the reach of each of Delic's four existing segments: The Issuer intends to increase the reach of each of Delic's business segments in order to showcase its material to a wider audience. This will be done by increasing the volume of content available through its online platforms including by way of articles, news, and podcasts which will lead to increased presence within the psychedelics community.**
* **Increase spending for each of Delic's segments: Although The Delic, Meet Delic, Reality Sandwich and Delic Radio each have their own unique following and are responsible for Delic's position as a leading media company in the psychedelics sector, the Issuer intends to invest in increasing its reach across these segments, through marketing, advertising and promotions.**
* **Increase commercialization: The Issuer intends to increase sales of the various curated products available on its websites. For example, at The Delic, website visitors are able to purchase curated art as well as a variety of novelty clothing items, such as t-shirts, bags and collectible items. By drawing more people to its websites, podcasts, and events, the Company believes that it will increase the sales of these items. Furthermore, the Issuer will also be launching an online store on RealitySandwich.com where consumer goods with be sold.**
* **Acquire content/additional platforms: The Issuer will explore opportunities to acquire other websites or content from other well-respected websites and authors operating in the psychedelics sector.**
* **Increasing geographic scope: The Issuer believes that in order to be a leading global media company in the psychedelics space, the Issuer needs to increase its scope internationally. To do so, the Issuer will increase spending on targeted international markets both to acquire and curate region specific content as well as to have the Issuer's flagship event, Meet Delic, become more well known in other locations around the world.**
1. 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 new products or services were developed or offered during December 2020.**

1. 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.

**There were no products or services that were discontinued in December 2020.**

1. 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.

**There were no new business relationships for supply products or services, joint venture agreements, or licensing agremeents entered into by the Issuer during December 2020.**

1. 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 contracts or agreements expired or were terminated during December 2020.**

1. 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.

**There were no acquisitions by the Issuer or dispositions of the Issuer’s assets during December 2020.**

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

**During December 2020, the Issuer did not acquire or lose customers.**

1. 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.

**There were no new developments or effects on intangible products of the Issuer during December 2020.**

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

**During December 2020, the Issuer hired one additional staff member.**

**The Issuer also formed an advisory board during December 2020.**

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

**There were no labour disputes during December 2020.**

1. 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.

**The Issuer did not become a party to any legal proceedings during December 2020.**

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

**There was no indebtedness incurred or repaid by the Issuer during the month of December 2020.**

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

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| **Security** | **Number Issued** | **Details of Issuance** | **Use of Proceeds** |
| **Options** | **425,000** | **Exercisable at $0.35 for a period of 3 years. Each options vests one-third on each of the 6, 12 and 18 month anniversaries.** | **N/A** |

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

**There were no loans to or by Related Persons during December 2020.**

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

**There were no changes in directors, officers or committee members in December 2020.**

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

**Canada has consistently shown leadership in helping cannabis and now psychedelics emerge from false stigmas. Canada was the first G7 country to legalize cannabis, and as psychedelics further gain ground on what may appear as false stigmas, the health and wellness sector will only grow.**

**Recently developments:**

* **2020**
	+ **Health Canada has approved psilocybin therapy for select patients with terminal illness**
	+ **Psychedelics enter and win US state ballots**
* **2019**
	+ **First psychedelic research centres are opened at John Hopkins and Imperial College London**
* **2018**
	+ **FDA recognizes breakthrough therapy**

**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 were/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 January 4, 2021.

 Jackee Stang
Name of Director or Senior Officer

 *“Jackee Stang”*
Signature

 Chief Executive Officer
Official Capacity

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| ***Issuer Details***Name of IssuerDelic Holdings Inc. | For Month EndDecember 2020 | Date of ReportYY/MM/D21/01/04 |
| Issuer Address2800 Park Place, 666 Burrard Street |
| City/Province/Postal CodeVancouver, BC V6C 2Z7 | Issuer Fax No.n/a | Issuer Telephone No.604-862-7953 |
| Contact NameMathew Lee | Contact PositionChief Financial Officer | Contact Telephone No.(604) 862-7953 |
| Contact Email Addressmathew@manningleemanagement.ca | Web Site Address[www.thedelic.com](http://www.thedelic.com) |