

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: **Feel Foods Ltd.** (the "Issuer").

Trading Symbol: **FEEL**

Number of Outstanding Listed Securities: **63,352,772**

Date: **July, 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.

On July 14, the Issuer announced the appointment of Mr. Robert S. Rendle to its Advisory Board.

On July 19, the Issuer announced the Board had approved a name change of the Issuer from "NHS Industries Ltd." to "Feel Foods Ltd." and the ticker symbol in which it trades on the Canadian Securities Exchange ("CSE") to "FEEL".

On July 27, the Issuer confirmed the effective date of July 28 for the name and symbol change.

2. Provide a general overview and discussion of the activities of management.
The management team has been focused on the building out a commercial commissary kitchen that will be available to on site growers as well as local makers, bakers and growers producing small batch artisanal food 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.
This section is not applicable to the Issuer.
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.
This section is not applicable to the Issuer.
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.

As set out in Section 1 and Section 16, the relationships with Mr. Rendle, Ms. Sever and Ms. Pladson. Mr. Rendle is considered arm's-length to the Issuer. Ms. Sever and Ms. Pladson are considered related parties to the Issuer.

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.

This section is not applicable to the Issuer.

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.

This section is not applicable to the Issuer.

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

This section is not applicable to the Issuer.

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.

This section is not applicable to the Issuer.

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

This section is not applicable to the Issuer.

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

This section is not applicable to the Issuer.

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.

This section is not applicable to the Issuer.

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

This section is not applicable to the Issuer.

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

This section is not applicable to the Issuer.

15. Provide details of any loans to or by Related Persons.
This section is not applicable to the Issuer.
16. Provide details of any changes in directors, officers or committee members.
On July 16, Ms. Natasha Sever was appointed CFO and Ms. Kelly Pladson was appointed Corporate Secretary. Mr. Anthony Chan resigned as CFO on the same date.
17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.
This section is not applicable to the Issuer.

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 CNSX 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 CNSX Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated August 6, 2021

Natasha Sever
Name of Director or Senior
Officer

"Natasha Sever"
Signature

CFO
Official Capacity

Issuer Details		For Month	Date of Report
Name of Issuer	End	YY/MM/DD	
Feel Foods Ltd.	July	21/08/06	
Issuer Address			
700-838 W Hasting Street			
City/Province/Postal Code		Issuer Fax No.	Issuer Telephone No.
Vancouver, BC V6C 0A6			(604) 719-8083
Contact Name		Contact Position	Contact Telephone No.
Anthony Chan		Director	(604) 719-8083
Contact Email Address		Web Site Address	
Anthony@switch168.com		http://www.nhsindustries.ca	