FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Pangea Natural Foods Inc. (the "Issuer").

Trading Symbol: PNGA

Number of Outstanding Listed Securities: 27,435,001

Date: August 3, 2022

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

(a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.

(b) The term "Issuer" includes the Issuer and any of its subsidiaries.

(c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

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 Issuer commenced trading on the Canadian Securities Exchange on July 4, 2022 under the symbol "PNGA".

The Issuer produces and sells plant-based patties that are both nutritious and non-GMO. Pangea's plant-based patties are manufactured in-house at the Facility in the Vancouver lower mainland, which has been approved by both the Canadian Food Inspection Agency ("CFIA") and the U.S. Food and Drug Administration ("FDA"). An approval from the CFIA allows a facility to manufacture and package food, among other activities, and distribute such food internationally. An approval from the FDA allows for food products to be marketed and sold in the United States. Once manufactured, the Issuer's products are then packaged and distributed via its multiple sales channels.

On July 12, 2022 the Issuer announced the launch of Pangea Old Fashioned Ghee, a grass-fed, organic, clarified butter sourced from New Zealand.

On July 19, 2022 the Issuer announced the listing of its products, Pangea Old Fashioned Ghee and Pangea Plant-Based Patties, in Save-on-Foods.

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

   Management continues to focus on the development and distribution of Pangea Natural Foods Inc. products and general corporate operations.

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.

   The Company added a product 'Munchie Mix' to the product line during the month. This product is a 45 gram bag of mixed roasted cashews, almonds, pumpkin seeds, white chocolate chips and dried cranberries.

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.

   Not Applicable

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.

   Not Applicable

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.

   Not Applicable

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.

Not Applicable

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

Not Applicable

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.

Not Applicable

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

During the period, one employee, in the position of part-time administrative staff, was terminated. This individual will continue to work with the Issuer in a consulting capacity.

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

Not Applicable

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.

Not Applicable

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

Not Applicable

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

Security	Number Issued	Details of Issuance	Use of Proceeds[(1)]
Common Shares	50,000	Exercise of Employee stock option	Total aggregate consideration in CAD $5,000.00. General Working Capital
Common Shares	50,000	Exercise of Warrants	Total aggregate consideration in CAD $5,000.00. General Working Capital

(1) State aggregate proceeds and intended allocation of proceeds.

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

Not Applicable

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

Not Applicable

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

The Issuer's revenues are substantially dependent on the success of its products, which depends upon, among other matters, pronounced and rapidly changing public demands and consumer trends, factors which are difficult to predict and over which the Issuer has little, if any, control. A significant shift in consumer demand away from the Issuer's products or its failure to expand its current market position will harm its business. Consumer trends change based on several possible factors, including, a change in consumer preferences, or general economic conditions. If the Issuer is unable to anticipate and timely respond to challenges that the Issuer may face in the marketplace, trends in the market for its products and changing consumer demands and sentiment, the Issuer's financial results will suffer.

The trends and risks which are likely to impact the Issuer are detailed in the Issuer's final long-form prospectus dated June 21, 2022 under the heading "Risk Factors". The final long-form prospectus is available on the Issuer's SEDAR profile at www.sedar.com.

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 August 3, 2022.

Pratap Sandhu
Name of Director or Senior Officer

/s/"Pratap Sandhu"
Signature
Chief Executive Officer and Corporate Secretary
Official Capacity

Issuer Details Name of Issuer Pangea Natural Foods Inc.	For Month End July 2022	Date of Report YY/MM/D 22/08/03
Issuer Address 8035-130th Street		
City/Province/Postal Code Surrey, BC, V3W 0H7	Issuer Fax No. ( )	Issuer Telephone No. (604) 765-8069
Contact Name Pratap Sandhu	Contact Position CEO	Contact Telephone No. (604) 765-8069
Contact Email Address pratap@pangeafoods.com	Web Site Address https://www.pangeafood.com	