

## FORM 7

### MONTHLY PROGRESS REPORT

Name of CSE Issuer: **Komo Plant Based Foods Inc.** (the “*Issuer*”).

Trading Symbol: **YUM**

Number of Outstanding Listed Securities: **85,438,661**

Date: **July 13, 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 June 1, 2021, the Issuer changed its name from FastTask Technologies Inc. to Komo Plant Based Foods Inc. pursuant to the terms and conditions of the merger that closed on May 31, 2021.**

**On June 8, 2021, the Issuer’s common shares commenced trading on the Canadian Securities Exchange under the symbol CSE:YUM.**

**On June 21, 2021, the Issuer changed its OTC Markets trading symbol from “HEYBF” to “KOMOF” and is in the process of upgrading its listing to the OTCQB Venture Market.**

**On June 29, 2021, the Issuer filed the unaudited financial statements for the third quarter ended April 30, 2021 and related management discussion and analysis of its wholly owned subsidiary, Komo Plant Based Comfort Foods Inc., on the Issuer’s SEDAR and CSE profile.**

**During the month of June 2021, the Issuer:**

- **expanded its direct-to-consumer sales through Pop-Up and Farmers Markets; and**
- **launched two new products, Plant-Based Walnut Mushroom Bolognese and Plant-Based BBQ Mushroom Lentil Taco Filling, the first two products in a new line by the Issuer: Plant-Based Meal Helpers.**

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

**See Item 1.**

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.

**See Item 1.**

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.

**See Item 1.**

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.

**See Item 1.**

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.

**See Item 1.**

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

**Not applicable.**

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.

**Not applicable.**

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 continues to be affected, like many other listed and private companies by the ongoing COVID-19 pandemic. This pandemic has had an impact on the issuer's key markets, and will likely continue to do so until the COVID-19 pandemic is resolved**

## **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 no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to 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 July 13, 2021.

**William White**  
*Name of Director or Senior Officer*

**/s/William White**  
*Signature*

**Chief Executive Officer**  
*Official Capacity*

<b>Issuer Details</b> <i>Name of Issuer</i> <b>Komo Plant Based Foods Inc.</b>	<i>For Month End</i> <b>June 2021</b>	<i>Date of Report</i> <i>YY/MM/DD</i> <b>21/07/13</b>
<i>Issuer Address</i> <b>200 - 1238 Homer Street</b>		
<i>City/Province/Postal Code</i> <b>Vancouver, BC V6B 2Y5</b>	<i>Issuer Fax No.</i>	<i>Issuer Telephone No.</i> <b>(866) 969.0882</b>
<i>Contact Name</i> <b>William White</b>	<i>Contact Position</i> <b>CEO</b>	<i>Contact Telephone No.</i> <b>(866) 969.0882</b>
<i>Contact Email Address</i> <a href="mailto:hello@komoeats.com">hello@komoeats.com</a>	<i>Web Site Address</i> <a href="http://www.komocomfortfoods.com">www.komocomfortfoods.com</a>	