

FORM 11

NOTICE OF STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Komo Plant Based Foods Inc. (the "Issuer").

Trading Symbol: YUM

Date: September 16, 2021

1. New Options Granted:

Date of Grant: September 15, 2021

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date ⁽¹⁾	No. of Options Granted in Past 12 Months
Consultant Grants	Consultants	N	1,570,000	\$0.115	August 26, 2026	50,000
Total			1,570,000			

Note:

- (1) Or earlier in accordance with the Issuer's incentive stock option plan (the "Plan"). The Plan states that if a director, officer, employee or consultant ceases to be engaged by the Issuer for any reason other than death, such director, officer, employee or consultant shall have the right to exercise any vested options granted to him and not exercised prior to such termination within 90 days after the date of termination, or such shorter period as may be set out in his written agreement.

Total Number of optioned shares proposed for acceptance: **1,570,000**.

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date ⁽¹⁾
Director	100,000	\$0.50	July 23, 2018	July 23, 2023
Consultant	10,000	\$0.20	February 1, 2019	February 1, 2024
Directors, Consultants, and Employees	92,000	\$0.75	February 6, 2019	February 6, 2024
Consultant	50,000	\$0.20	March 14, 2019	March 14, 2024

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Officer	200,000	\$0.40	October 29, 2019	October 29, 2024
Officer	62,500	\$0.40	February 7, 2020	February 7, 2025
Directors, Officer, Consultants, and Employees	170,000	\$0.30	July 7, 2020	July 7, 2022
Director	125,000	\$0.40	August 24, 2020	August 24, 2025
Officer	50,000	\$0.80	October 13, 2020	October 13, 2025
Advisors	700,000	\$0.10	December 4, 2020	December 4, 2025
Officer	1,000,000	\$0.10	December 21, 2020	December 21, 2025
Officer	1,000,000	\$0.10	January 19, 2021	January 19, 2026
Director and Officers	1,600,000	\$0.12	February 12, 2021	February 12, 2026
Director	1,000,000	\$0.12	February 19, 2021	February 19, 2026
Consultants	495,000	\$0.10	March 5, 2021	March 5, 2026
Officer	5,000,000	\$0.12	March 24, 2021	March 24, 2026
Employee	400,000	\$0.10	April 1, 2021	April 1, 2026
Employee, Officer, and Advisory Board Member	1,300,000	\$0.10	July 19, 2021	July 19, 2026
Employee Grant	250,000	\$0.10	August 6, 2021	August 6, 2026
Consultant Grants	1,630,000	\$0.10	August 26, 2021	August 26, 2026
Total:	15,234,500			

Note:

- (1) Please see footnote to the table in item 1.

3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held. Shareholder approval was not required.
- (b) State the date of the news release announcing the grant of options. Not applicable.
- (c) State the total issued and outstanding share capital at the date of grant or amendment. 85,438,661
- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options. 19.67% consisting of 1,570,000 new options and 15,234,500 presently outstanding options.

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- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan. The Plan does not state a maximum number of shares that may be reserved for issuance, so there are an unlimited number of shares reserved for issuance under the Plan.
- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors. Not applicable.
- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer. Not applicable.

4. 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 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated September 16, 2021.

William White

Name of Director or Senior
Officer

"William White"

Signature

CEO and President

Official Capacity