

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: **YUM**

Number of Outstanding Listed Securities: **88,901,036**

Date: **November 7, 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 October 7, 2021, the Issuer announced it had entered into an agreement on September 30, 2012 with SubZero Cold Logistics, a division of Radius Transport Ltd., for cold storage and cold chain services, in a facility in Canada close to the USA border.

On October 8, 2021, the Issuer announced it has closed its previously announced private placement offering (the “Offering”) issuing 1,000 units of the Issuer (the “units”) at a price of \$1,000 per Unit, for gross proceeds of \$1,000,000. Each Unit consists of a 10% convertible unsecured debenture (the “Debenture”); and 7,000 common share purchase warrants of the Issuer (the “Warrants”). The Debentures bear interest at a rate of 10% per annum on an accrual basis from issuance, calculated and payable semi-annually in arrears on July 31 and January 31 of each year with such payment commencing on January 31, 2022 with a redemption date that is 24 months from issuance. The Debentures will be convertible in full or in part, at the holders’ option, into common shares in the capital of the Issuer at a price of \$0.14 per common share, at any time prior to their redemption. Each Warrant is exercisable for one common share of the Issuer at a price of \$0.16 per share for a period of 24 months from the date of issue. In connection with the Offering, the Issuer paid a finders a cash commission of \$80,000 and issued 571,427 share purchase warrants, with each such warrant exercisable to purchase one common share of the Issuer at a price of \$0.14 for a period of 24 months from the date of issue.

On October 29, 2021, the Issuer closed a non-brokered private placement of 800,000 units for gross proceeds of \$160,000. Each unit was sold at \$0.20 per unit. Each unit consists of one common share and one share purchase warrant with each share purchase warrant exercisable at a price of \$0.215 per share for a period of 24 months from the date of issuance. No finders fees were paid in connection with the private placement.

During the month of September 2021, the Issuer:

- **has added additional retailers;**

- has been added to TransCold Distribution Ltd.'s portfolio of products that it distributes across Canada;
- received its first purchase order from Nationwide Natural Foods for all seven of the Issuer's products, Nationwide is the fourth distributor now carrying the Issuer's products in Canada;
- ramped up production through its new co-manufacturing partner and completed fulfilment of purchase order for all four of its distributors;
- is near completion of its Komo Eats menu for the Issuer's ghost kitchen concept which will offer a selection of freshly made, hot and ready, plant-based comfort meals through on-demand delivery apps like DoorDash and Uber Eats;

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.

None.

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.

Security	Number Issued	Details of Issuance	Use of Proceeds⁽¹⁾
Common Shares	50,000	On October 1, 2021, 50,000 options were exercised at a price of \$0.12 per share	Gross proceeds of \$10,000 to be used for general working capital.
Common Shares	125,000	On October 1, 2021, 125,000 warrants were exercised at a price of \$0.20 per share	Gross proceeds of \$25,000 to be used for general working capital.

Units	500	On October 1, 2021, 500 units were issued pursuant to a private placement at \$1,000 per unit. Each unit consists of a convertible debenture and 7,000 warrants exercisable at \$0.14 per share for 3 years from the date of issuance. Further details are set out in Item 1 above.	Gross proceeds of \$500,000 to be used for marketing, scaling up production, salaries and sales expansion throughout Canada and the United States.
Common Shares	10,000	On October 5, 2021, 10,000 options were exercised at a price of \$0.10 per share	Gross proceeds of \$1,000 to be used for general working capital.
Common Shares	10,000	On October 6, 2021, 25,000 options were exercised at a price of \$0.10 per share	Gross proceeds of \$2,500 to be used for general working capital.
Common Shares	25,000	On October 7, 2021, 25,000 warrants were exercised at a price of \$0.20 per share	Gross proceeds of \$5,000 to be used for general working capital.
Units	500	On October 8, 2021, 500 units were issued pursuant to a private placement at \$1,000 per unit. Each unit consists of a convertible debenture and 7,000 warrants exercisable at \$0.14 per share for 3 years from the date of issuance. Further details are set out in Item 1 above.	Gross proceeds of \$500,000 to be used for marketing, scaling up production, salaries and sales expansion throughout Canada and the United States.
Common Shares	8,750	On October 12, 2021, 8,750 warrants were exercised at a price of \$0.20 per share	Gross proceeds of \$1,750 to be used for general working capital.

Common Shares	50,000	On October 13, 2021, 62,500 warrants were exercised at a price of \$0.20 per share	Gross proceeds of \$12,500 to be used for general working capital.
Common Shares	18,750	On October 14, 2021, 18,750 warrants were exercised at a price of \$0.20 per share	Gross proceeds of \$3,750 to be used for general working capital.
Common Shares	18,750	On October 15, 2021, 81,250 warrants were exercised at a price of \$0.20 per share	Gross proceeds of \$16,250 to be used for general working capital.
Common Shares	5,000	On October 19, 2021, 5,000 options were exercised at a price of \$0.10 per share	Gross proceeds of \$500 to be used for general working capital.
Common Shares	39,000	On October 19, 2021, 39,000 warrants were exercised at a price of \$0.20 per share	Gross proceeds of \$6,400 to be used for general working capital.
Common Shares	25,000	On October 29, 2021, 25,000 warrants were exercised at a price of \$0.20 per share	Gross proceeds of \$5,000 to be used for general working capital.
Units	800,000	On October 29, 2021 800,000 units were issued pursuant to a private placement at \$0.20 per unit consisting of one common share and one share purchase warrant exercisable at \$0.215 for two years from issuance.	Gross proceeds of \$160,000 to be used for inventory, DTC and retail expansion, and marketing.

(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 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 November 7, 2021.

William White
Name of Director or Senior Officer

/s/William White
Signature

Chief Executive Officer
Official Capacity

Issuer Details <i>Name of Issuer</i> Komo Plant Based Foods Inc.	<i>For Month End</i> October 2021	<i>Date of Report</i> <i>YY/MM/DD</i> 21/11/07
<i>Issuer Address</i> 200 - 1238 Homer Street		
<i>City/Province/Postal Code</i> Vancouver, BC V6B 2Y5	<i>Issuer Fax No.</i>	<i>Issuer Telephone No.</i> (866) 969.0882
<i>Contact Name</i> William White	<i>Contact Position</i> CEO	<i>Contact Telephone No.</i> (866) 969.0882
<i>Contact Email Address</i> hello@komoeats.com	<i>Web Site Address</i> www.komocomfortfoods.com	