

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: **YUM**

Number of Outstanding Listed Securities: **11,662,799**

Date: **May 5, 2023**

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.

During the month of April 2023, the Issuer:

- Attended Planted Expo in Toronto, Ontario and received an award for best Vegan product, Mac & Greens
- Continued to expand food distribution throughout retail stores in Canada, and added Longo’s as a retailer in Ontario;
- voluntarily delisted its common shares from trading on the OTCQB;
- closed a non-brokered private placement, whereby:

it issued an aggregate of 1,955,702 units at a price of 15 cents per unit. Each unit consists of one common share of the company and one common share purchase warrant. Each warrant is exercisable to acquire one common share of the company at a price of 20 cents per warrant share for a period of 36 months from the closing of the offering. No finders' fees were paid in connection with the issuance.

Of the units issued, \$178,556 of debt was converted into 1,189,036 units, including convertible debentures worth \$62,000 and past interest due on debentures of \$6,355. Gross proceeds of the offering were \$115,000.

As part of the placement, the president and chief executive officer of the company invested \$50,000 for 333,333 units. Also, the Company's chief financial officer converted \$52,500 of consulting fee owing to him by the company into 350,000 units.

- Filed financial statements for Q2
- Continued development of copacking relationships

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.

See Item 1.

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.

See Item 1.

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

None.

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.

None.

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

See Item 1.

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

See Item 1.

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

See Item 1.

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

See Item 1.

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

There are no trends specific to the Issuer at this time.

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 May 5, 2023.

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> April 2023	<i>Date of Report</i> <i>YY/MM/DD</i> 23/05/05
<i>Issuer Address</i> 127 - 1489 Marine Drive		
<i>City/Province/Postal Code</i> West Vancouver, BC V7T 1B8	<i>Issuer Fax No.</i> n/a	<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	