

FORM 7

PLANT VEDA FOODS LTD.

MONTHLY PROGRESS REPORT

Name of CSE Issuer: Plant Veda Foods Ltd. (the “*Issuer*”).

Trading Symbol: MILK

Number of Outstanding Listed Securities: 31,093,122

Date: March 1, 2022

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.

February 8, 2022

The Issuer provided information on the benefits of intaking sufficient probiotics. According to Harvard Medical School, a growing body of scientific evidence suggests that you could treat and even prevent some illnesses with foods and supplements containing certain kinds of live bacteria. The Issuer’s Lassi and Plant Gurt are made with whole food, plant-based ingredients and contain a special blend of Billions of Live Probiotics – beneficial dairy-free cultures. Having live probiotics in plant-based yogurts is one of the key differentiators in the fast-growing plant-based market and the Issuer believes is one of the major reasons why consumers love Plant Veda products.

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.

Not applicable.

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.

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
Stock Options	3,130,000	February 28 th - 1,000,000 of the Options vest over a one-year period with 1/4 vesting immediately and 1/4 vesting on the dates that are 4, 8 and 12 months following the date of grant and expire three years after the date of grant, and the remainder of the Options vest immediately, have an exercise price of \$0.85 and expire two years after the date of grant.
Restricted Share Units	84,000	February 28 th - The RSUs vest over a three-year period with 1/3 vesting on each anniversary of the grant date.

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.

Not applicable.

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 **March 1, 2022**.

Geoff Balderson

Name of Director or Senior Officer

/s/Geoff Balderson

Signature

Director and Chief Financial Officer

Official Capacity

Issuer Details <i>Name of Issuer</i> Sunny Gurnani	<i>For Month End</i> February, 2022	<i>Date of Report</i> <i>YY/MM/DD</i> 22/03/01
<i>Issuer Address</i> Suite 400 -725 Granville Street		
<i>City/Province/Postal Code</i> Vancouver, BC V7Y 1G5	<i>Issuer Fax No.</i> (604) 608-5448	<i>Issuer Telephone No.</i> (604) 687-2242
<i>Contact Name</i> Sunny Gurnani	<i>Contact Position</i> CEO	<i>Contact Telephone No.</i> (604) 781-0385
<i>Contact Email Address</i> sunny@plantveda.com	<i>Web Site Address</i> www.plantveda.com	