

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Plant Veda Foods Ltd. (the "Issuer").

Trading Symbol: MILK

Date: July 23, 2021

1. New Options Granted:

Date of Grant: July 20, 2021

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Scott Wilson	Consultant	No	10,000	\$1.81	July 20, 2022	n/a

Total Number of optioned shares proposed for acceptance: 10,000

2. Other Presently Outstanding Options: N/A

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Directors & Officers	725,000	\$.85	May 31, 2021	May 31, 2023
Consultants	987,000	\$.85	May 31, 2021	May 31, 2023
Employees	10,500	\$.85	May 31, 2021	May 31, 2023

(1) Set out number of optioned shares for each grant with different terms.

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.

No shareholder approval was required.

- (b) State the date of the news release announcing the grant of options.

July 20, 2021

- (c) State the total issued and outstanding share capital at the date of grant or amendment.

19,541,488

- (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.

Following the grant, 1,732,500 common shares of the Issuer will be optioned under the Issuer's Stock Option Plan (the "Plan"), representing 8.86% of the 19,541,488 issued and outstanding common shares.

- (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 aggregate number of common shares issuable pursuant to the Plan shall not exceed 10% of the issued and outstanding common shares of the Issuer. There remains, 221,649 common shares available 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. **N/A**

- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer. **None.**

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.

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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: July 23, 2021

Geoff Balderson
Name of Director or Senior Officer

/s/Geoff Balderson
Signature

Director
Official Capacity