

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **PlantFuel Life Inc.** (the "Issuer").

Trading Symbol: **FUEL**

Number of Outstanding Listed Securities: **32,584,422**

Date: **March 5, 2024**

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered, nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

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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.

PLANTFUEL ADVANCES ITS INNOVATIVE PRODUCT PORTFOLIO WITH AMPLIFY NUTRITION PRE-WORKOUT AND ELECTROLYTE GUMMIES

Plantfuel Life Inc. has made significant progress with its latest product offerings, Amplify Nutrition preworkout and electrolyte gummies. Plantfuel has successfully engaged manufacturing partners to produce initial production of its proprietary recipes, setting the stage for future scalability and market penetration. The company will continue negotiations with interested parties to ensure that Plantfuel is able to meet the increased demand for gummy format supplements. Plantfuel is focused on generating additional revenues for 2024 by adding in new sales channels for its products.

As part of Plantfuel's commitment to delivering superior plant-based nutrition solutions, these new additions tap into the increasing demand for gummy supplement products within the sector. The company is focused on generating additional revenues for 2024 by adding in new sales channels for its products. By 2021, Herband had expanded to seven production lines, which enabled it to produce 70 million bottles and pouches of gummies a year. Today, it has four locations of total 14,000 square metres (150,000 square feet), including a warehouse (where it stores materials) and three production facilities (one of which runs 24 hours a day, seven days a week). Alani Nutrition, a U.S.-based supplement company, quickly grew due to its viral marketing and influencer partnerships, eventually realizing revenues of \$228-million in 2021 with 270-per-cent growth. Alani Nutrition offers various products from protein powders, shakes, bars and gummies. Its Fit Snack gummies promote healthy snacking and do not contain any functional ingredients. Amplify Nutrition preworkout gummies are designed to provide athletes and fitness enthusiasts with the energy and endurance needed to surpass their training goals while the electrolyte gummies offer a delicious and convenient way to stay hydrated and replenish essential minerals lost during intense workouts.

The global gummy supplements market size was valued at \$3,721.28-million (U.S.) in 2021. It is projected to reach \$5,714.59-million (U.S.) by 2030, growing at a CAGR (compound annual growth rate) of 4.88 per cent during the forecast period (2022 to 2030). The supplemented food product and edible vitamin sector has witnessed exponential growth, driven by consumers' increasing preference for convenient, effective and enjoyable nutritional options. Sales of gummy format dietary supplements grew 23 per cent to \$2.63-billion for the 52 weeks ending December. Growth among gummies last

year was most significant for condition-specific supplement formulas (30 per cent over all). Gummy vitamins, in particular, have surged in popularity, offering a palatable alternative to traditional supplements. This trend reflects a broader shift in the health and wellness industry toward products that not only meet nutritional needs but also fit seamlessly into consumers' lifestyles.

The launch of these innovative products is strategically aligned with Plantfuel's distribution plan, utilizing its existing sales channels with a special emphasis on launching with e-commerce, fitness and health food outlets. This approach ensures that Amplify Nutrition preworkout and electrolyte gummies will be readily accessible to the active and health-conscious consumer base that Plantfuel serves.

"We see great value in the Amplify Nutrition preworkout and electrolyte gummies with current and future market trends," stated Tony Qian, chief executive officer of Plantfuel. "As we continue to expand our product offerings, it allows us to enter new sales channels and increase customer loyalty." Mr. Qian is poised to introduce innovative product developments at Plantfuel, with a focus on expanding the company's portfolio in line with emerging health trends and consumer needs. This strategy aims not only to solidify the company's market position but also to offer exciting investment opportunities for the company's shareholders.

As Plantfuel prepares for the sales expansion, the company is focused on ensuring that these new products uphold its high standards of quality and specifications for large retail outlets.

PLANTFUEL PROVIDES UPDATE REGARDING LATE FILING OF ANNUAL FINANCIAL STATEMENTS

Plantfuel Life Inc. has provided an update with respect to the previously announced management cease trade order (the MCTO) issued by the Ontario Securities Commission on Jan. 30, 2024. The company is providing notice in accordance with National Policy 12-203 -- Management Cease Trade Orders (NP 12-203). The MCTO was issued by the OSC on Jan. 30, 2024. It prevents the company's officers, board and insiders from trading in the company's securities but does not affect the ability of other shareholders, including the public, to trade in the securities of the company.

There are no material changes to the information contained in the default announcement. In addition: (i) the company is satisfying and confirms that it intends to continue to satisfy the provisions of the alternative information guidelines under NP 12-203 and issue biweekly default status reports for so long as the delay in filing the documents is continuing, each of which will be issued in the form of a press release; (ii)

the company does not have any information at this time regarding any anticipated specified default subsequent to the default in filing the documents; (iii) the company is not subject to any insolvency proceedings; and (iv) there is no material information concerning the affairs of the company that has not been generally disclosed.

The company's finance and accounting teams are working diligently with its auditors and the company expects to have the audit of the issuer statements completed no later than March 29, 2024.

2. About Plantfuel Life Inc. Provide a general overview and discussion of the activities of management.

Refer to #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.

Refer to #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.

Refer to #1

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.

Refer to #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.

Refer to #1

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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.

Refer to #1

8. Describe the acquisition of new customers or loss of customers.

Refer to #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.

Refer to #1

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

Refer to #1.

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

Refer to #1.

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.

Refer to #1.

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

Refer to #1.

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

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
N/A	N/A	N/A	N/A

(1) State aggregate proceeds and intended allocation of proceeds.

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

Refer to #1.

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

Refer to #1.

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 is not aware of any trends, uncertainties, demands, commitments or events which are reasonably likely to have a material effect upon its revenues, income from continuing operations, profitability, liquidity or capital resources or that would cause reported financial information not necessarily to be indicative of future operating results or financial condition.

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 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 7 Monthly Progress Report is true.

Dated: March 5, 2024

Tony Qian

Name of Director or Senior Officer

/s/ Tony Qian

Signature

CEO

Official Capacity

Issuer Details		For Month	Date of Report
Name of Issuer		Ended	YY/MM/DD
PlantFuel Life Inc.		February, 2024	24/03/05
Issuer Address			
300 – 837 West Hastings Street			
City/Province/Postal Code		Issuer Fax No.	Issuer Telephone No.
Vancouver, BC, V6C 3N9			778-999-3353
Contact Name		Contact Position	Contact Telephone No.
Tony Qian		CEO	778-999-3353
Contact Email Address		Web Site Address	
		https://plantfuel.com/	

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