

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: **April 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.

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 PROVIDES MARKET ACTIVITY UPDATE

Plantfuel Life Inc. has made statements regarding recent market activity in its common stock traded on the OTCQB marketplace.

On Feb. 29, 2024, the company was notified by the OTC Markets about certain promotional activities in relation to the company's common shares, including certain promotional newsletter e-mails. The company had engaged Outside the Box Capital on Jan. 17, 2024, to provide marketing services which included working with the Plantfuel team to establish brand recognition with Plantfuel's products, assisting with social media and other community-driven mediums with the goal of creating more company awareness, and spreading company announcements to new communities with the potential of attracting new clients to the company's products. Until being informed by OTC Markets of the promotional material, the company was unaware of the promotional activity and is unaware of the full nature of the promotional activity and the extent of the dissemination.

Following the company's Feb. 28, 2024, news release, the trading volumes on the OTCQB increased, and the company attributes the majority of any increased trading volumes on the OTCQB to the contents of its Feb. 28, 2024, news release. The company's primary market is the Canadian Securities Exchange and its trading volume on the OTCQB was previously lower volume.

After inquiry, the company confirms that its officers, directors or its controlling shareholders (that is, shareholders owning 10 per cent or more of the company's securities) have not, directly or indirectly, authorized or been involved in any way with the creation or distribution of promotional materials.

After inquiry, the company believes the promotional material to have been distributed by Outside the Box Capital, without the consent or knowledge of the company. The company engaged Outside the Box Capital to provide certain advertising and communication services for the company, but such services expressly exclude any promotional activity, including the development and dissemination of promotional newsletters, soliciting any potential investors, and giving recommendations or giving any investment advice to affect transactions of securities for potential investors. The

company had no involvement with, or input or control in regards to, the entities they engaged for those pieces and has not engaged any investor relation provider in the past fiscal year with the exception of the company engaging Creative Direct Marketing Group Inc. (CDMG) for marketing services on April 17, 2023, for \$1,059,710 (U.S.). The promotional activity occurred by print, e-mail and social media during the first quarter of 2023.

Neither of the company's executive officers or directors, nor, to the knowledge of the company, any controlling shareholders, sold or purchased shares of common stock of the company within the past 90 days with the exception of a certain director who sold an aggregate of 3,592,011 shares and made all required securities filings in connection with such trades. Such transactions are available on SEDI.

Further, the company has not issued any shares or convertible instruments allowing conversion to equity securities at prices constituting an impermissible discount to the market price of the company's shares at the time of the issuance with the exception of the shares issued following the completion of its Amplify Nutrition acquisition. Pursuant to acquisition through the facilities of the Canadian Securities Exchange, the company has issued the following shares. The shares were issued at discount to market pursuant to pricing policies of the Canadian Securities Exchange. Details regarding the issuances of securities by the company within the last 12 month are set out below and available on SEDAR+.

Nov. 13, 2023: 14,615,834 shares at a price of 6.5 cents per share following the completion of the Amplify Nutrition acquisition

July 7, 2023: 8,339,149 shares at a price of five cents per share following the completion of a shares for debt transaction settling \$416,957.47 in debt

The statements regarding the company that were made in the promotional materials were not materially false and/or misleading.

The company is committed to compliance with the OTC Markets Group policy on stock promotion and the OTCQB standards and Canadian securities laws. The company encourages those interested in the company to rely solely on information included in press releases issued and distributed by the company through approved news wire or disclosure and news services, combined with its filings and disclosures made with the Canadian securities regulators, as well as information provided through the OTC Markets, and available on SEDAR+ and the OTC Markets website, respectively.

The company would also like to announce the resignation of Cassidy McCord from the board of directors. The board would like to thank Ms. McCord for her efforts with the company and wishes her well in her future endeavours.

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 (MCTO) issued by the Ontario Securities Commission (OSC) on Jan. 30, 2024. The company is providing notice in accordance with National Policy 12-203 -- Management Cease Trade Orders. 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.

The company would also like to announce that Alson Niu has resigned from the board of directors and Andy Wu has resigned as chief financial officer of the company. Tony Qian will be assuming the role of interim CFO, replacing Andy Wu.

The company thanks Mr. Niu and Mr. Wu for their time with the company, and wishes them well in their future endeavours.

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

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

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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.

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: April 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.		March, 2024	24/04/05
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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