

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: FUEL

Number of Outstanding Listed Securities: 174,008,806

Date: September 1, 2021

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.

See Item 2 below for a complete overview and discussion of the Issuer's activities for the month of August 2021.

- 2. Provide a general overview and discussion of the activities of management.

Management Changes

On August 3, 2021, the Issuer announced that it has officially named Brad Pyatt and Maria Dane to its executive leadership team, while naming Brian Cavanaugh as Chairman of the Board. Together, these powerhouse experts have managed more than one billion in sales and bring more than 50 years of combined experience across a broad range of industries.

PlantFuel is an all-new, premium plant-based nutritional supplement brand developed in conjunction with GNC to deliver the absolute best-possible products available, successfully bridging the gap between healthy, plant-based nutrition and peak performance – and that does so with compostable, eco-conscious and responsibly sourced packaging. The official product launch is anticipated in August 2021.

PlantFuel founder Brad Pyatt is formally stepping into the position of CEO. A former NFL athlete turned entrepreneur, Mr. Pyatt was once named among the Top 50 Successful Athlete Entrepreneurs of All Time and among the Top 100 Influential Leaders in the Food Industry. Mr. Pyatt has a reputation for upending traditional thinking to create multi-million dollar brands.

Maria Dane is now PlantFuel's President. She spent more than seven years in various business development roles for Amazon, including leading global partnerships and growth initiatives for Reckitt Benckiser, Colgate, J&J, Kimberly Clark; and building the Direct-to-Consumer Emerging Brands program for Amazon's Marketplace (3P), where she helped launch and scale over 100 hand-picked, strategic brands. Most recently, Ms. Dane has been working privately with companies looking to transform the digital channel footprint and win in their respective categories, including GlaxoSmithKline (GKS) and LG Electronics.

Brian Cavanaugh, who joined PlantFuel's Board of Directors in May 2021, has been appointed Chairman of the Board. Mr. Cavanaugh is a highly respected brand building, strategic marketing and retail merchandising leader. He brings 22 years of experience, having led the ascent of numerous iconic multi-million dollar, industry-standout brands from leading organizations.

Private Placement Closing

On August 9, 2021, the Issuer announced that, further to its press releases dated July 27, 2021 and July 29, 2021, it has completed a non-brokered private placement (the "Private Placement") of 12,000,000 units (the "Units") at a price of \$0.25 per Unit for gross proceeds of \$3,000,000. Each Unit was comprised of one common share (each a "Share") and one-half of one common share purchase warrant (each a "Warrant"). Each whole Warrant entitles the holder to purchase one additional Share of the Company at a price of \$0.40 per Share for a period of 18 months from the date of issuance.

The Issuer paid cash finder's fees to certain registered dealers of up to 6% of the proceeds derived from subscriptions introduced to the Issuer under the Private Placement. The Shares and Warrants are subject to a statutory hold period until the date that is four months and one day from the date of issuance.

The Issuer intends to use the proceeds from the Private Placement to support its GNC launch and for general working capital.

Corporate Update and Engagement of Digital Marketing Firm

On August 10, 2021, the Issuer announced that it has officially announced its launch strategy, as it prepares to break the mold and add an entirely new dimension to the plant-based wellness industry.

The Strategy

PlantFuel's strategy is simple: Break the mold and shatter expectations by creating a disruptive brand that can stand out within a very crowded space, and support it with the best-in-class team, product formulations, marketing and distribution partnerships.

1. Team

PlantFuel recently named Brad Pyatt (CEO), Maria Dane (President) and Volod Ivanov (CFO) to its executive leadership team, while appointing Brian Cavanaugh as Chairman of the Board. Together, these powerhouse experts have managed more than one billion in sales and bring more than 50 years of combined experience across a broad range of industries.

2. Product

PlantFuel is solving plant-based wellness with clinically proven ingredients and eco-friendly packaging. The touchpoints of everything done as a company are: Good for the Body, Good For The Planet. All PlantFuel products feature banned-substance-free and tested ingredients to push athletes past their plateaus, without compromising on nutritional needs, performance output or flavor. Doctor formulated, these precise formulations were designed based on extensive and innovative research of

plant-based ingredients, sourced from multiple leading ingredient suppliers, with efficacy and safety in mind.

- PlantFuel is initially launching five products:
 - All-in-One Nutrition features 20g of complete plant-based protein plus 29 fruits and vegetables, as well as clinically studied Wellmune® beta glucan for immune system health, to provide you with complete nutrition on the go. The initial flavor offerings include Chocolate and Vanilla.
 - Performance Protein delivers 20g of complete, plant-fueled protein with added vegan-fermented BCAAs as InstAminos® and PeakO2® performance mushrooms. The initial flavor offerings include Chocolate and Vanilla.
 - All-in-One Pre-Workout uniquely features patented 3DPump -Breakthrough™ with vegan-fermented citrulline, glycerol and Amla fruit extract to support exercise performance, recovery and nitric oxide; along with 250mg of Purcaf® Organic Caffeine plus 85mg of Dynamine® to increase perceived energy and alertness. The initial flavor offerings include Fruit Punch, Watermelon and Blue Raspberry.
 - All-in-One Recovery provides vegan fermented BCAAs as InstAminos® with essential amino acids as vegan Amino9® plus vegan fermented Creatine and BetaPrime® to reduce soreness and recovery time, and optimize muscle protein synthesis. The initial flavor offerings include Blood Orange and Berry Breeze.
 - Daily Immunity + Hydration features clinically proven ingredients Wellmune® to strengthen the immune system, and Aquamin™ calcified sea algae to provide superior hydration benefits. PlantFuel® Daily Immunity + Hydration is the proven choice to fuel your daily active lifestyle. The initial flavor offerings include Citrus Burst, Tropical Punch and Raspberry Lemonade.

3. Marketing

PlantFuel lives at the intersection of Cool and Smart. “We know exactly who we are and exactly what we are not,” comments Pyatt. “We have assembled a team of brand experts and agencies to create and drive the brand forward. We will utilize a variety of traditional and non-traditional marketing tactics to build our brand platform.”

Highlighting the Issuer’s marketing efforts will be a list of soon-to-be-announced A-List actors and musicians, as well as Hall of Fame and top college athletes. PlantFuel’s No F***ING Whey Campaign will be featured on billboards, and on ESPN radio and several other media outlets starting in mid-August.

4. Distribution

PlantFuel signed an exclusive agreement to launch in all US GNC locations on August 19, 2021, with initial purchase orders of \$3.9 million. The Issuer has also secured an agreement with Amazon to be on the exclusive Launchpad Platform beginning in October 2021.

5. Financing

PlantFuel has secured a \$2 million credit facility to fund its inventory, and closed on a \$3 million equity raise on August 9, 2021 which will give the Issuer the capital to execute on its launch of the PlantFuel brand strategy.

Engagement of Marketing Firm BLK SWN INC.

The Company engaged BLK SWN Inc. of Christ Church, Barbados for a marketing program commencing on August 10, 2021 and ending on or about October 8, 2021. BLK SWN Inc. shall write and distribute articles and banner ads to bring awareness to the Issuer's business in consideration of USD \$235,000. The promotional activity shall occur on GlobalInvestmentDaily.com, PRNewswire, Social Media Channels, Display, Search, and third-party email distribution lists. BLK SWN Inc. does not have any prior relationship with the Issuer.

Issuance of Securities

Stock Option Grants

On August 10, 2021, the Issuer announced the grant of an aggregate of 3,000,000 incentive stock options (the "Options") to certain directors and officers of the Issuer pursuant to its stock option plan at an exercise price of \$0.325 per common share for a period of three years.

Shares for Consulting Services

Additionally, the Issuer announces that, further to its news release of March 29, 2021, and pursuant to a consulting agreement (the "Agreement") entered into with a consultant (the "Consultant") and subject to the approval of the Canadian Securities Exchange it proposes to issue 76,923 Shares of the Issuer at a deemed price of \$0.325 per Share for past services provided by the Consultant.

Pursuant to the Agreement, the Issuer agreed to remunerate the Consultant \$25,000, exclusive of HST, per quarter, payable in Shares of the Issuer. The deemed value of the Shares was determined by the closing market price on the day proceeding the issuance of the Shares.

All Shares issued pursuant to the Agreement will be subject to a mandatory four month hold period from the dates of issuances.

On August 27, 2021, the Issuer announced that, pursuant to memorandums of understanding (the "MOUs") entered into with certain Consultants, it proposes to issue an aggregate of 1,031,428 Shares of the Issuer at a deemed price of \$0.245 per Share for past services provided by the Consultants to settle fees of USD\$200,000 (CAD\$252,700) owing to the Consultants. All Shares issued pursuant to the MOUs will be subject to a mandatory four month hold period from the date of issuance.

On August 31, 2021, the Issuer announced that Lil Yachty and Terrell Owens have made a strategic investment in the emerging sports nutrition brand coming to market in early September. The commitment of Lil Yachty and Terrell Owens to the Issuer and its innovative, premium plant-based brand further strengthens PlantFuel's breakthrough into the nutritional retail sector.

PlantFuel marks Lil Yachty's second deal with Scoop Investments, the rapper's newly launched VC fund with his music manager and advertising exec, Adam Kluger. Scoop's recent \$1M investment in the members-only, Jewish dating app 'Lox Club' back in June 2021, was Lil Yachty's first step into venture capital which he did alongside Kluger and rapper, Bhad Bhabie. In addition to PlantFuel and Lox Club, Yachty hopes to close on several more investments by the end of 2021. Legendary NFL Hall of Famer, Terrell Owens, also joins the ranks of Lil Yachty and Scoop Investments as he explores new revenue generating avenues outside of professional football.

PlantFuel is an all-new, premium Plant Fueled® nutritional supplement brand that aims to deliver the absolute best-possible products available, successfully bridging the gap between healthy, plant-based nutrition and peak performance – and that does so with eco-conscious and responsibly sourced packaging. The brand's category-leading Performance Protein supports strength and recovery through its Performance Protein, a tri-blend of 20g of vegan and plant-based proteins that contains all nine essential amino acids, and is fortified with performance mushrooms, algae, BCAAs and caffeine from known suppliers.

PlantFuel will launch 5 new products including: All-in-One Pre-Workout, All-in-One Nutrition, All-in-One Recovery, Performance Protein, and Daily Immunity and Hydration, which will be available online at GNC.com 8/31 and official store launch September 8.

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.

Please see Item 2 above.

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.

None.

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.

As described under Item 2 above, in particular, Corporate Update and Engagement of Digital Marketing Firm - Engagement of Marketing Firm BLK SWN INC. The Issuer engaged BLK SWN Inc. for a marketing program from August 10, 2021 to October 8, 2021. BLK SWN Inc. is a non-related party of the Issuer.

As described under Item 2 above, in particular, Shares for Consulting Services, the Issuer has entered into an Agreement with a Consultant, who is a non-related party of the Issuer.

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.

None.

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.

None.

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

With the continued offering of new products, and through acquisitions, the Issuer continues to attract new customers on an ongoing basis.

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.

None.

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

None.

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.

As described under Item 2 above, PlantFuel has secured a \$2 million credit facility to fund its inventory.

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

Security	Number Issued	Details of Issuance	Use of Proceeds
Common Shares	12,000,000	Shares issued at \$0.25 per Share pursuant to Private Placement closing on Aug. 9/21.	\$3,000,000 to support Issuer's GNC launch and for general working capital.
Warrants	6,000,000	Warrants issued exercisable at \$0.40 per Share for 18 months pursuant to Private Placement closing on Aug. 9/21.	N/A
Stock Options	3,000,000	Options granted at \$0.325 per Share for a period of 3 years.	N/A
Common Shares	76,923	Shares issued at a deemed price of \$0.325 per Share for past services provided b a Consultant.	N/A
Common Shares	1,031,428	Shares issued at a deemed price of \$0.245 per Share for past services provided by a Consultant.	N/A

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

None.

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

The Issuer appointed the following effective July 31/21:

Brad Pyatt – CEO and Director

Maria Dane – President

Brian Cavanaugh – Chairman of the Board

Brian Polla resigned as CEO and COO of the Issuer effective July 31/21 and remains on the board of directors.

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

N/A.

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 CNSX 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 CNSX Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: **September 1, 2021** _____.

Volodymyr Ivanov
Name of Director or Senior Officer

"Volodymyr Ivanov"
Signature

CFO & Corporate Secretary
Official Capacity

<i>Issuer Details</i> Name of Issuer	For Month End	Date of Report YY/MM/DD
PlantFuel Life Inc.	August 2021	21/09/01
Issuer Address 2500 Meadowpine Blvd., Unit 202		
City/Province/Postal Code Mississauga, ON L5N 6C4	Issuer Fax No. N/A	Issuer Telephone No. (416) 669.9392
Contact Name Volodymyr Ivanov	Contact Position CFO & Corporate Secretary	Contact Telephone No. (647) 973.1425
Contact Email Address ir@plantfuel.com	Web Site Address https://plantfuel.com	