

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: FUEL

Number of Outstanding Listed Securities: 36,328,247

Date: April 4, 2022

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 March 2022.

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

On March 2, 2022, the Issuer announced it has closed the first tranche of its non-brokered private placement (the "Private Placement") issuing an aggregate of 5,980,000 units (each a "Unit") at a price of \$0.50 per Unit raising aggregate gross proceeds of \$2,990,000.

Each Unit is comprised of one common share (each a "Share") and one transferable common share purchase warrant (each a "Warrant"). Each Warrant entitles the holder to purchase one additional Share of the Issuer, at a price of \$0.62 per Share for a period of 24 months from the date of issuance (the "Expiry Date").

The Issuer paid finder's fees of \$55,620 and 111,240 finder's warrants (the "Finder's Warrants") to Echelon Wealth Partners and Research Capital Corporation. The Finder's Warrants are non-transferable and exercisable at \$0.50 per Finder's Warrant until the Expiry Date.

The Shares, Warrants and Finder's Warrants issued are subject to a four-month hold period, pursuant to securities laws in Canada. The Issuer intends to use the proceeds from the Private Placement to support its launch at Amazon and GNC and also for general working capital.

On March 3, 2022, the Issuer announced its successful launch and best-selling positions on Amazon Launchpad, an exclusive Amazon program that empowers innovative new brands.

Amazon's Launchpad Program, known as Amazon Launchpad, is an exclusive sales and marketing program that empowers new brands with various opportunities to grow their business. Amazon identifies innovative products in all industry sectors, and invites select brands to become part of Launchpad where they receive unique marketing support by Amazon to build brand awareness, engagement with target audiences, and accelerate sales.

PlantFuel by the Numbers on Amazon:

- PlantFuel reached the #3 highest selling product spot on Amazon Launchpad
- PlantFuel is currently #28 of out 250,000 products on Amazon Launchpad Best Sellers List
- PlantFuel sold out on Amazon in its first weekend when all products were available

Developed by athletes, formulated by doctors, and clinically proven for optimal performance, PlantFuel is a premium plant-based health and wellness company founded by former NFL player and serial entrepreneur Brad Pyatt. The Amazon partnership, including all digital strategies, is led by PlantFuel President Maria Dane, who was formerly the Head of Emerging Brands at Amazon.

With stronger than anticipated demand at launch on Amazon, PlantFuel is pivoting its digital resources and inventory to ensure product availability for Amazon customers. Furthermore, PlantFuel will begin an extensive multi-touch marketing effort in Q2-2022 centered on digital from Amazon to PPC, Search/Shop to Social, supported by offline and partnership initiatives.

On March 4, 2022, the Issuer announced that it has engaged Maximus Strategic Consulting Inc. ("Maximus") of Calgary, Alberta for an online marketing and advertising program for a term of 10 months, from March 1, 2022 to January 1, 2023, in exchange for a fee of \$200,000 plus taxes. Maximus shall write and distribute articles and other materials to bring awareness to the Issuer's business. The promotional activity shall occur on PinnacleDigest.com, Social Media Channels, Display, Search, and third-party email distribution lists. Maximus does not have any prior relationship with the Issuer.

On March 9, 2022, the Issuer announced it has closed the final tranche of its non-brokered private placement (the "Private Placement") issuing an additional of 771,000 units (each a "Unit") at a price of \$0.50 per Unit raising additional aggregate gross proceeds of \$385,500.

The Issuer raised total aggregate proceeds of \$3,375,500 through the issuance of 6,751,000 Units in the Private Placement.

Each Unit is comprised of one common share (each a "Share") and one transferable common share purchase warrant (each a "Warrant"). Each Warrant entitles the holder to purchase one additional Share of the Issuer, at a price of \$0.62 per Share for a period of 24 months from the date of issuance (the "Expiry Date").

The Issuer paid finder's fees of \$14,130 and 28,260 finder's warrants (the "Finder's Warrants") to Echelon Wealth Partners. The Finder's Warrants are non-transferable and exercisable at \$0.50 per Finder's Warrant until the Expiry Date.

The Shares, Warrants and Finder's Warrants issued are subject to a four-month hold period, pursuant to securities laws in Canada. The Issuer intends to use the proceeds from the Private Placement to support its launch at Amazon and GNC and also for general working capital.

Additionally, on March 9, 2022, the Issuer announced that its distribution into East Asia with South Korea's largest and most advanced ecommerce retailer Coupang.

Coupang is one of the largest e-commerce retailers in East Asia, often referred to as the *Amazon* of South Korea. Founded in 2010 by entrepreneur Bom Kim, Coupang has become a leading ecommerce company through a variety of advancements including their 24-hour Rocket Delivery service, grocery delivery called Rocket Fresh, music and video streaming service Coupang Play, Coupang Eats featuring real-time restaurant delivery, and Coupang Flex a marketplace for freelance services. PlantFuel further enhances Coupang’s premium healthy and wellness portfolio.

Developed by athletes, formulated by doctors, and clinically proven for optimal performance, PlantFuel is a premium plant-based health and wellness company founded by former NFL player and serial entrepreneur Brad Pyatt. Through this strategic distribution partnership with Coupang, PlantFuel is expected to generate rapid brand and revenue growth in Korea, as well as throughout the East Asia region including Japan, Taiwan and China.

This partnership with Coupang to expand ecommerce distribution in East Asia comes on the heels of the Issuer’s strong growth on Amazon, forcing a shift in digital resources and inventory to meet demand. Heading into Q2-2022, the Issuer is continuing to ramp up its multi-touch marketing efforts centered on digital strategies, alongside offline and partnership initiatives.

About Coupang

Coupang is one of the largest e-Commerce companies in Asia, with a mission to revolutionize the everyday lives of its customers and create a world where people wonder, “How did we ever live without Coupang?” Coupang offers a variety of services, including same-day and next-morning delivery of groceries and general merchandise, delivery of prepared foods through Coupang Eats, and video streaming through Coupang Play. Coupang has offices in Beijing, Los Angeles, Seattle, Seoul, Singapore, Shanghai, Silicon Valley, Taipei, and Tokyo.

On March 17, 2022, the Issuer announced a partnership with Muscle Foods USA, a leading multi-line sports nutrition and health products distributor in North America.

Muscle Foods USA (“Muscle Foods”) is a wholesale distributor of health & wellness, sports nutrition, lifestyle, and fitness products to specialized retailers throughout North America. With distribution to more than 6,000 stores, Muscle Foods works with a network of retailers that include grocery stores, grocery chains, all areas of the military, and fitness facilities such as gyms. The multi-line distributor has a proven track record of growing brands and increasing sales for some of the most well-known consumer packaged goods and beverage companies.

Developed by athletes, formulated by doctors, and clinically proven for optimal performance, PlantFuel is a premium plant-based health and wellness company founded by former NFL player and serial entrepreneur Brad Pyatt. This specialty retail distribution partnership with Muscle Foods will position PlantFuel in front of thousands of stores throughout North America, furthering growing the business through grocery, military, and gyms.

The partnership with Muscle Foods USA to manage specialty retail distribution is yet another step towards the strategic growth plan for the Issuer encompassing a strong mix of ecommerce and brick-and-mortar business. This announcement comes off the recent news of the Issuer’s strong Amazon business growth, and the announcement of its partnership with Coupang, one of the largest ecommerce retailers in East Asia.

About Muscle Foods USA

Muscle Foods USA is a nationwide wholesale distributor of sports nutrition and health products to the retail trade. With 6 facilities throughout the US including administration, warehousing and fulfillment services, Muscle Foods USA is centered on six business solutions: education, supply chain, category management, sales and marketing. Visit www.musclefoodusa.com to learn more.

On March 22, 2022, the Issuer announced that PlantFuel Athlete Natalie Decker placed first in the 2022 Trans Am Series at the Charlotte Motor Speedway.

Natalie Decker, one of the top professional female motorsports drivers in the world, driving the Audi R8 sponsored by the Issuer takes first place in her class at the Trans Am Series presented by Pirelli at the Charlotte Motor Speedway in North Carolina. The Trans Am Series is one of the longest-running championships in motorsports, celebrating its 55th season. Decker made history in 2020 as the first female driver to place top five in a top-three tier NASCAR race at Daytona, and she continues to make her mark in the sport with this Trans Am Series win in her class, 5th overall.

Developed by athletes, formulated by doctors, and clinically proven for optimal performance, PlantFuel is a premium plant-based health and wellness company founded by former NFL player and serial entrepreneur Brad Pyatt. Natalie Decker was PlantFuel's first athlete partner in motorsports beginning with the NASCAR Xfinity Series at the famed Daytona 500 in February 2022 and continuing into the Trans Am Series presented by Pirelli.

About Natalie Decker

Natalie Decker is a professional stock car race driver who competes part-time in the NASCAR Xfinity Series driving for Reasume Brothers Racing. She has also competed in the NASCAR Camping World Truck Series, the ARCA Menards Series, the Trans Am Series, and was a Drive for Diversity participant.

On March 31, 2022, the Issuer announced the signing of NFL superstar Jerry Jeudy as an investor/ambassador for the brand.

Jerry Jeudy, current professional football player for the Denver Broncos, was the 15th overall pick in the 2020 NFL Draft and won the Biletnikoff Award as the nation's best wide receiver during his college football career at the University of Alabama. As an investor/ambassador for PlantFuel, Jeudy will represent the brand from marketing and promotions to brand integrations and thought leadership.

Developed by athletes, formulated by doctors, and clinically proven for optimal performance, PlantFuel is a premium plant-based health and wellness company founded by former NFL player and serial entrepreneur Brad Pyatt. Jerry Jeudy joins the ranks of PlantFuel partners such as Terrell Owens and Lil Yachty and will play a key role in a PlantFuel x Jerry Jeudy football camp for youth and prep kids in Denver, CO slated to take place this May 2022.

The Issuer has a diverse range of ambassador partnerships from college football star Bryan Bresee and gymnast Olivia Dunne to actress Lucy Hale and NASCAR driver Natalie Decker, and others. More information about Issuer activities along with Jerry Jeudy will be announced in the coming weeks, including details about the football camp, which will be free to the public.

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 mentioned in Item 2 above:

The Issuer has entered into a contractual relationship with Maximus Strategic Consulting Inc. Maximus is a non-related party of the Issuer.

The Issuer has entered into a partnership with Coupang. Coupang is a non-related party of the Issuer.

The Issuer has also entered into a partnership with Muscle Foods. Muscle Foods 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.

The Issuer continually attracts new customers through store and online sales of its suite of products.

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.

Please see Item 2.

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.

None.

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

Security	Number Issued	Details of Issuance	Use of Proceeds
Common Shares	6,751,000	Shares issued pursuant to the Private Placement	Launch at Amazon and GNC and for general working capital
Warrants	6,751,000	Warrants issued pursuant to the Private* Placement	N/A
Stock Options	100,857	Stock options issued at an exercise price of \$0.63 to expire Mar. 1/24	N/A

*each Warrant entitles the holder to purchase one additional Share of the Issuer, at a price of \$0.62 per Share for a period of 24 months from the date of issuance.

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

None.

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

N/A.

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: **April 4, 2022** _____.

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.	March 2022	22/04/04
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	