

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: MODERN PLANT BASED FOODS INC. (the "Issuer").

Trading Symbol: MEAT

Number of Outstanding Listed Securities: 29,567,304

Date: April 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.

On March 1, 2021, Modern Meat Inc. (now Modern Plant Based Foods Inc.)'s products will now be distributed through the world's largest food service distributor. The new arrangement entails listing Modern Plant Based Foods products on its

Canadian distribution network, introducing the listed products to food service establishments.

Listed on the New York Stock Exchange and operating in 90 countries with over 600,000 customers, 57,000 employees and revenues of \$52.9-billion (U.S.), the company is the world's largest broad line food distributor.

"We are extremely pleased to have distribution through this global titan, one of the most respected food distributors in the industry. This is another major step in the expansion of our brand, and we expect to take our company and its subsidiaries to the next level. We anticipate growing out our manufacturing capabilities across the board to keep up with future business growth," stated Tara Haddad, founder and chief executive officer of Modern Plant Based Foods.

"We are excited about this distributor and their track record of success in helping brands increase their coverage and market penetration. This is a tremendous opportunity for great expansion, not only across Canada, but eventually into their massive U.S. distribution network. Consumer priorities are shifting, and food service and retailers are recognizing they need to provide healthy alternatives and unique offerings to their customers. They understand the need to stay current and to offer on-trend quality products like Modern Plant Based Foods," stated Chris Parkinson, brand and relationship manager at Modern Plant Based Foods.

Under the new distribution arrangement, Modern Plant Based Foods products can be found immediately through the distributor.

Further to the news release dated Feb. 25, 2021, Meat Inc. has received approval from the Canadian Securities Exchange to effect a name change to Modern Plant Based Foods Inc.

The common shares will begin trading under the new name on March 1, 2021. The Cusip number assigned to the company's shares following the name change is 607677101 (ISIN: CA6076771014).

The company's CSE ticker symbol MEAT will remain unchanged.

On March 2, 2021, Modern Plant Based Foods Inc. has officially launched its products through Birkby Food Service, one of the largest dairy distributors in Western Canada.

With over 100 years of experience, Birkby Food Service is a well-respected family-owned and -operated food delivery company servicing over 2,200 retail locations in over 14 regions across Western Canada. Birkby will carry the full portfolio of Modern Plant Based Foods products.

Birkby Foods works with other established brands such as Nestle, Lactalis, Coca-Cola and more.

"We are very pleased to be working with such an established distributor group who is heavily focused in dairy. As our company's portfolio of product offerings continues to evolve, we feel the dairy sector has a significant market share within the plant-based food space. Positioning ourselves with trusted leaders in food and dairy distribution is the logical move for our company," stated Tara Haddad, founder and chief executive officer of Modern Plant Based Foods.

"Integrating our company with a group of specialists that not only understand the industry, but also our company's products and overall direction is key to our growth and development. Working in the food sector for over a decade I cannot be more excited to work with Birkby Food Service to expand our brand in the fast-growing plant-based market," stated Chris Parkinson, brand and relationship manager for Modern Plant Based Foods.

"Birkby Food Service is proudly aligned to support Modern Plant Based Foods in the distribution of its high-quality 100-per-cent-plant-based meat alternatives into Alberta. As a proud Canadian company Birkby Food Service provides excellent customer service spanning warehousing, distribution and logistics expertise, and even e-commerce solutions. As demand for Modern Plant Based Foods' products grows, we are ready to do our part to meet that demand by ensuring store shelves are stocked and ready for your next memorable and nutritious meal," stated Scott Birkby, chief executive officer of Birkby Food Service.

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

Management is currently working towards expanding their business to other provinces, expanding their inventory and R&D on new products.

Management has expanded their brick and mortar locations and finished updating the renovations.

The Company has appointed several key officers and Employees to help with their expansion and market control.

The Company is looking to expanding towards the USA and Australia and has signed a co-packing arrangement.

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.

The Company is branching towards Soup products with the acquisition of Kitskitchen and has opened their bricks and mortar locations in full force.

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.

See above.

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.

Refer to #1

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

Not applicable.

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.

None.

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

Not applicable.

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.

There are no legal proceedings.

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⁽¹⁾
N/A			

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

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

None.

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 market for alternative meat products has increased over the years. The trend of veganism has also increased. The Company is working towards entering that market and using the trends to increase profitability.

COVID 19 has delayed several expansion possibilities. The Company is working around the quarantine to provide their products to the public. The Company has a direct Ecommerce store to provide their product directly to consumers in the Lower Mainland of BC.

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 1, 2021

Name of Director or Senior Officer

Tara Haddad

"Tara Haddad"

CEO

Issuer Details Name of Issuer Modern Plant Based Foods Inc.	For Month End March 2021	Date of Report YY/MM/DD 21/04/01
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City/Province/Postal Code Vancouver, B.C., V7T 1B3	Issuer Fax No. N/A	Issuer Telephone No. (604)395-0974
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