FORM 7  
  
MONTHLY PROGRESS REPORT

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

Trading Symbol: MEAT

Number of Outstanding Listed Securities: 47,641,106

Date: June 7, 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**

1. 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.
2. The term “Issuer” includes the Issuer and any of its subsidiaries.
3. 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 May 3, 2022, Modern Plant Based Foods Inc.'s kitskitchen Health Foods Inc., a portfolio company of Modern Plant-Based Foods, has secured a new production facility. kitskitchen's new facility has an increased production capacity of 20,000 kilograms per day compared with previous capacity of 1,000 kg per day. This significant increase will accommodate the significant interest in consumer demand received over the past year.**

**The new facility is equipped with larger and higher-end machinery allowing production to increase in volume in an efficient and timely manner resulting in decreased costs and an increase to profit margin. Given the demand from distributors to facilitate supply to large-scale retailers, kitskitchen will be able to continue its Canadian expansion while positively contributing to the bottom line.**

**On May 6, 2022, Modern Plant Based Foods Inc. has rolled out its products into the snack section at the popular Urban Fare grocery stores. Urban Fare is a subsidiary of the Overwaitea Food Group (OFG), which operates more than 160 stores under the banners of Save-On-Foods, Overwaitea Foods, Urban Fare, PriceSmart Foods, PriceSmart Foods International and Bulkley Valley Wholesale. The Urban Fare grocery chain tailors to a higher-end clientele, having six prime locations, four located in downtown Vancouver, and one each in Calgary and Kelowna.**

**On May 11, 2022, Modern Plant Based Foods Inc.'s Snacks from the Sun popped chips brand has entered into a distribution contract with United Natural Foods (UNFI), the largest publicly traded wholesale distributor of health and specialty food in North America.**

**On May 17, 2022, Modern Plant Based Foods Inc.'s Modern Meat Inc. (a plant-based meat alternative brand offering a variety of healthy, chef-inspired vegan products) has entered into a one-year renewable supply agreement with Northland Properties, an asset management company with ownership in multiple restaurant brands and hotel chains, including, but not limited to, Moxie's, Denny's, Chop Steakhouse, Shark Club, Boulevard Kitchen & Oyster Bar and Craft Beer Market. Northland Properties is recognized as one of the most trusted names in hotels, restaurants, sports and construction across Canada, the United States, Ireland and the United Kingdom for over 50 years, and is considered one of Canada's fastest-growing hospitality groups.**

**Through the supply agreement with Northland Properties, Modern Meat will be the sole supplier for a proprietary plant-based ground meat alternative. This product was created for one of Northland Properties' premium casual fine dining chains, a multinational chain having 67 locations across Canada and the United States. The restaurant chain's menu focuses on house-made ingredients with a global inspiration. All locations are custom designed to uniquely reflect their local neighbourhood, and in previous years, they have earned an unprecedented number of achievement awards across Canada, including: best all-around restaurant and best lunch spot, best menu, best service, best appetizer menu, and best bar. The company has effectively replaced a previous supplier, taking on an opportunity with steady, established sales.**

1. 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.

**See #1**

1. 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.**

1. 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 #1**

1. 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.**

1. 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**

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

**Not applicable.**

1. 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**

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

**Refer to #1**

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

**Not applicable.**

1. 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.**

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

**None.**

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

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| **Security** | **Number Issued** | **Details of Issuance** | **Use of Proceeds(1)** |
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*(1) State aggregate proceeds and intended allocation of proceeds.*

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

**None.**

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

**Refer to #1**

1. 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: June 7, 2022

Name of Director or Senior Officer

Avtar Dhaliwal

“Avtar *Dhaliwal*”

CEO

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| ***Issuer Details***  Name of Issuer  Modern Plant Based Foods Inc. | For Month End  May 2022 | Date of Report  YY/MM/DD  22/06/07 |
| Issuer Address  700 W Georgia St #2500, | | |
| City/Province/Postal Code  Vancouver, B.C., V7T 1B3 | Issuer Fax No.  N/A | Issuer Telephone No.  (604) 395-0974 |
| Contact Name  Yuying Liang | Contact Position  CFO | Contact Telephone No.  (604) 395-0974 |
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