

## FORM 7

### **MONTHLY PROGRESS REPORT**

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

Trading Symbol: MEAT

Number of Outstanding Listed Securities: 49,681,922

Date: December 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**

- (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 November 4, Modern Plant Based Foods Inc.'s subsidiary Modern Meat has begun to implement its aggressive expansion plan focused on its Modern Crumble through two of North America's largest food service**

distributors, Gordon's Food Service (GFS) and Sysco Corp. (Sysco). Modern Meat hones in on sales expansion of the Modern Crumble by offering co-packing and white-label opportunities to new and established companies. Between GFS servicing over 100,000 customers within Canada alone and Sysco servicing over 650,000 customers worldwide, the company will strategically focus on larger restaurant chains and established producers looking for additional production capabilities within Canada.

The Modern Crumble is the company's most versatile product, having been used in a variety of dishes including tacos, meatloaf, pasta sauces, casseroles, chili, pizzas, shepard's pie and many more. It is also one of Modern Meat's most profitable products, which is one of the leading factors in having the item as a key focus in the expansion plan. Fact MR reports: demand for meat substitutes was valued at \$10-billion (U.S.) in 2021 and is projected to reach \$13-billion (U.S.) by the end of 2022, reflecting an annual increase worth 30 per cent. Throughout the 2022 to 2032 assessment period, meat substitute sales are expected to surge astoundingly at a CAGR (compound annual growth rate) of 33.6 per cent to reach \$235-billion (U.S.).

As part of the sales expansion plan for the Modern Crumble, Modern Meat has decided to move forward with co-packing and white-label opportunities for the product, opening a wider customer base and opportunity for B2B (business-to-business) sales. The white-label customers will benefit from economies of scale providing significant cost advantages over a traditional go-to-market approach building a new product from the ground up. The company expects the expansion plan to significantly impact the growth over 2023 and to capitalize on the continued growth in the plant-based and better-for-you space.

On November 29, Modern Plant Based Foods Inc.'s subsidiary Modern Meat is co-developing plant-based pizzas with Carbone Restaurant Group (CRG), a leading restaurant group and brand incubator with quick-service concepts, including ghost kitchens. Modern Meat currently supplies plant-based meat products to the franchise and is working to expand the menu's plant-based offerings and increase its supply volumes to the chain.

Canadian owned and operated, CRG developed Fast Fired by Carbone, a pizza chain known for its fresh, authentic, sustainable, tailored-made pizzas. Fast Fired by Carbone is actively franchising restaurants across Canada with plans to open up to 100 new franchises over the next several years with locations already secured in British Columbia, Alberta, Saskatchewan, Manitoba and Ontario.

Fast Fired by Carbone currently offers Modern Meat Crumble on its Modern Fiesta plant-based pizza in-store and throughout various delivery apps, including Skip the Dishes, DoorDash and Uber Eats. The two companies are working toward launching new plant-based menu items across the various

**provinces and delivery platforms to capitalize on the plant-based demand for better-for-you fast-food items.**

2. 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**

3. 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.

**See #1**

4. 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.

**None.**

5. 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.**

6. 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.**

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

**None.**

8. 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.**

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

**None.**

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

**Not applicable.**

11. 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.**

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

**None.**

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

Security	Number Issued	Details of Issuance	Use of Proceeds <sup>(1)</sup>
N/A			

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

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

**None.**

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

**None.**

16. 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: December 7, 2022

Name of Director or Senior Officer

Avtar Dhaliwal

*"Avtar Dhaliwal"*

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CEO

<b>Issuer Details</b>		
Name of Issuer Modern Plant Based Foods Inc.	For Month End November 2022	Date of Report YY/MM/DD 22/12/07
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) 630-7296
Contact Name Yuying Liang	Contact Position CFO	Contact Telephone No. (604) 630-7296
Contact Email Address info@themodernmeat.com	Web Site Address Themodernmeat.com	