FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **PlantX Life Inc.** (the "**Issuer**").

Trading Symbol: **VEGA**

Number of Outstanding Listed Securities: **10,051,267 (post-consolidation)**

Date: **October 7th, 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 knownto 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.

   The Issuer continues to facilitate website orders for plant-based prepared meals and plants throughout Canada and the United States, UK and Germany. The Issuer continues to expand its delivery capabilities to Central and Eastern Canada.

The Issuer disseminated 6 news releases through the month as well as a Material Document and a Material Change Report on September 27, 2022, as follows:

September 6, 2022: PlantX Announces Monthly Gross Revenue of $1.4 Million in August 2022, that is up by 32% Year-over-Year;

September 12, 2022: XMarket Venice Beach Retail Store to Partner with Future Farm as Popup Tenant;

September 13, 2022: PlantX's Little West Cold Pressed Juices to Be Distributed by KeHE Distributors;

September 19, 2022: PlantX Life to acquire online domain veganessentials.com;

September 21, 2022: PlantX Announces Effective Date for Share Consolidation;

September 27, 2022: The Issuer filed an Asset Purchase Agreement dated September 18, 2022 as a Material Document.

September 27, 2022: The issuer filed a Material Change Report announcing that it will acquire the online domain www.veganessentials.com together with certain associated intellectual property and associated assets pursuant to the terms and subject to the conditions of an asset purchase agreement dated September 18, 2022 between the Company, its wholly-owned subsidiary, PlantX Lifestyle USA Inc. ("PlantX USA"), Veji Holdings Ltd. ("Veji") and Veg Essentials LLC ("Essentials") for an aggregate purchase price of C$900,000 (the "Acquisition"). As a condition to the completion of the Acquisition, the Company will consolidate its common shares ("Common Shares") on the basis of one (1) post-consolidated Common Share outstanding for every 20 pre-consolidated Common Shares (the "Consolidation");

September 27, 2022: PlantX Provides Update on Status of Management Cease Trade Order.

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

   Management is continually looking for new partners to form strategic alliances in order to add new partners and verticals onto the website platform. Management is also looking for other wholesale customers in Canada and the United States.

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.

   See Item #1.

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.

N/A

5. Describe any new business relationships entered 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 Item #1.

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.

N/A

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.

N/A

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

See Item #1.

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.

See Item #1.

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

N/A

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[1]
Common Shares	10,051,267	As a result of consolidation of shares in the ratio of 20:1	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.

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.

See Item #1.

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 was 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: **October 7th, 2022**

Shariq Khan
Name of Director or Senior Officer

"Shariq Khan"
Signature

Chief Financial Officer
Official Capacity

Issuer Details Name of Issuer **PlantX Life Inc.**	For Month End **September 2022**	Date of Report YY/MM/DD **22/10/07**
Issuer Address **504-100 Park Royal South**		
City/Province/Postal Code **West Vancouver, BC V7T 1A2**	Issuer Fax No. **888 241 5996**	Issuer Telephone No. **604 355 6100**
Contact Name **Shariq Khan**	Contact Position **CFO**	Contact Telephone No. **604 355 6100**
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