

**FORM 7**  
**MONTHLY PROGRESS REPORT**

Name of Listed Issuer: Plant&Co. Brands Ltd. (the "Issuer" or "Plant&Co.").

Trading Symbol: VEGN

Number of Outstanding Listed Securities: 98,265,831

Date: April 15, 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.

**See Item 2 below for a complete overview and discussion of the Issuer's activities for the month of March 2021.**

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

**On March 2, 2021, the Issuer announced it plans to aggressively expand its reach across North America by franchising the popular YamChops™ ~ Grown Not Raised™ ~ ("YamChops") vegan butcher stores. YamChops, a wholly owned subsidiary of Plant&Co, specializes in the preparation, distribution, and retail sales of over 45 proprietary plant-based meats, chicken, pork, fish, and many other delicious vegan food products.**

**As part of the recent acquisition of YamChops, Plant&Co acquired a franchise program to offer turnkey YamChops franchises including the following:**

- Architectural/construction renderings with leading design firm
- Systems manuals and training programs
- Proprietary plant-based food products and recipes
- Strategic retail sales strategy

**Plant&Co offers the necessary corporate structure, and financial and technical resources to support individual franchisees and to promote franchise growth throughout North America. The Issuer has engaged Cassells Brock & Blackwell LLP, a national law firm with one of Canada's most sophisticated franchise law teams. Their dedicated team offers extensive practical experience with all types of growth models assisting both local start-ups and some of the world's largest brands on local and international franchise and related expansion strategies. Plant&Co also brings a history of technology development specializing in e-commerce and online training programs.**

The Issuer also announced that it has granted incentive stock options to purchase a total of 500,000 common shares at an exercise price of \$0.52 per share for a period of two years to the chief financial officers in accordance with the provisions of its stock option plan.

On March 4, 2021, the Issuer announced that it has entered into an agreement with Native Ads Inc. ("Native Ads") to provide a comprehensive digital media marketing campaign for cash consideration of \$300,000. The comprehensive advertising program is designed to build brand familiarity, general recognition, and awareness within online investor content platforms.

The term of the agreement extends from the effective date of February 25, 2021 until the digital media marketing campaign and related media buying concludes. The campaign includes, but is not limited to, content creation, web development, media buying and distribution, advertising development, and campaign reporting and optimization.

On March 9, 2021, the Issuer announced its plans to open a second Canadian location of YamChops vegan butcher store in Montreal, Quebec.

On March 11, 2021, the Issuer announced that its delicious and healthy Holy Crap breakfast cereals are now being offered by its very own vegan butcher YamChops, online and through the plant-based butcher shop located in Little Italy in Toronto.

On March 16, 2021, the Issuer announced that its common shares are now eligible for electronic clearing and settlement through The Depository Trust Company ("DTC") in the United States.

The Issuer also announced that it has submitted an application to have its common shares listed for trading on the OTCQB market (the "OTCQB"), a U.S. trading platform that is operated by the OTC Markets Group in New York. The listing of Plant&Co's common shares on the OTCQB remains subject to the approval of the OTCQB and the satisfaction of applicable listing requirements which includes the filing of a Form 211 with the governing US securities regulators (i.e. FINRA).

DTC is a subsidiary of The Depository Trust & Clearing Corporation, a United States company that manages the electronic clearing and settlement of publicly traded companies. Securities that are eligible to be electronically cleared and settled through DTC are considered "DTC eligible." This electronic method of clearing securities speeds up the receipt of stock and cash and thus accelerates the settlement process for investors and brokers, enabling the stock to be traded over a much wider selection of brokerage firms.

The OTCQB is recognized by the Securities and Exchange Commission as an established public market providing public information for analysis and value of securities. As a verified market with efficient access for U.S. investors, OTCQB helps companies build shareholder value with a goal of enhancing liquidity and achieving a fair valuation.

On March 16, 2021, the Issuer announced that it has made an initial strategic investment through a recent non-brokered private placement in Sire Bioscience Inc. (CSE:SIRE) (CNSX:SIRE.CN) (OTC:BLLXF) (FSE: BR1B) ("SIRE"), a CPG life science company focused on the plant-based foods and supplements industry which recently acquired Denver-based PlantFuel, Inc.

Plant&Co made a strategic investment of \$100,000 by participating in the non-brokered private placement of SIRE which closed on March 12, 2021. The Issuer purchased an aggregate of 666,667 common shares (the "Sire Shares") of SIRE at a price of \$0.15 per Sire Share. The board of directors of the Issuer believed it is in the best interest of the Issuer and its shareholders to participate in early-stage investment opportunities to generate revenue for acquisitions and for general working capital purposes.

The two companies intend to form a strategic alliance and work together to develop plant-based health foods for elite athletes, weekend warriors, and those with an active lifestyle.

On March 18, 2021, the Issuer announced that it has retained iFranchise Group, leading franchise consulting firm, to oversee the launch and execution of a North American-wide franchise expansion plan for YamChops.

On March 24, 2021, the Issuer announced a new SKU in its award-winning breakfast cereal line up: Coconut Mango.

**Coconut Mango is specifically designed and targeted for U.S. customers with mass production and distribution within key states. This new flavour combines the sweetness of mango with a hint of coconut, and the subtle crunch of buckwheat and nutty flavour of hemp seeds completes this winning taste combination. Holy Crap Coconut Mango Superseed Blend provides consumers with a new delicious flavour combining all the healthy and organic Holy Crap attributes to make this a new favourite cold cereal breakfast choice.**

**Holy Crap now offers five distinct SKU's, all of which contain certified organic, non-gmo, kosher and gluten free ingredients, such as hemp, buckwheat and chia seeds, and gluten-free oats. Apple Cinnamon, Natural (Skinny B), Blueberry Apple, Maple + Gluten-Free Oats, and the new Coconut Mango are tasty, nutrient dense breakfast cereals which are high in fiber, and are free from the top 9 allergens and free from any additives like added flavors, preservatives, chemicals, color, salt, or oils.**

**On March 26, 2021, the Issuer announced that its Holy Crap breakfast cereals are now available in Whole Foods stores in Ontario.**

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 2.**

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 Item 2. None of the parties described in Item 2 are related parties 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.

**See Item 2.**

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

**N/A.**

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, franchises, licenses, patents, software, subscription lists and trade-marks.

**None.**

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.
- N/A.**
14. Provide details of any securities issued and options or warrants granted.
- On March 2, 2021, the Issuer granted 500,000 stock options exercisable at \$0.52 per share for a period of 2 years to an officer.**
- On March 4, 2021, the Issuer cancelled 500,000 stock options originally granted by the Issuer on January 19, 2021.**
- On March 18, 2021, the Issuer granted 3,125,000 stock options exercisable at \$0.46 per share for a period of 2 years to certain directors, officers and consultants.**
- On March 29, 2021, the Issuer issued 100,000 common shares at \$0.40 per common share pursuant to a warrant exercise.**
15. Provide details of any loans to or by Related Persons.
- N/A.**
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.
- None.**

## 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 15, 2021 .

Shawn Moniz  
Name of Director or Senior Officer

"Shawn Moniz"  
Signature

CEO & Director  
Official Capacity

<b><i>Issuer Details</i></b> Name of Issuer	For Month End	Date of Report YY/MM/D
<b>Plant&amp;Co. Brands Ltd.</b>	<b>March 2021</b>	<b>2021/04/15</b>
Issuer Address <b>400-1681 Chestnut Street</b>		
City/Province/Postal Code <b>Vancouver, BC V6J 4M6</b>	Issuer Fax No. <b>604.737.1140</b>	Issuer Telephone No. <b>833.375.2682</b>
Contact Name <b>Shawn Moniz</b>	Contact Position <b>CEO &amp; Director</b>	Contact Telephone No. <b>833.375.2682</b>
Contact Email Address <a href="mailto:info@plantandco.com">info@plantandco.com</a>	Web Site Address <a href="https://plantandco.com">https://plantandco.com</a>	