

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: 104,357,421

Date: November 23, 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 October 2021.

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

On October 13, 2021, the Issuer reported that its healthy and delicious Holy Crap breakfast cereals are now available online through ShopVejii.com. ShopVejii is an online marketplace offering a wide variety of plant-based foods that originally launched in the United States in 2020, and subsequently expanded to Canada.

This is another step for Plant&Co’s growth strategy as the Issuer begins its fourth quarter of 2021. The building blocks of the Issuer’s strategy, released on September 16, 2021, speaks to expanding distribution channels for greater growth in 2022, and this begins with steps such as this with ShopVejii. The Issuer will continue to focus on its organic and inorganic growth strategy throughout this fourth quarter and into Q1 2022.

Holy Crap breakfast cereal is a high-quality plant-based product that tastes great, helps maintain a healthy gut, and makes consumers feel good inside and out. Holy Crap offers five distinct SKUs: Apple Cinnamon, Natural (Skinny B), Blueberry Apple, Maple + Gluten Free, and recently introduced Coconut Mango, all of which contain certified organic, non-GMO, kosher and gluten free ingredients, such as hemp seed, buckwheat, chia seeds, and gluten-free oats. The tasty, nutrient-packed breakfast cereals have high levels of essential amino and fatty acids, a kick of fiber, and are free from the top 9 allergens and free from any additives like added flavors, preservatives, chemicals, color, salt, or oils.

In addition to offering a convenient and quick breakfast option, breakfast cereals have also become a popular snacking option due to home seclusion. As many consumers have had their routines

disrupted by new work at home schedules, mealtimes have also become irregular pushing them to reach for easy to prepare snacking options. According to a recent analyst report by Market Data Forecast, the North American breakfast cereal market is expected to grow from \$15.8 billion in 2020 to \$19.4 billion by 2026 at a compound annual growth rate (CAGR) of 4.2%. Growing adoption of convenience foods and rising health consciousness are likely to augment the demand for breakfast cereals over the forecast period. Furthermore, consciousness among people to consume healthy products also plays a vital role in generating demand. Rising awareness among people in emerging economies regarding health benefits associated with breakfast cereals is poised to create ample opportunities for new market entrants.

About Vejii Holdings

Headquartered in Kelowna B.C. Vejii owns and operates ShopVejii.com, a digital marketplace offering thousands of plant-based and sustainable-living products, from hundreds of vendors in a centralized, online shopping experience. Vejii leverages technology integrations like smart lists, reorders features, subscription programs, AI, and is always looking for new and innovative ways to enhance the customer experience. Information on the Issuer and its many products can be accessed through: VejiiHoldings.com.

On October 21, 2021, the Issuer announced that its wholly owned subsidiary YamChops™ ~ *Grown Not Raised*™ ~ ("YamChops") is offering a range of its tasty plant-based foods, dishes, and meals through Hungerhub's meal delivery application Uncatering™.

Hungerhub offers daily meals for the workplace which are individually customized, sealed, labelled, and delivered to offices throughout Toronto. As the economy evolves to a new normal and we return to the workplace, flexibility and safety are top of mind. Hungerhub's Uncatering™ application provides an easy, intuitive, and safe method to order individually packaged delicious meals. Hungerhub's business model for food ordering and delivery is all about individualization, ditching trays and communal food offerings.

The agreement with Hungerhub is yet another example of Plant&Co's growth strategy at work. Further to the Issuer's strategy update, released on September 16, 2021, the distribution efforts for increased sales and revenue, market exposure and organic growth initiatives within the Issuer are beginning to be executed upon throughout this fourth quarter. The Issuer will continue to focus on its current organic and inorganic growth strategy throughout this quarter and into Q1 2022.

YamChops specializes in the preparation, distribution, and retail sale of a variety of plant-based meat alternatives and other delicious plant-based foods. It also has an online subscription service whereby customers subscribe to received regular deliveries of high-quality, great tasting plant-based foods and meals.

YamChops is North America's first Plant-Based Butcher Shop. For almost a decade, it has specialized in the development, preparation, and distribution of plant-based meats and other vegan food products. YamChops is also available on the five most popular food delivery platforms: Uber Eats, Skip the Dishes, Door Dash, Corner Shop, Ritual One, and now a sixth, Hungerhub.

About Hungerhub

Hungerhub is a foodtech company connecting offices with restaurants for daily meal delivery. It has successfully launched Uncatering™, a proprietary process and application software for workplaces to order food. The innovative platform allows team members to log in, choose a restaurant, choose the meal for the day (or for the week!), and make individual orders including special instructions like "no peanuts" and "hold the onions". With an easy to use platform and complex user management and invoicing solutions, Hungerhub is experiencing phenomenal growth. For more information please visit: www.hungerhub.com.

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.

None.

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. ShopVeji and Hungerhub are not 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.
N/A.
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.
None.
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.
None.

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: November 23, 2021 .

Shawn Moniz
Name of Director or Senior Officer

"Shawn Moniz"
Signature

CEO & Director
Official Capacity

<i>Issuer Details</i> Name of Issuer	For Month End	Date of Report YY/MM/D
Plant&Co. Brands Ltd.	October 2021	2021/11/23
Issuer Address 400-1681 Chestnut Street		
City/Province/Postal Code Vancouver, BC V6J 4M6	Issuer Fax No. 604.737.1140	Issuer Telephone No. 833.375.2682
Contact Name Shawn Moniz	Contact Position CEO & Director	Contact Telephone No. 833.375.2682
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