

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: ACANA CAPITAL CORP. (the "Issuer").

Trading Symbol: APB

Number of Outstanding Listed Securities: 30,646,672

Date: January 2, 2014

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.

None

The Company is preparing for its annual year end audit.

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

The Company also continues to search for lessees or purchasers of the Houghton Street, Tucson, Arizona commercial building.

Construction tenders are being accepted in regard to 60 building lots described at 7461 Bradshaw Road, Sacramento, California.

The Arco Franchise application for the site located at 8374 Bradshaw Road, Sacramento, California is in progress and nearing completion.

Certain lot line adjustments are being considered to improve the viability and marketability of portions of the US properties.

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 numbers 1 and 2 above.

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.

None at this time.

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.

None at this time.

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

None

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.

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.

None

14. Provide details of any securities issued and options or warrants granted.
None.
15. Provide details of any loans to or by Related Persons.
None
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.

General economic conditions in North America and abroad will impact the achievement of the Company's objectives as well as any unknown and unanticipated events and/or occurrences.

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: January 2, 2014

"Eugene Beukman"

President

Issuer Details	For Month	Date of Report
Name of Issuer	End	YY/MM/D

ACANA CAPITAL CORP.	December 2013	2014/01/02
Issuer Address 8338-120 th Street		
City/Province/Postal Code Surrey, B.C. V3W 3N4	Issuer Fax No. (604)592-6882	Issuer Telephone No. (694)592-6881
Contact Name Laine Trudeau	Contact Position Administrator	Contact Telephone No. 604 592 6881
Contact Email Address info@acanacapital.com	Web Site Address www.acanacapital.com	