

## FORM 7

### MONTHLY PROGRESS REPORT

Name of CNSX Issuer: ME Resource Corp (the "Issuer").  
Trading Symbol: MEC  
Number of Outstanding Listed Securities: 51,033,372  
Date: December 9, 2013

#### Report on Business

- Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month.*

The Company continues to identify resource assets and properties for which it is currently conducting the necessary due diligence and will negotiate an acquisition or joint venture agreement if management is satisfied with the results of its due diligence. To enhance the Company's core business of resource exploration, development and production the Company entered into a Tentative Agreement with Ztek Clean Energy Corp. to acquire intellectual property and technology related to clean power energy systems with oil and gas applications. This developed intellectual property and technology will be developed into a micro-refinery system deployed at the wellhead to process raw natural gas into either liquid fuels or clean power. This proprietary technology acts as a fuel processor for any type of hydrocarbon feedstock including those found in unprocessed natural gas. MEC will seek to apply this technology to its own assets.

On April 22, 2013 MEC and ZCE signed a definitive agreement (the "Agreement") for the intellectual property and technology related to clean power energy systems with oil and gas applications.

On November 4, 2013 the Company filed a patent application with the United States Patent and Trademark Office for the key technology component of the Company's Micro-Refinery Unit ("MRU") which processes wasted natural gas into Engineered Fuel™ and power.



The patent application was filed in partnership with École Polytechnique de Montréal and was facilitated through a research agreement with the university and ME Resource Corp. Professor Gregory Patience, P.Eng., PhD, CTO and Director of MEC, leads the project at École Polytechnique. Professor Patience has established a research and development lab at the university for catalysis, catalyst design and fluid-bed reactions. This lab is considered the most advanced in the country.

The patent application details a novel method and apparatus for producing chemicals, heat, energy and water from a methane-containing gas. The innovative method and apparatus makes use of heterogeneous catalysis in a single-vessel, beginning with the partial oxidation of methane to produce synthesis gas followed by a Fischer-Tropsch reaction to produce chemicals and other end products with no excess hydrogen.

The patent application provides the Company with a mechanism to secure its novel and innovative design and processes and allows for improvements to the application throughout the development process.

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

The Management of the Company is actively pursuing other investment opportunities and intends to continue to assess, explore and, if feasible, seek out further potential opportunities in the resource industry for the Company and its shareholders.

The Company continues to develop its relationship with Ecole Polytechnique in Montreal and is pursuing a Research Partnership with the University's Chemical Engineering Department. The Company is reaching the final stages of completing and agreement with the University to establish a research program to continue the development of MEC's technology.

The Company has established a joint venture with ABS Electric Group Ltd. of Calgary Alberta to form Waste Stream Energy Corp. ("Waste Stream"). ABS Electric Group Ltd., an Alberta company, is a fully integrated electrical company that maintains and constructs electrical systems from Millivolt to High Voltage applications. ABS Electric services mostly Alberta and Western Canada and have a global reach. They currently have 80 employees.

Waste Stream is an Alberta company which will facilitate the commercialization of the technology and provide field services and an established clientele.

On November 5, 2013 the Company successfully conducted a Technology Information Session sponsored by the Petroleum Technology Alliance of Canada (“PTAC”). The Technology Information Session was conducted on November 5, 2013 in the Annex Theatre in Calgary Alberta, graciously provided by Nexen Energy.

PTAC's mission is to facilitate innovation, collaborative research and the development of technology for the Canadian oil and gas industry. Members include producers, technology developers, researchers and representatives of government; essentially any organization or individual with a stake in the future of the industry.

Representatives of the oil and gas industry’s major stakeholders, including Suncor, Husky Energy and Devon Energy, were amongst the attendees whom were presented MEC’s Micro-Refinery Unit (“MRU”), which processes wasted natural gas, including stranded, shut-in, flared and vented gas, and produces valued end-products including Engineered Fuel™ (diesel, diluents, synthetic crude) as well as electrical power.

The session was led by MEC’s Chairman Parminder Singh and Members of the Board Dr. Michael Raymont and Professor Gregory Patience, an expert in chemical engineering and catalyst design, who provided a technical overview. In addition to this technical overview, the presentation focused on operators’ ability to create revenue streams from wasted gas and simultaneously realize a significant reduction in GHG emissions. The MRU is based on patent pending technology, which has many benefits over existing options including faster gas tie-in times for immediate oil production; decreased pay back period to recover drilling costs; extension of well life and postponement of abandonment costs; and incremental revenue streams to increase the value of Deemed Assets from otherwise wasted gas.

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.*

This does not apply to the Issuer.

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.*

This does not apply to the Issuer.

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.*

The Company has negotiated an Agreement with Ztek Clean Energy Corp. to acquire intellectual property related to clean power energy systems with oil and gas applications. It is the vision of MEC that, with the application of the developed IP, the flared and stranded waste gas related to oil and gas recovery can be converted into clean liquid fuels and used for remote power generation. MEC seeks to apply this technology to its own assets. Further details can be found in MEC's news release issued on April 22, 2013.

The Company has established a joint venture with ABS Electric Group Ltd. of Calgary Alberta to form Waste Stream Energy Corp. ("Waste Stream"). ABS Electric Group Ltd., an Alberta company, is a fully integrated electrical company that maintains and constructs electrical systems from Millivolt to High Voltage applications. ABS Electric services mostly Alberta and Western Canada and have a global reach. They currently have 80 employees.

Waste Stream is an Alberta company which will facilitate the commercialization of the technology and provide field services and an established clientele.

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.*

This does not apply to the Issuer.

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.*

This does not apply to the Issuer.

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

This does not apply to the Issuer.

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.*

On November 4, 2013 the Company filed a patent application with the United States Patent and Trademark Office for the key technology component of the Company's Micro-Refinery Unit ("MRU") which processes wasted natural gas into Engineered Fuel™ and power.

The patent application was filed in partnership with École Polytechnique de Montréal and was facilitated through a research agreement with the university and ME Resource Corp. Professor Gregory Patience, P.Eng., PhD, CTO and Director of MEC, leads the project at École Polytechnique. Professor Patience has established a research and development lab at the university for catalysis, catalyst design and fluid-bed reactions. This lab is considered the most advanced in the country.

The patent application details a novel method and apparatus for producing chemicals, heat, energy and water from a methane-containing gas. The innovative method and apparatus makes use of heterogeneous catalysis in a single-vessel, beginning with the partial oxidation of methane to produce synthesis gas followed by a Fischer-Tropsch reaction to produce chemicals and other end products with no excess hydrogen.

The patent application provides the Company with a mechanism to secure its novel and innovative design and processes and allows for improvements to the application throughout the development process.

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

The Company continues to employ individual contractors and consultants for various services including website development, design and administrative.

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

This does not apply to the Issuer

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.*

This does not apply to the Issuer.

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

This does not apply to the Issuer.

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

The Company has opened a private placement for aggregate proceeds of \$250,000 at a price of \$0.23 per Unit. Each Unit is comprised of one common share and one common share purchase warrant (a "Warrant"). Each Warrant entitles the holder to purchase, on exercise, one common share (a "Warrant Share") for a period of two years at a price of \$0.50 per Warrant Share. The expiry of the Warrant Shares may be accelerated to a 30 day term if the 10-day average market closing price of the listed common shares of MEC is equal to or greater than \$0.55

15. *Provide details of any loans to or by Related Persons.*

This does not apply to the Issuer.

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

At the Company's AGM the Parminder Singh was nominated and unanimously approved to the board of directors. On October 15, 2013 he was appointed a director of the Company.

Parminder (Par) Singh has more than 25 years of professional experience in building, operating, and managing international businesses for private companies, government clients, and multinational corporations around the world. Parminder is currently the President of Intellectual Ventures Canada. Prior to joining Intellectual Ventures, Parminder was the Managing Director for the Microsoft Canada Development Center (MCDC), located in Richmond, British Columbia. Parminder has held executive positions at companies in Canada and US including: Ensequence, Telesat Canada, Motorola, Teledisc, Microsoft, FreelInternet Networks, and 5th Link Software. Additionally, he has consulted for numerous companies including: Boeing, Acer, ATT, Flextronics, Wistron,

Hughes Aircraft Company. He holds a Bachelor's degree in Electrical Engineering from the Technical University of Nova Scotia.

17. *Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.*

This does not apply to the Issuer.

## 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 December 9, 2013

**Navchand Jagpal**

Name of Director or Senior Officer

**“NAVCHAND JAGPAL”**

Signature

**President & CEO**

Official Capacity

<b>Issuer Details</b> Name of Issuer <b>ME Resource Corp.</b>	For Month End <b>November</b> <b>2013</b>	Date of Report YY/MM/D <b>2013/12/09</b>
Issuer Address <b>1250 West Hastings St.</b>		
City/Province/Postal Code <b>Vancouver, BC V6E 2M4</b>	Issuer Fax No. <b>(604) 408-9301</b>	Issuer Telephone No. <b>(604) 893-7033</b>
Contact Name <b>Mr. Navchand Jagpal</b>	Contact Position <b>Officer &amp; Director</b>	Contact Telephone No. <b>(604) 893-7033</b>
Contact Email Address <b>info@meresourcecorp.com</b>		

