

FORM 7

PLANT VEDA FOODS LTD.

MONTHLY PROGRESS REPORT

Name of CSE Issuer: Plant Veda Foods Ltd. (the "Issuer").

Trading Symbol: MILK

Number of Outstanding Listed Securities: 35,060,721

Date: May 1, 2024

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.

April 18, 2024

The Issuer has determined that it will not be able to file its annual audited financial statements for the years ended December 21, 2023 and 2022 (the "Annual Financial Statements") and its related management's discussion and analysis and chief executive officer and chief financial officer certifications in respect of the foregoing (collectively, the "Annual Disclosure Documents"), by the prescribed filing deadline of April 29, 2024 (the "Filing Deadline") while it obtains a valuation report (the "Valuation Report") in respect of the Issuer's previously announced acquisition of all of the issued and outstanding shares of Nora's Non-Dairy Ltd. (the "Acquisition") and its auditors conduct additional audit procedures in connection with the Acquisition, and wishes to avoid prejudicing shareholders in the event that it is unable to do so.

April 30, 2024

The British Columbia Securities Commission, has accepted the Issuer's application for, and has granted, a management cease trade order (the "MCTO") under National Policy 12-203 – Management Cease Trade Orders ("NP 12-203").

The MCTO restricts all trading in securities of the Company, whether direct or indirect, by the Chief Executive Officer and Chief Financial Officer of the Company until such time as the Annual Disclosure Documents have been filed by the Company and the MCTO has been lifted. The MCTO does not affect the ability of other shareholders of the Company to trade in the securities of the Company.

The Issuer's management is diligently working with its auditors to expedite the finalization and filing of the Annual Disclosure Documents.

During the MCTO, the Issuer confirms that it will comply with the provisions of the alternative information guidelines as set out in NP 12-203, including issuing bi-weekly default status reports in the form of a news release, so long as it remains in default of the filing requirements set out above. The Issuer confirms that there is no material information concerning the affairs of the Issuer that has not been generally disclosed as of the date of this news release.

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

Refer to 1.

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.

Not applicable.

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.

Not applicable.

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.

Not applicable.

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.

Not applicable.

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.

Not applicable.

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

Not applicable.

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.

Not applicable.

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

Not applicable.

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

Not applicable.

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.

Not applicable.

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

Not applicable.

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

Not applicable.

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

Not applicable.

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

Not applicable.

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

Not applicable.

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 no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to 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 May 1, 2024.

Geoff Balderson

Name of Director or Senior Officer

/s/Geoff Balderson

Signature

Director and Chief Financial Officer

Official Capacity

Issuer Details <i>Name of Issuer</i> Plant Veda Foods Ltd.	<i>For Month End</i> April, 2024	<i>Date of Report</i> <i>YY/MM/DD</i> 24/05/01
<i>Issuer Address</i> Suite 1000 – 409 Granville Street		
<i>City/Province/Postal Code</i> Vancouver, BC V6C 1T2	<i>Issuer Fax No.</i> (604) 608 5448	<i>Issuer Telephone No.</i> (604) 602-0001
<i>Contact Name</i> Geoff Balderson	<i>Contact Position</i> CFO	<i>Contact Telephone No.</i> (604) 602-0001
<i>Contact Email Address</i> gb@harmonycs.ca	<i>Web Site Address</i> www.plantveda.com	