

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Affinor Growers Inc. (the "Issuer").

Trading Symbol: AFI

Number of Outstanding Listed Securities: 121,106,561

Date: November 30, 2016

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.
- On November 16, 2016, the Company announced the results of the Annual General Meeting held November 9, 2016. The Directors of Affinor including Dr. Alan Boyco, Mr. Brian Whitlock, Mr. David Mack and Mr. Rick Easthom were re-elected for the ensuring year. The shareholders also re-appointed the Company's auditors DeVisser Gray LLP at the meeting.

Affinor is also pleased to announce that it has received over \$500,000 due to the recent exercise of warrants, finders' warrants and options by the Company's early investors. These funds will help Affinor continue to execute its goals and objectives as outlined at the AGM and announced in the shareholders update news release issued on October 14, 2016.

- On November 23, 2016, the Company updated the shareholders on the progress of the BioPod Initiative strawberry growing towers and product testing analysis.

Strawberry UFV Test Site Results to date

Affinor is pleased to announce that the small, 4 level, 8 arm prototype, produced over 130 pounds of strawberries over three and half months in an area of only 100 square feet. This production of strawberries met Affinor's initial objectives and Affinor plans to double production again, in the same footprint area, by installing a second tower with 4 levels but increasing to 16 arms.

Strawberry Purity Test Results

Affinor also sent a sample of strawberries to an independent accredited laboratory for pesticide and heavy metal analysis. For comparative purposes, a second sample from a popular strawberry name brand was purchased from a local retail grocery store for benchmark analysis. The strawberries were screened for over 300 pesticides and 4 heavy metals. Affinor's sample tested negative for all pesticides with no trace amounts of heavy metals. The strawberries purchased from the local grocery store tested positive for 4 pesticides and contained trace levels of one heavy metal.

The BioPods are a City of Surrey vision and agricultural initiative designed as a catalyst for agricultural research and innovation. Under the supervision of the University of the Fraser Valley, the BioPods provide a testing ground for new agriculture technologies and techniques. In April 2016, Affinor installed a vertical growing system within the BioPod research center to validate the technology by growing strawberries throughout the summer months and coming winter.

Option Grant

Affinor's board of directors has also approved the grant of 1,550,000 stock options exercisable at \$0.15 per share and expiring November 22, 2019 to its directors, officers and consultants.

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

- On November 16, 2016, the Company announced the results of the Annual General Meeting held November 9, 2016. The Directors of Affinor including Dr. Alan Boyco, Mr. Brian Whitlock, Mr. David Mack and Mr. Rick Easthom were re-elected for the ensuing year. The shareholders also re-appointed the Company's auditors DeVisser Gray LLP at the meeting.

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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.
- On November 16, 2016, the Company announced the results of the Annual General Meeting held November 9, 2016. The Directors of Affinor including Dr. Alan Boyco, Mr. Brian Whitlock, Mr. David Mack and Mr. Rick Easthom were re-elected for the ensuring year. The shareholders also re-appointed the Company's auditors DeVisser Gray LLP at the meeting.

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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. N/A
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.
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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. N/A
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, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks. N/A
10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs. N/A
11. Report on any labour disputes and resolutions of those disputes if applicable. N/A
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. N/A
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.

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
Common Shares	900,000	Exercise of options ranging from \$0.10 to \$0.11	General working capital
Options	100,000 500,000 1,550,000	\$0.135 \$0.16 \$0.15	N/A

(1) State aggregate proceeds and intended allocation of proceeds.

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. N/A

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 the 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 November 30, 2016.

Mark T. Brown
Name of Director or Senior
Officer

"Mark T. Brown"
Signature
CFO
Official Capacity

Issuer Details		For Month	Date of Report
Name of Issuer		End	YY/MM/D
Affinor Growers Inc.		November 30, 2016	16/11/30
Issuer Address 410-325 Howe Street			
City/Province/Postal Code Vancouver, BC V6C 1Z7		Issuer Fax No. (888)889-4874	Issuer Telephone No. (604)687-3520
Contact Name Mark T. Brown		Contact Position CFO	Contact Telephone No. 604-687-3520 ext 242
Contact Email Address mtbrown@pacificopportunity.com		Web Site Address www.affinorgrowers.com	