

# FORM 11

## NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Eat Well Investment Group Inc. (the "Issuer").

Trading Symbol: EWG

Date: October 14, 2021

### 1. New Restricted Share Units and Options Granted:

Date of Grant: September 1, 2021

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
BDA International	Consultant	N	120,000 <sup>(1)(2)</sup>	N/A	March 2, 2022	Nil
Pro Return AGM	Consultant	N	1,000,000 <sup>(1)(3)</sup>	N/A	September 1, 2024	Nil
KBW Ventures Management Co., LLC	Consultant	N	1,000,000 <sup>(1)(4)</sup>	N/A	September 1, 2024	Nil
227 Alberta Ltd.	Consultant	N	500,000 <sup>(5)</sup>	\$0.88	August 30, 2022	Nil

(1) Restricted Share Units ("RSUs")

(2) RSUs will vest in accordance with the following schedule:

EWG SMA/month	Shares/Month
≤1.00	\$15,000 worth of equity
\$1.01-\$2.00	15,000 shares
\$2.01-\$3.00	10,000
\$3.01-\$4.00	8,000
\$4.01-\$5.00	6,000
\$5.01-\$10.00	5,000
>\$10.00	2,500

(3) RSUs vest immediately.

(4) 500,000 RSUs vest immediately; 250,000 will vest on September 1, 2022; and 250,000 will vest on September 1, 2023.

(5) 250,000 options will vest 90 days after the date of grant and 250,000 options will vest 180 days after the date of grant.

Total Number of options proposed for acceptance: 2,120,000 RSUs and 500,000 Options

**2. Other Presently Outstanding Options and RSUs:**

Name of Optionee	No. of Optioned Shares	Exercise Price	Original Date of Grant	Expiry Date
N/A				

**3. Additional Information**

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held.

Shareholder approval of the Stock Option Plan and the Restricted Share Unit Plan will be obtained at the Annual Meeting of the shareholders of the Issuer on October 20, 2021.

- (b) State the date of the news release announcing the grant of options.

Not applicable

- (c) State the total issued and outstanding share capital at the date of grant or amendment.

146,080,110

- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options.

0.34% (Stock Options)

1.45% (RSUs)

- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan.

14,308,011 Stock Options and 12,688,011 RSUs

- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors.

N/A

- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer.

Not applicable

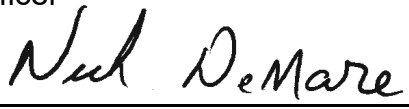
**4. Certificate of Compliance**

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 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 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated October 14<sup>th</sup> , 2021

Nick DeMare  
Name of Director or Senior  
Officer

  
Signature

CEO and Director  
Official Capacity