

EAT WELL INVESTMENT GROUP INC.

December 14, 2023

CANADIAN SECURITIES EXCHANGE
100 King Street West, Suite 7210
Toronto, Ontario, M5X 1E1

Dear Sirs/Mesdames:

Re: Eat Well Investment Group Inc. (the “Company”)

Pursuant to Section 7.1(6)(a) of Policy 7 of the Canadian Securities Exchange, the Company confirms that it has received all proceeds payable to the Company in connection with the sale of 24% of its 28% equity ownership in PataFoods, Inc. dba Amara Organic Foods, as outlined in the Company’s Form 10 – Notice of Proposed Significant Transaction dated November 28, 2023.

Yours very truly,

**EAT WELL INVESTMENT GROUP
INC.**

(s) “Marc Aneed”

Name: Marc Aneed

Position: Chief Executive Officer