

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: EWG

Number of Outstanding Listed Securities: 138,153,719

Date: April 4, 2022

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.

*The Company's key plant based investment is Belle Pulses ("**Belle**"). Belle has finalized its plans to upgrade and expand its production facilities to meet recent demand increases caused by the global food supply chain crisis. International markets for pulses entered a period of unprecedented uncertainty following Russia's invasion of Ukraine and the resulting wave of sanctions from North America, European Union member states, and most of the North Atlantic Treaty Organization ("**NATO**") member countries.*

Belle produced approximately 90,000 metric tonnes of protein in 2021. As a response to increased global demand, Belle is planning increased shifts at its main plant in Saskatchewan to increase Canadian annual production capacity to nearly 100,000 metric tons annually while adding up to an additional 15,000 metric tonnes per year of annual production capacity at its United States facility.

The importance of high-quality, transparent, and sustainably produced agricultural products and pulse crops has become increasingly important on a global scale and recent supply chain disruptions and sharp increases in fertilizer prices have created a significant strain on food production. In addition to corn and wheat, pulses are at the center of the global food industry.

Canada is already one of the largest producers of agricultural products in the world at a time when people, companies, and countries need to secure their food supply. The globe is now turning to Canada for secure supply of pulse crops, proteins, and agricultural products.

Eat Well owns 100% of the 42-year-old Belle Pulses, one of Canada's largest processors of plant-based proteins. Belle supplies a broad range of customers in over 35 countries, including global strategic food companies and significant ingredient distributors. Belle is increasing its production capacity up to 115,000 tons of fully traceable product, yielding over 20,000 tons of pure plant protein (or the equivalent of producing millions of hamburgers annually and saving the lives of hundreds of thousands of cattle). Management believes that the Company keeps approximately 89,500 tonnes of methane from entering the atmosphere each year.

With operations spanning across Saskatchewan and in the United States, Belle is primarily located in Saskatchewan, a province with a rich agricultural history of feeding the world. Known as the breadbasket of Canada, Saskatchewan is home to 40% of Canada's cultivated farmland. Additionally, Saskatchewan is the world's largest exporter of lentils, dried peas, canola, oats, wheat, and flax.

The Company's majority-owned portfolio company, Amara Organic Foods ("Amara"), one of the fastest-growing baby food brands in America, is now available in select Sobeys Inc. ("Sobeys") and IGA stores in Canada.

Distribution to both Sobeys and IGA locations across Canada adds to Amara's strong retail footprint with distribution to many of North America's leading big-box retailers, including; Walmart Canada, Whole Foods, Sprouts Farmer's Market, HEB, Loblaws and more. Amara is focused on accelerating its omnichannel sales distribution strategy and continued growth across natural health food stores and traditional big-box retailers, in addition to ecommerce.

Eat Well Group's management believes Amara's growth can be attributed to the global trend of consumers seeking nutritious plant-based foods to add into their everyday lifestyles, and Amara's delicious toddler snacks and baby foods being 100% organic with excellent taste. The infant nutrition market is estimated to reach over \$109 billion globally by 2027, and Amara is poised to be a leader in the plant-based segment.

The Company continues to monitor its plant-based investments and has retained staff with the expertise to oversee its plant-based holdings. To date management is pleased with the

acquisitions and sees significant upside in the opportunities. The Company continues to source other plant-based acquisition opportunities.

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

The Company's management team has been working diligently to complete all its regulatory filings for the year ended November 30th 2021. When it became apparent that the Company would not be able to complete its filings by the due date steps were taken to ensure the Company would continue to trade while work was ongoing to complete the filings.

On March 31, 2022 the Company's principal regulator, the British Columbia Securities Commission, accepted the Company's application for, and has granted, a management cease trade order (the "MCTO").

The MCTO restricts the Chief Executive Officer and Chief Financial Officer from all trading in securities of the Company until such time as the Required Filings 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 securities of the Company.

The Company and its auditors continue to work diligently toward completing the Required Filings as soon as possible. The Company is not aware of any specific accounting or audit concerns at this time. The Company expects that it will be in a position to file the Required Filings no later than May 9, 2022.

Until the Required Filings are filed, the Company intends to comply with the provisions of the alternative information guidelines as set out in National Policy 12-203 Management Cease Trade Orders for as long as it remains in default, including the issuance of bi-weekly default status reports in the form of a news release. The Company confirms that there is no material information concerning the affairs of the Company that has not been generally disclosed as of the date of the last news release.

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 provides 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 trademarks.

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.

None.

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.

The company's debt with Cortland Credit Lending Corporation ("Cortland") matures April 30th 2022 and the Company has initiated discussion on a further extension / restructuring of this credit facility. Initial discussions have been positive.

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

Security	Number Issued	Details of Issuance	Use of Proceeds
<i>Common Shares</i>	<i>None</i>	<i>N/A</i>	<i>N/A</i>
<i>Warrants</i>	<i>None</i>	<i>N/A</i>	<i>N/A</i>
<i>Restricted Share Units ("RSUs")</i>	<i>None</i>	<i>N/A</i>	<i>N/A</i>
<i>Stock Options</i>	<i>None</i>	<i>N/A</i>	<i>N/A</i>

Normal Course Issuer Bid ("NCIB")

*The Company has renewed its NCIB through the facilities of the Canadian Securities Exchange. Under the NCIB, the Company can acquire up to 4,473,534 common shares (the "**Shares**") in the capital of the Company. The NCIB commenced on April 30, 2021 and ends no later than April 30, 2022. The Company may terminate the NCIB earlier if it feels it is appropriate to do so. During the month of March 2022, the Company purchased a total of 96,000 Shares under the NCIB for a total of 1,005,500 shares since commencement of NCIB. A total of 743,000 Shares were returned to treasury (322,500 on August 3, 2021 and 420,500 on January 6, 2022).*

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.

No specific comments on this matter for this month.

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 7 Monthly Progress Report is true.

Dated April 4, 2022.

Nick DeMare
Name of Director or Senior Officer

"Nick DeMare"
Signature

CFO and Director
Official Capacity

Issuer Details Name of Issuer Eat Well Investment Group Inc.	For Month End March 31, 2022	Date of Report YY/MM/DD 22/04/04
Issuer Address #1305 - 1090 West Georgia Street		
City/Province/Postal Code Vancouver, B.C. V6E 3V7	Issuer Fax No. 604-683-1585	Issuer Telephone No. 604-685-9316
Contact Name Nick DeMare	Contact Position CFO	Contact Telephone No. 604-685-9316
Contact Email Address ndemare@chasemgt.com	Web Site Address www.eatwellgroup.com	