

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: 169,661,148

Date: April 5, 2024

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 is currently in the process of finalizing its audited fiscal 2022 year-end financial statements and 2023 interim financial statements. On June 23, 2023, the Company announced its intention to amend and restate the August 31, 2022, interim financial statements to rectify quarter-end figures as instructed by the B.C. Securities Commission (BCSC). Despite an initial target of completing the audits by January 31st, 2024, unforeseen delays arose. The Company now expects completion very shortly, at which point it will apply to the BCSC for the revocation of the CTO.

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

Senior management of the Company is focused on its revised business strategy centered on its pulse processor and driving increased profitability. By reducing its high-interest liabilities, including the recent sale of Amara and Sapientia, and focusing on the profitable agribusiness, the Company is creating a leading North American agricultural innovation and agribusiness company. The go-forward strategy includes refinancing the balance of its outstanding debt with Cortland Credit, new strategic partnerships, engaging in near-term agribusiness-focused M&A activities, and the potential sale of the Company.

Aligned with the heightened focus on the agricultural and ingredients sector, Eat Well Group has applied for a name change to Agrion International Ltd., derived from Agriculture and Ingredients. The re-branding initiative is scheduled to be completed before the resumption of trading.

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 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.

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.

Not applicable.

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>Nil</i>	<i>N/A</i>	<i>N/A</i>
<i>Warrants</i>	<i>Nil</i>	<i>N/A</i>	<i>N/A</i>
<i>Restricted Share Units ("RSUs")</i>	<i>Nil</i>	<i>N/A</i>	<i>N/A</i>
<i>Stock Options</i>	<i>Nil</i>	<i>N/A</i>	<i>N/A</i>

Pending the successful revocation of the cease trade order, the Company intends to grant RSU's to certain directors, officers, and employees.

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

Daniel Brody, a Director of the Company, has maintained his loan of CAD \$430,000 to the Company.

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 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 5, 2024.

Daniel Brody
Name of Director or Senior Officer

"Daniel Brody"
Signature

Director
Official Capacity

Issuer Details Name of Issuer Eat Well Investment Group Inc.	For Month End March 31, 2024	Date of Report YY/MM/DD 24/04/05
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 Danny Brody	Contact Position Director	Contact Telephone No. 604-685-9316
Contact Email Address dbrody@eatwellgroup.com	Web Site Address www.eatwellgroup.com	