

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: 153,198,047

Date: June 6, 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 is continuing to advance its business plan. Belle is a well-established pulse processor and operations are progressing. Belle has finalized its plans and is now upgrading and expanding 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.

*After some delay operations are advancing at Sapientia Technology LLC (“**Sapientia**”). Sapientia’s first product launch the Co-op Gold PURE Plant Based Protein Twists, has been awarded finalist status in the 29th annual Canadian Grand Prix New Product Awards.*

*Amara Organic Foods (“**Amara**”), another key plant based investment in which the Company has an interest, is one of the fastest-growing baby food brands in America and is expanding its distribution networks. In addition to being available in select Sobeys Inc. (“**Sobeys**”) and IGA stores in Canada its products are now available at The Kroger Co.’s e-Commerce platforms, Kroger.com and Vitacost.com.*

Headquartered in Cincinnati, Ohio, Kroger is one of the largest retailers in the United States based on annual sales. The company boasts over 2,750 grocery retail stores under a variety of banner names. Kroger formats include supermarkets, seamless digital shopping options, price-impact warehouse stores, and multi-department stores.

Distribution to Kroger’s eCommerce platforms compliments Amara’s already strong retail and digital footprint which includes distribution to many of North America’s leading big-box retailers, including Amazon, 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.

The Company’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 2027¹, and Amara is poised to be a leader in the plant-based segment.

*In addition Amara has been ranked as the 5th fastest growing direct to consumer (“**D2C**”) brand by Business Insider and named to Good Housekeeping’s (“**GH**”) list of the 12 Best Organic Baby Food Brands.*

Business Insider has compiled a list of the 25 fastest growing direct to consumer brands across food, personal care, and health and are ranked according to monthly traffic and Q1 growth from Similarweb data. Amara secured the 5th slot out of 25 with average monthly visits to the website reaching nearly 40,000 and quarter-over-quarter web-traffic growth of 286%.

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.

¹<https://www.globenewswire.com/en/news-release/2021/05/26/2236117/0/en/Global-infant-nutrition-market-size-to-register-10-6-CAGR-by-2027.html>

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 dealing with one specific accounting issue at this time. The Company is working to deal with this item and once dealt with the filings will be made. The expected date to complete the Required Filings is now June 10th 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.

On May 12, 2022, the Company announced that it has engaged Independent Trading Group ("ITG") to provide market-making services in accordance with the Canadian Securities Exchange

(“**CSE**”) policies. ITG will trade shares of the Company on the CSE and all other trading venues with the objective of maintaining a reasonable market and improving the liquidity of the Company’s common shares.

Under the agreement, ITG will receive compensation of CAD\$6,500 per month, payable monthly in advance. The agreement is for an initial term of three months and will renew for additional one-month terms unless terminated. The agreement may be terminated by either party with 30 days' notice. There are no performance factors contained in the agreement and ITG will not receive shares or options as compensation. ITG and the Company are unrelated and unaffiliated entities and at the time of the agreement, neither ITG nor its principals have an interest, directly or indirectly, in the securities of the Company.

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 was due April 30th 2022 and the Company has received an extension of the due date to July 31st 2022.

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>	4,640,333	<i>See note (1) below</i>	<i>See note (1) below</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>

Note:

- (1) *During the month of May, a total of 4,640,333 common shares were issued on exercise of warrants previously issued by the Company.*

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 June 6, 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 May 31, 2022	Date of Report YY/MM/DD 22/06/06
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@chaseagt.com	Web Site Address www.eatwellgroup.com	