

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: 156,935,546

Date: December 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 is an investment issuer focused on plant-based investments.

The Company's key plant-based investments are Belle Pulses ("Belle"), Sapientia Technology LLC ("Sapientia") and Amara Organic Foods ("Amara").

Belle is 100% owned and the purchase price for this acquisition has been paid in full. Belle is continuing to advance its business plan.

Belle Pulses has continued to manage their seasonal peak in the Fall, with continued interest from strategic customers for long-term partnering in people and pet food sectors. Management continues to realize pricing discipline and are reviewing winter supply chain and logistics needs as circumstances arise. Tailwinds in the plant-based foods markets and ingredient/B2B customers of Belle are supporting long-term development planning goals. Belle Pulses is further optimizing manufacturing operations with enhancements to both Canada-based facilities, while confirming opportunities for new technologies to add an additional product line for human food products; reviews of these technologies continue. Belle Pulses' production and facilities-expansion with labor availability is also assessed.

Sapientia is 100% owned and the purchase price for this acquisition has been paid in full. Sapientia is continuing to advance its business plan.

Sapientia is continuing to work with Sapientia is working with Federated Coop to expand its product mix in the convenience store segment of its overall franchise. Continued through the Fall, the team reviews process efficiency refinements at its co-manufacturing level, and reviews new products. Sapientia has also refined a manufacturing strategy for additional products in Canada, as well as US dynamics. Ecommerce strategy is being reevaluated for first half of 2023 launch. New development partners have been discussing additional concepts for North American launches.

Amara has continued to scale selectively with Walmart Canada and a Large Club Retailer, adding doors to its distribution map. Products have landed in the South Central US region of the Large Club Retailer, and the performance of the toddler melts in stores is delivering expectations in all areas, while logistics are a focus heading into 2023. Production efforts across manufacturing partners are moving toward contract, to service the North American markets, and the team is reviewing acceleration opportunities. Amara's ecommerce program has retained a better control-model for managing its business and continues to gain new households and increase buy rate, with refined social media marketing, and assessing differential 2023 merchandising programs. Direct to retailer opportunities are also continually under review.

The Company has further payments of US\$6,625,000 to complete its acquisition of Amara. The payments are due every three months with next payment of \$1,325,000 due December 31st 2022.

The Company continues to monitor its plant-based investments and has staff with the expertise needed 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 oversee activities of its plant-based investments. Senior management is reviewing opportunities for advancing its business plan and as such the Company is considering a number of opportunities for funding.

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.

*The Company has increased its available credit facilities with Cortland Credit Lending Corporation to up to \$40 million (the "**Credit Facilities**"). The maturity date of the Credit Facilities has been extended and, subject to additional request for extension, is now due December 30th, 2022. The Company has approximately \$1.5 million of the Cortland facility to draw down. The Cortland credit facility continues to have a first ranking security interest in all of the Company's assets. Management has ongoing discussions in regard to a takeout of the Cortland debt.*

In addition, in late September the Company received \$1.1 million from Belle Pulse. The terms of the loan from Belle are being finalized.

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 initiated a new NCIB to be conducted through the facilities of the Canadian Securities Exchange. Under this NCIB, the Company can acquire up to 7,686,777 common shares (the "**Shares**") in the capital of the Company. This NCIB commenced on June 27, 2022 and ends no later than June 26, 2023. The Company may terminate the NCIB earlier if deemed appropriate to do so. During the month of November 2022, the Company purchased a total of nil Shares under the NCIB for a total of 188,000 shares since commencement of NCIB.*

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 December 6, 2022.

Nick DeMare
Name of Director or Senior Officer

"Nick DeMare"
Signature

Corporate Secretary
Official Capacity

Issuer Details Name of Issuer Eat Well Investment Group Inc.	For Month End November 30, 2022	Date of Report YY/MM/DD 22/12/06
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@chasemgt.com	Web Site Address www.eatwellgroup.com	