

EAT WELL GROUP PROVIDES AUDIT UPDATE

VANCOUVER, BC, March 1, 2024 – Eat Well Investment Group Inc. (**CSE: EWG**) (**US: EWGFF**) (**FSE: 6BC0**) (“**Eat Well**” or the “**Company**”), a leading plant-based food agribusiness company, provides this brief audit update for the newly consolidated Eat Well Group.

The Company is diligently working towards finalizing its audit and has been advised by CM3, the Company’s auditor, that they expect to complete the audit by March 31, 2024.

“We eagerly anticipate the release of our audited financial statements and MD&A for the year ended December 31, 2022, and the first three fiscal quarters of 2023. These statements are expected to provide a thorough overview of our performance. I appreciate our team's dedication and hard work in finalizing the preparation of these financial statements and other disclosure documents. I am pleased with the Company's performance and confident that the business will continue to progress positively. We appreciate our shareholders' patience as we navigate this transition from an investment issuer to an operating entity and look forward to the future upon completion,” commented Marc Aneed, President, CEO & Director of the Company.

About Eat Well

Eat Well Group is a Canadian-based company leading the way in the future of sustainable, plant-based foods, and has been at the forefront of processing, distributing, and marketing premium-quality plant-based ingredients. Operating with IP-driven facilities in North America, we distribute to over 30 countries worldwide. With a talented leadership team and over 100 years of collective experience, we take pride in our award-winning business, feeding families globally every day.

To learn more, join Eat Well’s [mailing list](#) for important updates.

Contact Information

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Disclaimer for Forward-Looking Statements

This news release contains certain forward-looking information and forward-looking statements within the meaning of applicable Canadian and United States securities legislation (collectively “forward-looking statements”). Forward-looking information are often, but not always, identified by the use of words such as “seek,” “anticipate,” “believe,” “plan,” “estimate,” “expect,” “likely” and “intend” and statements that an event or result “may,” “will,” “should,” “could” or “might” occur or be achieved and other similar expressions. These forward-looking statements include, but are not limited to, statements related to filing of financial statements and other delayed filings. Such forward-looking statements should not be unduly relied upon. Forward-looking information is based on assumptions that may prove to be inaccurate. The Company considers these assumptions to be reasonable in the circumstances. However, forward-looking information is subject to business and economic risks and uncertainties and other factors that could cause actual results of operations to differ materially from those expressed or implied in the forward-looking information, including the business, financial, credit and other market risks. The forward-

looking statements in this news release are made as of the date of this release. The Company disclaims any intention or obligation to update or revise such information, except as required by applicable law. For more information on the Company and the risks and challenges of its business, investors should review the Company's continuous disclosure filings that are available at www.sedarplus.ca.

The Canadian Securities Exchange has neither approved nor disapproved the information contained herein and does not accept responsibility for the adequacy or accuracy of this news release.