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**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

**SCHEDULE 13G**

**Under the Securities Exchange Act of 1934  
(Amendment No. \_\_\_\_)\***

**The Real Good Food Company, Inc.**

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(Name of Issuer)

**Class A Common Stock, \$0.0001 par value per share**

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(Title of Class of Securities)

**75601G109**

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(CUSIP Number)

**November 9, 2021**

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(Date of Event Which Requires Filing of this Statement)

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Check the appropriate box to designate the rule pursuant to which this Schedule is filed:

☐ Rule 13d-1(b)

☐ Rule 13d-1(c)

☒ Rule 13d-1(d)

\* The remainder of this cover page shall be filled out for a reporting person's initial filing on this form with respect to the subject class of securities, and for any subsequent amendment containing information which would alter the disclosures provided in a prior cover page.

The information required in the remainder of this cover page shall not be deemed to be "filed" for the purpose of Section 18 of the Securities Exchange Act of 1934 ("Act") or otherwise subject to the liabilities of that section of the Act but shall be subject to all other provisions of the Act (however, see the Notes).

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(1)	Names of reporting persons PPZ, LLC – 81-1259521	
(2)	Check the appropriate box if a member of a group (see instructions) (a) <input type="checkbox"/> (b) <input type="checkbox"/>	
(3)	SEC use only	
(4)	Citizenship or place of organization Wyoming	
Number of shares beneficially owned by each reporting person with:	(5)	Sole voting power 3,956,022(1)
	(6)	Shared voting power 0
	(7)	Sole dispositive power 3,956,022(1)
	(8)	Shared dispositive power 0
(9)	Aggregate amount beneficially owned by each reporting person 3,956,022(1)	
(10)	Check if the aggregate amount in Row (9) excludes certain shares (see instructions) <input type="checkbox"/>	
(11)	Percent of class represented by amount in Row (9) 39.1%(1)(2)	
(12)	Type of reporting person (see instructions) OO	

(1)	Names of reporting persons		
	Rhea Lamia		
(2)	Check the appropriate box if a member of a group (see instructions) (a) <input type="checkbox"/> (b) <input type="checkbox"/>		
(3)	SEC use only		
(4)	Citizenship or place of organization		
	United States of America		
Number of shares beneficially owned by each reporting person with:	(5)	Sole voting power	
		3,956,022(1)	
	(6)	Shared voting power	
		0	
	(7)	Sole dispositive power	
		3,956,022(1)	
	(8)	Shared dispositive power	
		0	
(9)	Aggregate amount beneficially owned by each reporting person		
	3,956,022(1)		
(10)	Check if the aggregate amount in Row (9) excludes certain shares (see instructions)		
	<input type="checkbox"/>		
(11)	Percent of class represented by amount in Row (9)		
	39.1%(1)(2)		
(12)	Type of reporting person (see instructions)		
	IN		

**Item 1(a) Name of issuer:** The Real Good Food Company, Inc.

**Item 1(b) Address of issuer's principal executive offices:** 3 Executive Campus, Suite 155, Cherry Hill, NJ 08002

**2(a) Name of person filing:**

This Schedule 13G is being jointly filed by each of the following persons pursuant to Rule 13d-1 promulgated by the Securities and Exchange Commission pursuant to Section 13 of the Act:

- (i) PPZ, LLC, a Wyoming limited liability company ("PPZ, LLC"); and
- (ii) Rhea Lamia, who is the sole manager of PPZ, LLC.

PPZ, LLC and Ms. Lamia are hereinafter sometimes collectively referred to as the "Reporting Persons."

**2(b) Address or principal business office or, if none, residence:**

The business address of PPZ, LLC and Ms. Lamia is 3820 Central Avenue, Unit #115, Cheyenne, WY 82001.

**2(c) Citizenship:**

See Item 2(a) above and Item 4 of each cover page.

**2(d) Title of class of securities:**

Class A Common Stock, par value \$0.0001 per share

**2(e) CUSIP No.:**

75601G109

**Item 3. If this statement is filed pursuant to §§240.13d-1(b) or 240.13d-2(b) or (c), check whether the person filing is a:**

- (a) ☐ Broker or dealer registered under section 15 of the Act (15 U.S.C. 78o);
- (b) ☐ Bank as defined in section 3(a)(6) of the Act (15 U.S.C. 78c);
- (c) ☐ Insurance company as defined in section 3(a)(19) of the Act (15 U.S.C. 78c);
- (d) ☐ Investment company registered under section 8 of the Investment Company Act of 1940 (15 U.S.C. 80a-8);
- (e) ☐ An investment adviser in accordance with §240.13d-1(b)(1)(ii)(E);
- (f) ☐ An employee benefit plan or endowment fund in accordance with §240.13d-1(b)(1)(ii)(F);
- (g) ☐ A parent holding company or control person in accordance with §240.13d-1(b)(1)(ii)(G);
- (h) ☐ A savings associations as defined in Section 3(b) of the Federal Deposit Insurance Act (12 U.S.C. 1813);
- (i) ☐ A church plan that is excluded from the definition of an investment company under section 3(c)(14) of the Investment Company Act of 1940 (15 U.S.C. 80a-3);
- (j) ☐ A non-U.S. institution in accordance with §240.13d-1(b)(1)(ii)(J);
- (k) ☐ Group, in accordance with §240.13d-1(b)(1)(ii)(K). If filing as a non-U.S. institution in accordance with §240.13d-1(b)(1)(ii)(J), please specify the type of institution: \_\_\_\_\_

**Item 4. Ownership**

Provide the following information regarding the aggregate number and percentage of the class of securities of the issuer identified in Item 1.

(a) Amount beneficially owned: 3,956,022(1)

(b) Percent of class: 39.1%(1)(2)

(c) Number of shares as to which the Reporting Persons have:

- (i) Sole power to vote or to direct the vote: 3,956,022.
- (ii) Shared power to vote or to direct the vote: 0.
- (iii) Sole power to dispose or to direct the disposition of: 3,956,022.
- (iv) Shared power to dispose or to direct the disposition of: 0.
- (1) Reflects Class B Units of Real Good Foods, LLC ("Class B Units") held by the Reporting Persons, which may be exchanged at the Reporting Persons' election for shares of the Issuer's Class A common stock, par value \$0.0001 ("Class A Common Stock") on a one-for-one basis, or, at the election of the Issuer, cash equal to a volume weighted average market price of one share of Class A Common Stock for each Class B Unit exchanged, with an equal number of shares of the Issuer's Class B common stock, par value \$0.0001 ("Class B Common Stock") held by the Reporting Persons automatically forfeited and canceled for each Class B Unit so exchanged. The Reporting Persons obtained the Class B Units and Class B Common Stock in connection with the Reorganization (as defined in the Registration Statement on Form S-1 (File No. 333-260204)) consummated in connection with the initial public offering of the Issuer's Class A Common Stock, pursuant to which (i) the membership interests in Real Good Foods, LLC, which is formerly known as The Real Good Food Company LLC ("RGF, LLC") held by each member of RGF, LLC (each, a "Member") converted into an equivalent number of Class B Units; and (ii) the Issuer issued one share of its Class B Common Stock for each Class B Unit held by the Members.
- (2) By reason of the provisions of Rule 13d-3 of the Act, each of the Reporting Persons may be deemed to beneficially own the shares disclosed in this Schedule 13G.

**Item 5. Ownership of 5 Percent or Less of a Class.** *If this statement is being filed to report the fact that as of the date hereof the reporting person has ceased to be the beneficial owner of more than 5 percent of the class of securities, check the following [ ].*

*Dissolution of a group requires a response to this item.*

Not applicable.

**Item 6. Ownership of More than 5 Percent on Behalf of Another Person.**

Not applicable.

**Item 7. Identification and Classification of the Subsidiary Which Acquired the Security Being Reported on by the Parent Holding Company or Control Person.**

Not applicable.

**Item 8. Identification and Classification of Members of the Group.**

Not applicable.

**Item 9. Notice of Dissolution of Group.**

Not applicable.

Signatures

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this statement is true, complete and correct.

Date: December 2, 2021

Signature: /s/ Rhea Lamia  
Name: Rhea Lamia  
Title: Individually and as the sole manager of PPZ, LLC

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**EXHIBIT INDEX**

<b>EXHIBIT NO.</b>	<b>DESCRIPTION OF EXHIBIT</b>
99.1	Joint Filing Agreement dated as of December 1, 2021.

## AGREEMENT OF JOINT FILING

In accordance with Rule 13d-1(k) promulgated under the Securities Exchange Act of 1934, as amended, the undersigned hereby agree to the joint filing with all other Reporting Persons (as such term is defined in the Schedule 13G referred to below) on behalf of each of them of a statement on Schedule 13G (including amendments thereto) with respect to the Class A common stock, par value \$0.0001 per share, of The Real Good Food Company, Inc., a Delaware corporation, and that this agreement may be included as an exhibit to such joint filing.

Dated: December 1, 2021

**PPZ, LLC,**  
a Wyoming limited liability company

By: /s/ Rhea Lamia

Name: Rhea Lamia

Title: Sole Manager

/s/ Rhea Lamia

Rhea Lamia