

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* <u>Stiffelman Andrew J</u> <hr/> (Last) (First) (Middle) 3 EXECUTIVE CAMPUS, SUITE 155 <hr/> (Street) CHERRY HILL NJ 08002 <hr/> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>Real Good Food Company, Inc. [RGF]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director <input checked="" type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Chief Marketing Officer</u>
	3. Date of Earliest Transaction (Month/Day/Year) 09/12/2022	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Class A Common Stock	09/12/2022		S		2,873	D	\$7.01 ⁽¹⁾	211	I	See footnote ⁽²⁾
Class A Common Stock	09/13/2022		S		211	D	\$7	0	I	See footnote ⁽²⁾

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date					

1. Name and Address of Reporting Person*
Stiffelman Andrew J

 (Last) (First) (Middle)
 3 EXECUTIVE CAMPUS, SUITE 155

 (Street)
 CHERRY HILL NJ 08002

 (City) (State) (Zip)

1. Name and Address of Reporting Person*
CPG Solutions LLC

 (Last) (First) (Middle)
 3 EXECUTIVE CAMPUS, SUITE 155

 (Street)
 CHERRY HILL NJ 08002

 (City) (State) (Zip)

Explanation of Responses:

- This price reflects the weighted average price at which these Class A Shares were sold. The shares were sold in multiple transactions at prices ranging from \$7.00 to \$7.07, inclusive. The Reporting Persons undertake to provide to the Issuer, any security holder of the Issuer, or the staff of the SEC, upon request, full information regarding the number of shares sold at each separate price within the range set forth in this footnote.
- Reflects shares owned directly by CPG. Mr. Stiffelman, as a member of the board of managers of CPG, has shared voting and dispositive power over these shares, but disclaims beneficial ownership of these shares except to the extent of his pecuniary interest therein.

Remarks:

Andrew J. Stiffelman, By: /s/ Akshay Jagdale, Attorney-in-Fact for Andrew J. Stiffelman
CPG Solutions LLC, a Wyoming limited liability company, By: /s/ Akshay Jagdale, Attorney-in-Fact for CPG Solutions LLC
09/13/2022
09/13/2022

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.