1. Name and Address of Reporting Person
   SOTO CARI
   (Last) (First) (Middle)
   C/O BEYOND MEAT, INC.
   119 STANDARD STREET
   EL SEGUNDO CA 90245

2. Date of Event Requiring Statement
   08/20/2019

3. Issuer Name and Ticker or Trading Symbol
   BEYOND MEAT, INC. [BYND]

4. Relationship of Reporting Person(s) to Issuer
   Director
   10% Owner X
   Officer (give title below)
   Chief People Officer

5. If Amendment, Date of Original Filed

6. Individual or Joint/Group Filing (Check Applicable Line)
   X Form filed by One Reporting Person
   Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)
   Common Stock

2. Amount of Securities Beneficially Owned (Instr. 4)
   2,537(1)

3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)
   D

4. Nature of Indirect Beneficial Ownership (Instr. 5)

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

1. Title of Derivative Security (Instr. 4)
   Stock Option (right to buy)
   Stock Option (right to buy)

2. Date Exercisable and Expiration Date
   (Month/Day/Year)
   (2) 02/14/2028
   (3) 07/31/2029

3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)
   Common Stock 38,263
   Common Stock 5,073

4. Conversion or Exercise Price of Derivative Security
   176.04

5. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)
   D
   D

6. Nature of Indirect Beneficial Ownership (Instr. 5)
   D
   D

Explanation of Responses:
1. These shares represent restricted stock units ("RSUs") granted to the Reporting Person under the 2018 Equity Incentive Plan (the "Plan") on August 1, 2019; 1/16th of the total number of shares subject to the RSU award shall vest on November 1, 2019 and 1/16th of the total number of shares subject to the RSU award shall vest each quarter thereafter, such that the RSUs are fully vested on August 1, 2023, subject to an Executive Change in Control Severance Agreement between the Reporting Person and the Issuer, and subject to the Reporting Person's continued service to the Issuer.
2. Stock option granted under the Plan on February 15, 2018; the option vested and became exercisable as to 25% of the total shares on August 10, 2018, and 1/48th of the total shares vests and becomes exercisable monthly thereafter such that the option is fully vested and exercisable on August 10, 2021, subject to an Executive Change in Control Severance Agreement between the Reporting Person and the Issuer, and subject to the Reporting Person's continued service to the Issuer.
3. Stock option granted under the Plan on August 1, 2019; 1/48th of the total shares vests and becomes exercisable on September 1, 2019, and 1/48th of the total shares vests and becomes exercisable monthly thereafter such that the option is fully vested and exercisable on August 1, 2023, subject to an Executive Change in Control Severance Agreement between the Reporting Person and the Issuer, and subject to the Reporting Person's continued service to the Issuer.

Remarks:
Exhibit 24 Power of Attorney attached.

/s/ Mark J. Nelson, Attorney-In-Fact for Cari Soto
08/22/2019

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 5 (b)(ii).


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.