FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

STATEMENT	OF CHANGES	IN BENEFICIAL	OWNERSHIP

OMB APPROVAL							
OMB Number:	3235-0287						
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	Check this box if no longer subject to Section 16									
	Form 4 or Form 5 obligations may continue. See									
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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

Name and Address of R Ramsey Douglas		on*				lame and T								onship of Reportin Il applicable) Director Officer (give til		10% Ov	vner	
(Last) (First) (Middle) C/O BEYOND MEAT, INC. 119 STANDARD STREET					3. Date of Earliest Transaction (Month/Day/Year) 12/10/2021									Chief Operating Officer				
(Street) EL SEGUNDO (City)	CA (State)	90 (Zi	245 p)		4. If Amendment, Date of Original Filed (Month/Day/Year)									dividual 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 Acquired, Disposed of, or Beneficially Owned																		
1. Title of Security (Instr. 3)			Date	Date Exe (Month/Day/Year) if a		2A. Deemed Execution Date, if any		3. Transaction Code (Instr. 8) 4. Securities Acquired (A) or Dispose (D) (Instr. 3, 4 and 5)		sposed Of	Beneficially Owr Following Repor		6. Ownership Form: Direct (D) or ndirect (I) (Instr. 4)	7. Nature of Indirect Beneficial				
					(Month	(Month/Day/Year)		/	Amount		(A) or (D)	Price	Transaction(s) (In and 4)	nstr. 3		Ownership (Instr. 4)		
Common Stock			12	12/10/2021		A		65,8	82(1)	A	\$ <mark>0</mark>	65,882		D				
Common Stock			12	12/10/2021		A		131,763 ⁽²⁾		A	\$0	197,645		D				
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		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 a Expiration Date (Month/Day/Year)			nd 7. Title and Amount of Se Underlying Derivative Se 3 and 4)			8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following	Ownership Form: Direct (D) or Indirect (I)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	Amount or					Reported Transactio (Instr. 4)	, , ,							
Stock Option (right to buy)	\$64.51	12/10/2021		A		131,763		(3)	1	2/09/2031	Comn	non Stock	131,763	\$0	131,76	53 D		

Explanation of Responses:

1. Restricted stock units ("RSU") granted under the 2018 Equity Incentive Plan ("Plan") on December 10, 2021; 1/4th of the total number of shares subject to the RSU award vests on December 8, 2022, and 1/16th of the total number of shares vests each quarter thereafter, until the award is fully vested on December 8, 2025, subject to the acceleration provisions of an Executive Change in Control Severance Agreement by and between the Reporting Person and the Issuer, and continued service by the Reporting Person.

2. RSU granted under the Plan on December 10, 2021; 1/8th of the total number of shares subject to the RSU award vests on March 10, 2022, and 1/8th of the total number of shares very three months thereafter, until the award is fully vested on December 10, 2023, subject to the acceleration provisions of an Executive Change in Control Severance Agreement by and between the Reporting Person and the Issuer, and continued service by theReporting Person.

3. Stock option granted under the Plan on December 10, 2021; the option vests and becomes exercisable as to 1/4th of the total shares on December 8, 2022, and 1/48th of the total number of shares vests and becomes exercisable monthly thereafter such that the option becomes fully vested and exercisable on December 9, 2025, subject to the acceleration provisions of an Executive Change in Control Severance Agreement by and between the Reporting Person and the Issuer, and continued service by the Reporting Person.

Remarks:

/s/ Teri L. Witteman, as Attorney-In-Fact 12/14/2021

for Douglas W. Ramsey ** Signature of Reporting Person

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.

POWER OF ATTORNEY

The undersigned as a Section 16 reporting person of Beyond Meat, Inc. (the "Company"), hereby constitutes and appoints Teri L. Witteman and Ph:

- (1) execute, deliver and file for and on behalf of the undersigned, in the undersigned's capacity as an officer and/or director of the Company
- (2) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such
- (3) seek or obtain, as the undersigned's representative and on the undersigned's behalf, information on transactions in the Company's securities
- (4) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of beautiful take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of beautiful take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of beautiful taken and the opinion of the opinion of such attorney-in-fact, may be of beautiful taken and the opinion of the opinion

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4, and 5 with respec

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 8th day of December, 2021.

/s/ Douglas W. Ramsey

Signature

DOUGLAS W. RAMSEY

Print Name