

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM 144
NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.

1 (a) NAME OF ISSUER (Please type or print)			(b) IRS IDENT. NO.		(c) S.E.C. FILE NO.		OMB APPROVAL					
SOVOS BRANDS, INC.			81-5119352		001-40837		OMB Number: 3235-0101 Expires: July 31, 2023 Estimated average burden hours per response 1.00					
1 (d) ADDRESS OF ISSUER			STREET		CITY		STATE		ZIP CODE		SEC USE ONLY	
168 CENTENNIAL PARKWAY, SUITE 200 LOUISVILLE, CO 80027											DOCUMENT SEQUENCE NO.	
2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD					(b) RELATIONSHIP TO ISSUER		(c) ADDRESS STREET		CITY		CUSIP NUMBER	
TODD LACHMAN 2021 FAMILY TRUST UAD 03/09/2021					INSIDER		168 CENTENNIAL PARKWAY, SUITE 200 LOUISVILLE, CO 80027				WORK LOCATION	
											(e) TELEPHONE NO.	
											AREA CODE	
											NUMBER	

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

3 (a) Title of the Class of Securities To Be Sold	(b) Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY	(c) Number of Shares or Other Units To Be Sold (See instr. 3(c))	(d) Aggregate Market Value (See instr. 3(d))	(e) Number of Shares or Other Units Outstanding (See instr. 3(e))	(f) Approximate Date of Sale (See instr. 3(f)) (MO. DAY YR.)	(g) Name of Each Securities Exchange (See instr. 3(g))
		Broker-Dealer File Number					
COMMON	E*TRADE FINANCIAL CORPORATION 3 EDISON DRIVE ALPHARETTA, GA 30005		2,500	\$37,505.00	100.9 M	9/1/2022	NASDAQ

INSTRUCTIONS:

1. (a) Name of issuer
(b) Issuer’s I.R.S. Identification Number
(c) Issuer’s S.E.C. file number, if any
(d) Issuer’s address, including zip code
(e) Issuer’s telephone number, including area code

2. (a) Name of person for whose account the securities are to be sold
(b) Such person’s relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
(c) Such person’s address, including zip code
3. (a) Title of the class of securities to be sold
(b) Name and address of each broker through whom the securities are intended to be sold
(c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
(e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer
(f) Approximate date on which the securities are to be sold
(g) Name of each securities exchange, if any, on which the securities are intended to be sold

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

TABLE I — SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
COMMON	9/1/2022	STOCK OPTION EXERCISE	ISSUER	2,500	9/1/2022	CASH

INSTRUCTIONS: If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
TODD LACHMAN 2021 FAMILY TRUST UAD 03/09/2021 168 CENTENNIAL PARKWAY, SUITE 200 LOUISVILLE, CO 80027	STOCK OPTION EXERCISE	08/25/2022	2,500	\$37,500.00

REMARKS:

INSTRUCTIONS:

See the definition of “person” in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION: The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

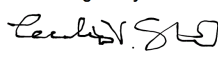
9/1/2022

DATE OF NOTICE

6/8/2022

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION,
IF RELYING ON RULE 10B5-1

DocuSigned by:



8A40D9C7A1204FD...

(SIGNATURE)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)

Certificate Of Completion

Envelope Id: BD0ECA0303A546369B7CF021244093DA

Status: Completed

Subject: Please DocuSign: Todd Lachman Family Trust Blank Form 144.pdf

Source Envelope:

Document Pages: 2

Signatures: 1

Envelope Originator:

Certificate Pages: 2

Initials: 0

Lucas Ruiz

AutoNav: Enabled

lucas.ruiz@etrade.com

Envelopeld Stamping: Enabled

IP Address: 64.47.144.210

Time Zone: (UTC-08:00) Pacific Time (US & Canada)

Record Tracking

Status: Original

Holder: Lucas Ruiz

Location: DocuSign

7/25/2022 9:54:03 AM

lucas.ruiz@etrade.com

Signer Events

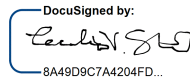
Cecelia Strand

cstrand@stlouistrust.com

Trustee

Security Level: Email, Account Authentication
(None)**Signature**

DocuSigned by:



8A49D9C7A4204FD...

Signature Adoption: Drawn on Device
Using IP Address: 12.206.112.162**Timestamp**

Sent: 7/25/2022 10:02:31 AM

Viewed: 7/25/2022 12:09:45 PM

Signed: 7/25/2022 12:09:56 PM

Electronic Record and Signature Disclosure:

Accepted: 7/25/2022 12:09:45 PM

ID: 50630c3a-ce2e-4b13-9a9f-fae88c71af24

In Person Signer Events**Signature****Timestamp****Editor Delivery Events****Status****Timestamp****Agent Delivery Events****Status****Timestamp****Intermediary Delivery Events****Status****Timestamp****Certified Delivery Events****Status****Timestamp****Carbon Copy Events****Status****Timestamp****Witness Events****Signature****Timestamp****Notary Events****Signature****Timestamp****Envelope Summary Events****Status****Timestamps**

Envelope Sent

Hashed/Encrypted

7/25/2022 10:02:31 AM

Certified Delivered

Security Checked

7/25/2022 12:09:45 PM

Signing Complete

Security Checked

7/25/2022 12:09:56 PM

Completed

Security Checked

7/25/2022 12:09:56 PM

Payment Events**Status****Timestamps****Electronic Record and Signature Disclosure**

By checking the box near “I agree to use electronic records and signatures” and clicking “Continue”, I hereby agree and acknowledge that:

- I am of legal age to agree to the terms herein and will be providing an electronic signature which legally binds me in the same manner as if I had provided a written signature.
- My electronic signature is effective and I will not dispute the legally binding nature, validity or enforceability of this document based on the fact that the terms were accepted by me with an electronic signature,
- My electronically signed document may be retained electronically by E*TRADE as the original record thereof, and may be admitted into evidence in any proceeding concerning the subject matter therein.
- E*TRADE may, in its sole discretion, decline to accept, or request further verification of, any attempted electronic signature but shall be entitled to rely on such electronic signature without further verification.
- I have read and understood the relevant disclosures, notices, and agree to be bound by terms and conditions set forth in this document and any applicable E*TRADE product agreement, the E*TRADE Customer Agreement, and any applicable supplements contained therein, as may be amended from time to time in accordance with the terms thereof (collectively, “E*TRADE Account Agreement”).
- I have the ability to access, retain, and print the E*TRADE Account Agreement.

If you do not agree with the terms and conditions in the E*TRADE Account Agreement, please exit this process. If you proceed you will create an electronic record of your agreement.