

Form 144

FORM 144

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

## 144: Filer Information

Filer CIK 0001345964  
Filer CCC XXXXXXXXX  
Is this a LIVE or TEST Filing?  LIVE  TEST

### Submission Contact Information

Name  
Phone  
E-Mail Address

## 144: Issuer Information

Name of Issuer LIFECORE BIOMEDICAL, INC. \DE\  
SEC File Number 000-27446  
Address of Issuer 3515 LYMAN BOULEVARD  
CHASKA  
MINNESOTA  
55318  
Phone 9523684300  
Name of Person for Whose Account the Securities are To Be Sold Morberg John D

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.

Relationship to Issuer Former officer

## 144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Wells Fargo Clearing Services 1 N. Jefferson Ave. St. Louis MO 63103	40989	232888.31	30898255	10/31/2024	Nasdaq

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:

## 144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from	Is this	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
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		Whom Acquired	a Gift?		
Common	10/06/2024 Bonus	Issuer	<input type="checkbox"/>	4000	10/06/2024 N/A
Common	09/26/2024 RSUs	Issuer	<input type="checkbox"/>	77979	09/26/2024 N/A

\* 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.

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.

## 144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
John D. Morberg 3515 Lyman Blvd Chaska MN 55318	LifeCore Biomedical, Inc.	09/20/2024	3000	15547.56
John D. Morberg 3515 Lyman Blvd Chaska MN 55318	LifeCore Biomedical, Inc.	10/02/2024	3000	14692.58
John D. Morberg 3515 Lyman Blvd. Chaska MN 55318	LifeCore Biomedical, Inc.	10/04/2024	12000	60716.62
John D. Morberg 3515 Lyman Blvd. Chaska MN 55318	LiefCore Biomedical, Inc.	10/07/2024	7428	38023.90
John D. Morberg 3515 Lyman Blvd. Chaska MN 55318	LifeCore Biomedical, Inc.	10/17/2024	5189	25637.28

## 144: Remarks and Signature

Remarks

Date of Notice 10/31/2024

**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.

Signature John D. Morberg

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