1 | **Activity!**

1. How many grams of protein do you want/need per day?
    (a) What sources?
2. What is your preferred animmal plant protien ratio and why?
3. Build a meal plan
4. Cross check to validate data
5. Were there any amino acids that was particularly hard to find?
6. Numbers
    - Agriculture is 7% of California emissions
    - 67% crop calories and 80% plant proteins -> animal feed
    - beef is 24-49 : 1