13C glc labeling for Jordan

* o/n culture for WT+EV and mct1+ EV in SD-ura
* in the morning, OD <0.6
* backdilute and switch media to SR-ura and grow for 1 hr (0.275) and 8 hr (wt: 0.025, mct1: 0.04)
  + No water wash
* While waiting, should pre-warm the media (didn’t do it this time) and make 20% 13C solution (1000x stock). Collect media here as control (100 ul)
* After 1 hr, OD every culture and spin down 10 OD (9.5 OD this time)
* Resuspend in 25 ml or SR-URA +0.02% 13C glc
* Let it grow for 15 min. Collect 5 OD (4.75 OD this time) and media. And let the rest be labeled for another 15 min.
* Spin down. Collect media.
* Wash cell pellet once with 1ml of H2O
* Flash freeze