

**Source:** [KBBiologyMasterIndex](#)

These are lists compiled from code I wrote with a few peers, which can be found here: [Repository](#)  
I spent *well* over 30 minutes working on this, and I learned a lot about coding as well as nutrition and

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## 1 | **Tustard**

- Phenylalanine 78.88388243566993%
- Valine 100.18798061274833%
- Leucine 94.51699130818912%
- Isoleucine 115.95896183749683%
- Lysine 112.10357982590932%
- Threonine 119.19645104929056%
- Tryptophan 93.25468414954841%
- Methionine 71.62966397360115%
- Histidine 98.34293136523347%

Diet List: - 150.891598g Turkey Sausage

- 75.102569g Mustard

## 2 | **AATSB**

- Phenylalanine 81.2080685572291%
- Valine 124.11991193514258%
- Leucine 94.13009551708133%
- Isoleucine 121.33660481656196%
- Lysine 98.99885464164082%
- Threonine 117.22718754701687%
- Tryptophan 136.44759141786292%
- Methionine 76.60724610188446%
- Histidine 93.59079200960244%

Diet List:

- 205.162743g broccoli
- 90.416268g mustard
- 369.057053g butter stick
- 16.536808g whole milk
- 161.597425g whole eggs

### 3 | **The Magic School Bus**

- Phenylalanine 87.91268936156915%
  - Valine 105.08684737010394%
  - Leucine 89.98724371665506%
  - Isoleucine 109.94987379700649%
  - Lysine 111.43108802230324%
  - Threonine 118.2740710353724%
  - Tryptophan 114.84947167949286%
  - Methionine 68.9427795131111%
  - Histidine 106.99994166721545%
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- 127.386725g Turkey sausage
  - 362.514000g Broccoli
  - 84.627282g Mustard