

## Activity!

1. How many grams of protein do you want/need per day?
    1. What sources?
  2. What is your preferred animal plant protein 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?
- Numbers
    - Agriculture is 7% of California emissions
    - 67% crop calories and 80% plant proteins -> animal feed
    - beef is 24-49 : 1