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| Sample ID | TV wt | TV wt + Dry lipids | Sample ID | TV wt | TV wt + Dry lipids |
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| **STEP 1: Preparation**   * Turn on the refrigerated centrifuge * Obtain ice from ice chest and larval samples from -80oC freezer * Label and weigh transfer vials * Prepare BHT in methanol (0.0050g in 20mL of methanol) * Obtain; ~50mL of hexanes, pipettes, pipette tips, Pasteur pipettes, sharpie * Prevail against all odds   **STEP 2: Extraction**   * Homogenize larva sample dry using bead beater for 30sec * Add 300uL of BHT in Methanol to the larval sample, homogenize for 30s * Add 600uL of hexanes to the larval sample, homogenize for 30s * Centrifuge larval samples solubilized in methanol and hexanes   + 4oC, 17500rpm, for 3mins (program 4) * **CAREFULLY** transfer each sample vial to the tube rack on ice * **CAREFULLY** remove the hexane layer from each sample vial and into the transfer vial * A). Add 600uL of hexanes into each sample vial, homogenize each vial for 30s * B). Centrifuge larval samples solubilized in methanol and hexanes   + 4oC, 17500rpm, for 3mins (program 4) * C). **CAREFULLY** transfer each sample vial to the tube rack on ice * D). **CAREFULLY** remove the hexane layer from each sample vial and into the transfer vial * Repeat steps A-D four more times. The entire extraction process needs to be conducted a total of 6 times   **Step 3: Storage**   * Transfer vials are stored in the residential freezer * BHT in methanol is Parafilmed and stored in the residential refrigerator for up to 7 days |