**General Extraction**

1. Harvest cells (~1 million)
2. Pellet at 1000 rpm for 5 min and discard the supernatant
3. Re-suspend the pellet in PBS (5-10 mL) for washing the cells and mix well
4. Pellet at 1000 rpm for 5min and discard the supernatant (can wash twice if necessary)
5. Immediately add 1 mL 80:20 methanol:water (-75oC) on dry ice (~-75oC) to quench metabolism
6. Vortex to mix, 30 min incubation at -75oC
7. Spin the mixture at 5000 rpm for 10 min at 0-4oC
8. Remove the soluble extract into an Eppendorf vial (2 mL, locked) and place it on dry ice
9. Resuspend the pellet in 500 uL of 80:20 methanol:water (0-4oC) and vortex to mix
10. Sonicate cell suspension in an ice bath for 15 min
11. Centrifuge at 5000 rpm for 10 min at 0-4oC and combine the resulting extract with the initial extract (the pellet can be measured for total protein)
12. Completely dry samples using the Speedvac at 30 oC