CLAIMS:

1. A blend of a bio feedstock and 1-20 wt. % of plastic, based on the weight of the blend, with the plastic comprising polyethylene and/or polypropylene.

2. The blend of claim 1, wherein the amount of plastic in the blend comprises from 1-10 wt. % of the blend.

3. The blend of claim 1, wherein the plastic comprises low density polyethylene or high density polyethylene.

4. The blend of claim 3, wherein the blend comprises from 1-10 wt. % of the low density polyethylene, or from 1-10 wt. % of the high density polyethylene.

5. The blend of claim 1, wherein the plastic comprises polypropylene having an average molecular weight, M_w , in the range of 5,000 to 150,000, or comprises polypropylene having an average molecular weight, M_w, in the range of 150,000 to 400,000.

6. . The blend of claim 1, wherein the bio feedstock comprises triglycerides, fatty acids, plant-derived oils, animal-derived fats and oils or a mixture thereof, optionally wherein i) the plant-derived oils comprise palm oil, canola oil, corn oil, soybean oil or a mixture thereof, or ii) the bio feedstock comprises tallow, lard, schmaltz, or fish oil.

7. The blend of claim 1, wherein the bio feedstock comprises i) palm oil, tallow, soybean oil or a mixture thereof, or ii) a mixture of palm oil and soybean oil, or iii) a mixture of tallow and soybean oil, or iv) biomass pyrolysis oil.

8. The blend of claim 1, wherein the bio feedstock comprises a bio feedstock or mixed bio feedstock having an iodine number of 95 or less, or the iodine number is 91 or less.

9. The blend of claim 1, wherein a stream of petroleum feedstock comprising LCO or gasoline is added to reduce the blend viscosity.

10. The blend of claim 1, wherein the petroleum feedstock comprises 0-50% of the blend.

11. The blend of claim 1, wherein the blend is at a temperature below the melting point of the plastic, and the plastic in the blend comprises finely dispersed micron size particles.

12. The blend of claim 1, wherein the temperature of the blend is above the melting point of the plastic.

13. The blend of claim 1, wherein the blend comprises waste plastic.

14. A process for preparing a stable blend of plastic and a bio feedstock comprising: (a) mixing a bio feedstock and a plastic comprising polyethylene and/or polypropylene together and heating the mixture above the melting point of the plastic, but less than 550° F, while mixing; and (b) cooling the plastic melt and bio feedstock liquid blend to a temperature below the melting point of the plastic.

15. The process of claim 14, wherein the cooling in (b) is conducted together with continuous stirring.

16. The process of claim 14, wherein the heating is conducted at a temperature of 250-550° F with a residence time of 5-240 minutes at a final heating temperature.

17. The process of claim 14, wherein the cooling is continued until ambient temperature is reached.

18. A process for converting waste plastic into chemicals and recycled fuels comprising:

(a) selecting waste plastics containing polyethylene and/or polypropylene;

(b) preparing a blend of a bio feedstock and the selected plastic, with the blend comprising about 20 wt.% or less of the selected plastic; and

(c) passing the blend to a catalytic conversion unit.

19. A blend prepared by mixing a bio feedstock and a plastic comprising polyethylene and/or polypropylene together while heating the mixture above the melting point of the plastic while mixing.

20. A blend prepared by the process of claim 14, optionally wherein the plastic is waste plastic.