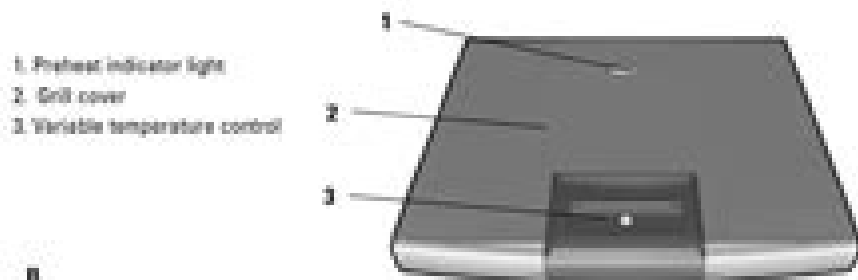


Product may vary slightly from what is illustrated.



1. Handle
2. Top grill plate
3. Bottom grill plate
4. On/Off (O/O) switch
5. Drip tray (Part # GUP80N-01)
6. Spatula (Part # GUP80V-02)

Note: † indicates consumer replaceable/removable parts



B

How to Use

This product is for household use only.

GETTING STARTED

- Remove all packing material and, if applicable, any stickers from the product; remove and save literature.
- Please go to www.georgeforemancooking.com/appliance to register your warranty; for additional information go to www.georgeforemancooking.com.
- Wash all removable parts and/or accessories as instructed in CARE AND CLEANING.
- Wipe grill plates with a damp cloth or sponge to remove any dust. Wipe dry with a soft cloth or paper towel.
- Select a dry, level location where your grill will be used, leaving enough space between the back of grill and wall to allow heat to flow without damage to cabinets and walls.

DRIP TRAY

Place drip tray under front sloped section of grill.

PREHEATING THE GRILL

1. Close cover on grill.
2. Unwind cord and plug into an outlet.
3. Press the On/Off (O/O) switch to the ON (I) position. The preheat indicator light turns on to show the grill is heating.
4. Set the variable temperature control on the top of the grill to the desired setting to begin preheating. (See SUGGESTED GRILL SETTINGS on page 6.)
5. Allow the grill to preheat (approximately 4 minutes) before grilling. When the selected temperature is reached, the preheat indicator light will go out.

Note: The preheat indicator light will turn on and off during cooking to indicate your desired temperature is being maintained.

GRILLING

1. Using a pot holder, carefully open the preheated grill.

Note: The George Tough™ nonstick coating on the plates is designed to work without oil, butter or cooking spray. If desired, you may use oil or butter. However, aerosol cooking spray should never be used; chemicals that allow spray to come out of can build up on the surface of the plates and reduce their efficiency.

2. Carefully place foods to be cooked on lower grill plate. This grill accommodates up to 4 servings.

Note: Do not overload grill.

3. Close the cover and allow food to cook for the selected time. If desired, use a kitchen timer.

Note: Use suggested cooking times found in the GRILLING CHART on pages 6, 7 and 8.

Important: Do not leave the appliance unattended during use.

4. Light pressure can be used on the handle to press and heat food to your liking.

Important: Do not use heavy pressure on the handle of the grill at any time.

5. After selected time, the food should be done. If you would prefer longer cooking, simply follow the steps beginning at step 3.

Foreman Grill Instruction Manual

RJ Shavelson



Foreman Grill Instruction Manual:

George Foreman's Indoor Grilling Made Easy George Foreman, Kathryn Kellinger, 2008-06-16 From George Foreman two time heavy weight champion of the world and one of the greatest salesmen of all time his cookbook written specifically for his fabulous indoor grills From dorm rooms and first apartments to suburban homes and four star restaurants the George Foreman grill is one of America s most popular small kitchen appliances As a world class athlete and father of ten George Foreman is focused on fresh healthy foods that keep him and his family strong Between kids careers and a heavyweight training schedule the Foremans are a big constantly in motion family Getting dinner on the table could be an endurance event but instead of going ten rounds in the kitchen George Foreman has perfected fast and easy and he passes on his strategy in *George Foreman s Indoor Grilling Made Easy* Here are more than 100 recipes that speak to the reason everyone buys the indoor grill in the first place easy dishes filled with big bold flavor for healthy food fast From breakfast foods to snacks entr es side dishes and even desserts made on the grill this is food to satisfy the young the not so young and everyone in between Most recipes are naturally lower in carbohydrates after all George is a carnivore of some note but some have choice carbs to fuel heavy training days In addition to the recipes there are plenty of flavor enhancing ideas marinades spice rubs and sauces for simple cuts of fish beef pork and chicken You ll also find insider info on how to make perfect grilled veggies every time *George Foreman s Indoor Grilling Made Easy* even includes finger foods for a party and a Thanksgiving dinner made on the grill Portions feed a family of four but can easily be downsized for those living on their own or doubled for Foreman sized families

Poetically Spoken Word Andra Kellon, 2015-10-07 This book POETICALLY SPOKEN WORD is my very first book It is simply a collection of poetry pieces that Ive written over the years Ive poured my heart into this book Although POETICALLY SPOKEN WORD is a collection of poetry pieces it could also very well be my autobiography Each piece precisely reflects my character personality and beliefs There is a level of transparency contained in these writings that almost forces you to become as one with the author I believe transparency is paramount when attempting to reach others by means of testimony combined with poetical prose While reading this book youll personally travel with me from the devilish depths and despair of active alcohol and drug addictions with all of its atrocities all the way to a place of unutterable joy and gratitude positioned inside the veil and face to face with The Father and The Son with The Holy Spirit being your guide I pray this book draws you closer to the majestic favor graces and redemptive powers of a life lived in Salvation

Mastering the Grill: The Owner's Manual for Outdoor Cooking Andrew Schloss, David Joachim, 2010-07-01 This comprehensive grilling guide features 350 surefire recipes hundreds of tips and techniques as well as how to illustrations and mouthwatering photos Grilling is a science and it s only when you understand the science of grilling that you can transform it into an art In *Mastering the Grill* acclaimed cookbook authors and veteran grill masters go beyond the usual advice to teach you the secrets and science of grilling This extensive guide explains numerous grill types and tools as well as the hows and whys of

wood charcoal gas and electric A chapter on mastering ingredients teaches everything from the cuts of meat to the particulars of proteins fats produce and more The encyclopedic range of recipes covers meat poultry seafood and vegetables with everything from burgers steaks and ribs to lobster tails turducken eggplant rollatine and grilled banana splits **The Complete George Foreman 4-Serving Electric Grill User Guide** Emma Clarke,2025-08-26 Master the Magic of Quick Healthy and Delicious Grilling Without the Guesswork Have you recently purchased a George Foreman 4 Serving Electric Grill and aren t quite sure where to begin Or maybe you ve had yours for a while but feel like you re only scratching the surface of what it can do This all in one user guide and beginner recipe book is your go to companion for turning this powerful little appliance into your personal kitchen hero The Complete George Foreman 4 Serving Electric Grill User Guide is designed for home cooks of all levels who want simple step by step instructions paired with flavorful fuss free meals More than just a manual this book walks you through every part of owning and using your grill from setup usage and cleaning to tips and tricks that save time and eliminate frustration Inside you ll discover Clear beginner friendly instructions for setting up and safely using the 4 serving George Foreman grill Time tested tips to get perfect sears grill marks and juicy results every time Simple cleaning strategies to protect your nonstick plates and keep your grill in top shape A curated selection of easy recipes from breakfast paninis to grilled chicken veggies and even sweet snacks Smart hacks for fast prep healthy eats and better leftovers Whether you re cooking for one two or a small family this guide offers everything you need to make fresh satisfying meals in 30 minutes or less all with the help of one compact mighty appliance This guide is not sponsored or endorsed by George Foreman R or Spectrum Brands but was created to empower real users like you with real solutions

Technical Manual United States. War Department,1944 Is Your Straight Man Gay Enough? Nan Shipley,Jason Anthony,2004-11-18 The authors take on straight guy habits straight guy style and straight guy home decor using quick questionnaires that identify problem areas and providing straightforward advice to help women renovate their men **The George Foreman Lean Mean Fat Reducing Grilling Machine Cookbook** George Foreman,Connie Merydith,2000 Offers exciting recipes for dishes that are packed with flavor but leave the fat behind The Dangerous Book for Middle-Aged Men David Quantick,2010-06-22 So your husband boyfriend partner delete as necessary has just tipped over 35 40 45 50 delete as necessary and you can see that he s not quite as keen on Emmerdale as he once was He s started to dress with his jeans hoiked too high like his hero Jeremy Clarkson and he s bought a home gym the one recommended by George Clooney Then there are those Harley Davison brochures delivered in brown envelopes You ve noticed he s started pulling in his beer gut when he s talks to his teenage secretary And why have his grey sideburns turned that brownny black That s a sure sign of hair dye And then you stumble into the bathroom in the morning and he s got his hands in a jar of your face cream LADIES BEWARE That dangerous age has arrived It s the male menopause The mid life crisis The time when suddenly you find your partner has put a whole Scalextrix track in your attic without you noticing He s bought an electric guitar and insists on

playing Smoke On The Water to the cat at all hours It that time when no matter what you say they suddenly don t mind making a fools of themselves They come home almost every week with a new enthusiasm Dangerous Men don t just cook they COOK With truffles that cost 210 for one the size of a wrinkled scrotum and have to be from the right region of France And they must be served with a side order of blowfish because you saw that in a James Bond DVD that came free with the Mail on Sunday JCPenney [catalog].,2001 *The George Foreman Lean Mean Fat Reducing Grilling Machine* Salton Inc,George Foreman,2003

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