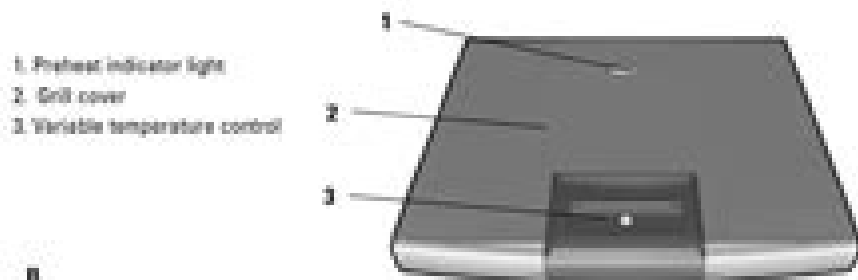


Product may vary slightly from what is illustrated.



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



1. Preheat indicator light
2. Grill cover
3. Variable temperature control

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.

George Foreman Instruction Manual

Tao Wei



George Foreman 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

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

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 **Manual Training and Vocational Education** ,1915

Manual Training Magazine Charles Alpheus Bennett,William Thomas Bawden,1927 **A Practical Guide to the Occupational Safety and Health Act** Walter B. Connolly, Jr.,Donald R. Crowell, II,2017-11-28 A Practical Guide to Equal Employment Opportunity a comprehensive two volume set is the only EEO compliance manual you ll ever need

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