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LIVE WELL FOR LESS™



NUWAVE™ PRO PLUS INFRARED OVEN

Manual & Complete Cookbook

nuwave

Live Well For Less

Quick & Easy Cooking Guide

All cooking times are based on a temperature of 300°F



Beef & Lamb

Roasts 2-10 lbs	Roast Height	Internal Temp	Fresh	Frozen
	1 in	125-130°	15-17 minutes	20-25 minutes
		130-135°	17-19 minutes	21-23 minutes
		135-140°	19-21 minutes	23-25 minutes
		145°+	21+ minutes	25+ minutes
Burgers 1/2-in thick	3/4 in	160°+	5-7 minutes	8-9 minutes
Steaks 1-in thick	3/4 in	125-130°	5-6 minutes	10-11 minutes
		130-135°	6-7 minutes	11-12 minutes
		135-140°	7-8 minutes	12-13 minutes
		145°+	8+ minutes	14+ minutes

Pork

Ham (Precooked)	1 in	140°+	15-18 minutes	20-25 minutes
Sausage	3/4 in	140°+	5-6 minutes	8-10 minutes
Bacon	3/4 in	160°+	5-6 minutes	N/A
Salisbury, Braised, Etc.	3/4 in	160°+	5-6 minutes	10-12 minutes
Chops	3/4 in	140°+	5-6 minutes	7-8 minutes
Roasts 3-7 lbs	1 in	140°+	17-19 minutes	20-23 minutes
Tenderloin 2-4 lbs	3/4 in	140°+	12-14 minutes	15-20 minutes
Spare Ribs	1 in	160°+	18-22 minutes	22-24 minutes

Poultry

Chicken, Bone-in Pieces	3/4 in	160°+	12-14 minutes	15-17 minutes
Chicken, 1/2-in Boneless/Skinless Breasts (Chicken add 2 mins per 1/2 in)	3/4 in	160°+	11-13 minutes	14-16 minutes
Chicken, whole 3-4 lbs	1 in	160°+	17-20 minutes	20-23 minutes
Turkey, whole 8-14 lbs	1 in	160°+	18-22 minutes	22-24 minutes
Turkey, whole 15-18 lbs	1 in	160°+	22-24 minutes	26-28 minutes
Turkey, Breast 6-7 lbs	1 in	160°+	22-24 minutes	26-28 minutes
Eggs				

Seafood

Fish, Steaks & Fillets 1/2 in
Shrimp & Scallops
Lobster Tails 4 oz (small)
Crab Legs

Vegetables

Roast Potatoes (1/2 in thick)
Potatoes, whole med. size
Steamed Broccoli & Cauliflower
(Steam 1/2 in thick with 1/2 in oil or 1/2 in)
Squash, Asparagus, Bell Peppers & Tomatoes
Roasted
Onion, Garlic, Peppers,
Eggplant, and Yellow Squash

Frozen Ready-Made Foods

Chicken Tenders & Nuggets
Frozen Vegetables 3/4 in (frozen state only)
Onion Rings
Mozzarella Sticks
Hot Wings

TIP: Flip larger food items over halfway through cooking.



Pro Nuwave Manual

Christian Drosten



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Table of Contents Pro Nuwave Manual

1. Understanding the eBook Pro Nuwave Manual
 - The Rise of Digital Reading Pro Nuwave Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Pro Nuwave Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Pro Nuwave Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Pro Nuwave Manual
 - Personalized Recommendations
 - Pro Nuwave Manual User Reviews and Ratings
 - Pro Nuwave Manual and Bestseller Lists

5. Accessing Pro Nuwave Manual Free and Paid eBooks
 - Pro Nuwave Manual Public Domain eBooks
 - Pro Nuwave Manual eBook Subscription Services
 - Pro Nuwave Manual Budget-Friendly Options
6. Navigating Pro Nuwave Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Pro Nuwave Manual Compatibility with Devices
 - Pro Nuwave Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Pro Nuwave Manual
 - Highlighting and Note-Taking Pro Nuwave Manual
 - Interactive Elements Pro Nuwave Manual
8. Staying Engaged with Pro Nuwave Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Pro Nuwave Manual
9. Balancing eBooks and Physical Books Pro Nuwave Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Pro Nuwave Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Pro Nuwave Manual
 - Setting Reading Goals Pro Nuwave Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Pro Nuwave Manual
 - Fact-Checking eBook Content of Pro Nuwave Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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