

GEORGE FOREMAN
GRP3 Lean Mean
Fat Reducing
Grilling Machine



GEORGE FOREMAN GRP3 Lean Mean Fat Reducing Grilling Machine Owner's Manual

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GEORGE FOREMAN®

GEORGE FOREMAN GRP3 Lean Mean Fat Reducing Grilling Machine



Product Information

Specifications:

- **Model:** GRP3
- **Product Type:** Lean Mean Fat Reducing Grilling Machine
- **Power:** 120V
- For household use only

Product Usage Instructions

Getting Started:

DRIP TRAY:

Place the drip tray under the front sloped section.

Attaching & Removing Grill Plates:

1. To attach or remove grill plates, use the release handles on both sides.
2. While keeping the grill tilted back, ensure the plates are either lifted off or securely attached.

Note:

When attaching, make sure both release handles are secured on the grill body before use.

Caution:

Do not remove grill plates while hot. Allow them to cool to room temperature before removing.

Preheating the Grill:

1. Close the cover on the grill.
2. Unwind the cord and plug it into a standard electrical outlet.
3. The preheat indicator light will come on to indicate readiness.

FAQ:

- **Q: Can I immerse the appliance in water for cleaning?**

A: To protect against electrical shock, do not immerse the cord, plugs, or appliance in water or other liquid, except for removable plates.

- **Q: How do I know when the grill is preheated?**

A: The preheat indicator light will come on when the grill is preheated and ready for use.

Please Read and Save this Use and Care Book

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

- Read all instructions.
- Do not touch hot surfaces. Use handles or knobs.
- To protect against electrical shock do not immerse the cord, plugs, or appliance (except removable plates) in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from the outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Return the appliance to the nearest authorized service facility for examination, repair, or adjustment. Or, call the appropriate toll-free number on the cover of this manual.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- Do not use outdoors.
- Do not let the cord hang over the edge of the table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Be sure removable plates are assembled and fastened properly.
- To disconnect, remove the plug from the wall outlet.
- Do not use this appliance for other than intended use.

POLARIZED PLUG (120V Models Only)

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

TAMPER-RESISTANT SCREW

Warning:

This appliance is equipped with a tamper-resistant screw to prevent removal of the outer cover. To reduce the risk of fire or electric shock, do not attempt to remove the outer cover. There are no user-serviceable parts inside. Repair should be done only by authorized service personnel.

ELECTRICAL CORD

- A short power-supply cord (or detachable power-supply cord) is to be provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.
- Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.
- If a long detachable power supply cord or extension cord is used,
 1. The marked electrical rating of the detachable power supply cord or extension cord should be at least as great as the electrical rating of the appliance,
 2. If the appliance is of the grounded type, the extension cord should be a grounding-type 3-wire cord, and
 3. The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over.

Note:

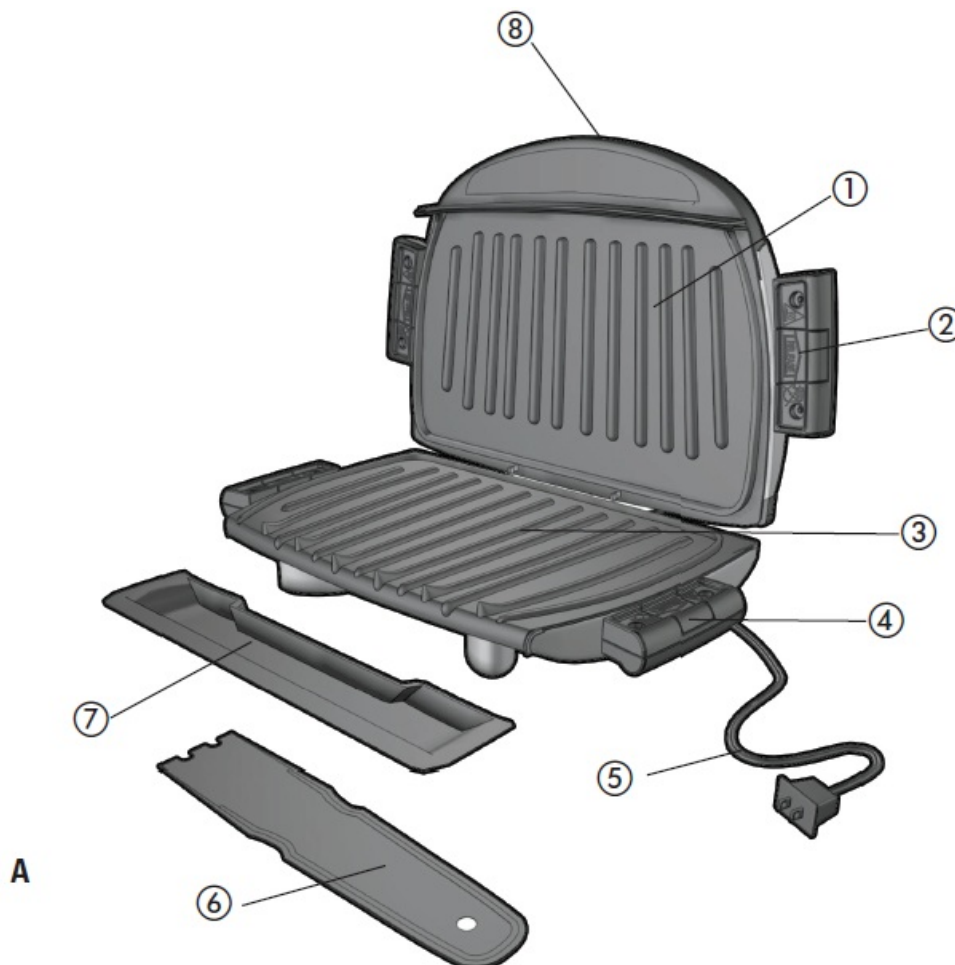
If the power supply cord is damaged, it should be replaced by qualified personnel. In Latin America, by an authorized service center.

SAVE THESE INSTRUCTIONS.

This product is for household use only.

Description

Product may vary slightly from what is illustrated



1. Removable grill plate (upper) (Part # 22933U)
2. Upper grill plate release handles (both sides)

3. Removable grill plate (lower) (Part # 22933L)
4. Lower grill plate release handles (both sides)
5. Power cord
6. Spatula (Part # 20166)
7. Drip tray (Part # 22934B)
8. Preheat indicator light (not shown)

Note:

indicates consumer replaceable/removable parts

How to use

This product is for household use only.

GETTING STARTED

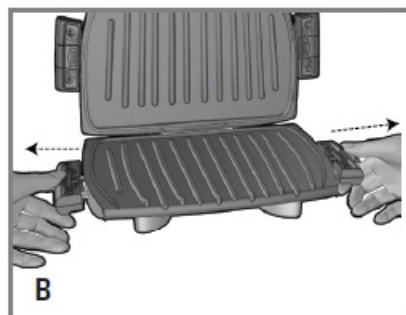
- Remove all packing material and any stickers.
- Remove and save literature.
- Wash removable parts as instructed in the CARE AND CLEANING section of this manual.
- Wipe grill plates with a damp cloth or sponge to remove any dust. Wipe dry with a soft cloth or paper towel.
- Select the location where the unit is to be used, leaving enough space between the back of the unit and the wall to allow heat to flow without damage to cabinets and walls.

DRIP TRAY

Place the drip tray under the front sloped section of the lower grill plate.

ATTACHING & REMOVING GRILL PLATES

1. To attach or remove grill plates, grasp plate release handles and pull out (B).
2. While keeping handles pulled out, plates may be lifted off or set on the grill body.



Note:

When attaching plates, carefully and securely attach each plate onto the appliance using the release handles, only when the plates are cool.

Important:

Make sure that BOTH release handles are properly latched and secured on the grill body before use.

Caution:

Do not remove grill plates while the appliance is hot. Always allow them to cool to room temperature before removing or cleaning.

PREHEATING THE GRILL

1. Close cover on grill.
2. Unwind the cord and plug it into a standard electrical outlet.
3. The preheat indicator light comes on to indicate elements are heating.
4. Allow the grill to preheat for at least 5 minutes before grilling. After 5 minutes, the preheat indicator light will go out. If desired, use a kitchen timer.

GRILLING

1. Using a pot holder, carefully open the lid of the preheated grill.
2. Before first use, if desired, lightly oil grill plates.

Note: Aerosol cooking spray should not be used on nonstick surfaces. Chemicals that allow spray to come out can build up on the surface of grill plates and reduce their efficiency.

3. Carefully place foods to be cooked on a lower grilling plate. Close lid.

Note: Do not overload the grill.

4. Use suggested cooking times found in the GRILLING CHART. If desired, use a kitchen timer.

Important: Do not leave the appliance unattended during use.

5. After the selected time, the food should be done.
6. Using a pot holder, carefully open the grill cover.
7. Remove cooked food using the plastic spatula provided.

Note: Always use heatproof plastic, nylon, or wood utensils to avoid scratching the nonstick surface of grill plates. Never use metal skewers, tongs, forks or knives.

Important: Heat continues to be ON until the grill is unplugged.

Warning: Do not remove grill plates while the grill is still hot! Allow the grill to cool completely before removing or changing plates.

8. Allow the drip tray to cool before removing it from under the grill. Wash and dry the drip tray after each use.

Note:

Be sure the liquid in the drip tray has cooled before attempting to move it.

SUGGESTED GRILLING CHART

The following are meant to be used as a guideline only. The times reflect a full grill of food. Cooking time will depend upon the thickness and cut being used. Use a cooking thermometer as a test for doneness. If the food needs longer cooking, check periodically to avoid overcooking the food.

	Rare 145°F	Medium 160°F	Well 170°F
Salmon filet	2½ min	3 min	4½ min
Salmon steak	4 min	6 min	10 min
Swordfish	7 min	9 min	10 min
Tuna steak	6 min	8 min	10 min
Whitefish	4 min	5½ min	7 min
Shrimp	1½ min	2½ min	3½ min
Turkey burgers (4 oz.)	7 min	8 min	9 min
Turkey burgers (8 oz.)	8 min	9 min	10 min
Pork loin		5 min	6 min
Hamburgers (4 oz.)	7 min	8 min	9 min
Hamburgers (8 oz.)	8 min	9 min	10 min
Chicken breasts (boneless/ skinless)			9 min
Link sausage		4 min	5 min
Sliced sausage (¾" thick)		6 min	7 min
Fajita beef (½" thick slices)	1½ min	2 min	2½ min
T-bone steak	8 min	9 min	10 min
NY strip steak	4 min	7 min	10 min
Flank steak	7 min	8 min	10 min
Onions & peppers (brush with oil)			8½ min

Please note:

To be sure your food is fully cooked the USDA recommends the following guidelines. Using a meat thermometer cook test for doneness by inserting the meat thermometer into the center of the food being cooked and make sure the thermometer is not touching the bone.

FOOD TO BE COOKED	MEDIUM		WELL DONE OR FULLY COOKED	
Chicken Breast			170°F	77°C
Chicken Thigh			180°F	82°C
Beef / Lamb/Veal	160°F	71°C	170°F	77°C
Pork			160°F	71°C
Reheated cooked meats and poultry			165° F	74°C

GRILLING TIPS

- To prevent heat loss and even cooking, do not open the Lid frequently.
- Do not overfill the grill.
- When first cooking a particular food, check for doneness several minutes before the suggested time; if necessary adjust the time.
- When cooking several pieces of food, try to have them similar in size and thickness.
- Remember that since the grill is cooking from both sides cooking time will typically be shorter than expected. Watch carefully to avoid overcooking.
- For added flavor, add dry seasonings before grilling or marinate foods before cooking.

Important:

Use only silicone, plastic, and wooden utensils when cooking on the grill. Silicone utensils are especially good because they do not discolor or melt at the high temperature.

CARE AND CLEANING

CLEANING

Caution:

To avoid accidental burns, allow the grill to cool thoroughly before cleaning.

1. Before cleaning, unplug the grill from the wall outlet and allow it to cool.

Important: Heat continues to be ON until the grill is unplugged.

2. Place the drip tray under the front of the grill. Use a plastic spatula to scrape off any excess fat and food particles left on the grill plates; runoff will drip into the drip tray.
3. Use a warm, soapy sponge to wipe plates clean, then rinse the sponge and wipe again to remove any soapy residue. Dry thoroughly with an absorbent paper towel.
4. Empty drip tray and wash in warm, soapy water; dry thoroughly with a paper towel.
5. To remove stubborn buildup, use a nylon or nonmetallic scrubbing pad to clean the grill plates.
Important: Do not use metallic scrubbing pads, steel wool, or any abrasive cleaners to clean any part of your grill; use only nylon or nonmetallic scrubbing pads.
6. To clean the grill cover, wipe with a warm, wet sponge and dry with a soft, dry cloth.
Important: Do not immerse the body of the grill in water or any other liquid.
7. Any servicing requiring disassembly other than the above cleaning must be performed by a qualified electrician.

Caution:

Make sure to hold the grill cover by the handle while cleaning to prevent accidental closing and injury.

STORAGE

- Always make sure the grill is clean and dry before storing.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SOLUTION
The finish on the grill plates has cut marks.	Metal utensils have been used.	Always use heatproof plastic, nylon, or wood utensils to avoid scratching the nonstick surface of grill plates. Never use metal skewers, tongs, forks, or knives.
Grill marks on food are very light.	The grill was not fully preheated before use.	Always preheat the grill at least 5 minutes before cooking any food.
There is food buildup on grill plates.	The grill was not properly cleaned after use.	Use a nylon scrubbing pad and hot, soapy water to clean grill plates. Do not use steel wool scrubbing pads or abrasive cleaners to clean the grill.
Food is dry and burnt.	Food is overcooked.	Because the grill is cooking from both sides, food is cooked much faster than in a skillet or under a broiler. Use the cooking chart as a guide and check food at the lowest time stated on the chart.
The grill does not turn on.	The grill is not plugged in.	Check to be sure the appliance is plugged into the working outlet.

Limited Warranty

NEED HELP?

For service, repair, or any questions regarding your appliance, call the appropriate 800 number on the cover of this book. Please DO NOT return the product to the place of purchase. Also, please DO NOT mail the product back to the manufacturer, nor bring it to a service center.

You may also want to consult the website listed on the cover of this manual.

Two-Year Limited Warranty

(Applies only in the United States and Canada)

- **What does it cover?**

Any defect in material or workmanship provided; however, Applicia's liability will not exceed the purchase price of the product.

- **For how long?**

Two years after the date of original purchase.

- **What will we do to help you?**

Provide you with a reasonably similar replacement product that is either new or factory refurbished.

- **How do you get service?**

- Save your receipt as proof of date of sale.
- Check our online service site at www.prodprotect.com/applicia, or call our toll-free number, 1-800-231-9786, for general warranty service.
- If you need parts or accessories, please call 1-800-738-0245.

- **What does your warranty not cover?**

- Damage from commercial use

- Damage from misuse, abuse, or neglect
- Products that have been modified in any way
- Products used or serviced outside the country of purchase
- Glass parts and other accessory items that are packed with the unit
- Shipping and handling costs associated with the replacement of the unit
- Consequential or incidental damages (Please note, however, that some states do not allow the exclusion or limitation of consequential or incidental damages, so this limitation may not apply to you.)


- **How does state law relate to this warranty?**

This warranty gives you specific legal rights, and you may also have other rights that vary from state to state or province to province.

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Documents / Resources

 <p>George Foreman GRP3 Owner's Manual</p> <p>Other products: replacement parts for George Foreman GRP3</p> <p>Find Your George Foreman Small Appliance Parts - Select From 306 Models</p>	<p>GEORGE FOREMAN GRP3 Lean Mean Fat Reducing Grilling Machine [pdf] Owner's Manual</p> <p>GRP3 Lean Mean Fat Reducing Grilling Machine, GRP3, Lean Mean Fat Reducing Grilling Machine, Mean Fat Reducing Grilling Machine, Fat Reducing Grilling Machine, Reducing Grilling Machine, Grilling Machine, Machine</p>
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References

- prodprotect.com
- [✂ Repair Your Grill: Shop Replacement Parts for 24,880 Models](#)
- [✂ George Foreman Small Appliance Parts - Select From 306 Models](#)
- [User Manual](#)

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