

George Foreman Grill Manual

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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 entrées 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 offers exciting recipes for dishes that are packed with flavor but leave the fat behind

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