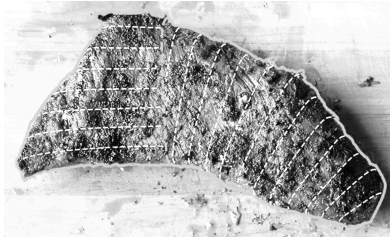


Temperatures

Rare	120°
Medium Rare	130°
Medium	140°
Medium Well	150°
Well Done	160°

Pork Chops	150°
Chicken	160°
Roasts	150°

Tri Tip



Tomahawk



Pressure Cooker

Chuck-Eye Roast (1" cubes)	30 min
Chuck-Eye Roast (3-4 lbs)	90 min
Top Sirloin Beef (3 lbs)	20 min
Brisket (3-4 lbs)	90 min
Short Ribs (boneless)	35 min
Pork Butt (1" cubes)	30 min
Baby Back Ribs	30 min
Osso Buco	60 min

Roasting

Eggs	350°	5 min
Burgers	375°	20 min
Short Rib Plate	350°	3 hours
Chicken Thighs	350°	30 / 30 / 10
Tri-tip	350°	35 min
Brown 4 minutes on each side roast for 35 minutes		

High Metabolism Foods

Apples	Greek Yogurt
Avocado	Barley
Berries	Oatmeal
Cherries	Wheat Bran
Peaches	Whole Wheat
Mango	Pasta
Carrots	Quinoa
Legumes	Meat
Squash	Fish
Sweet	Poultry
Potatoes	Eggs
Seeds	Butter
Nuts	Olive Oil