

More flavor. Less smoke.

FOR LESS SMOKE, WE RECOMMEND USING OILS WITH A HIGH SMOKE POINT—LIKE CANOLA, COCONUT, AVOCADO, VEGETABLE, OR GRAPESEED OIL—INSTEAD OF OLIVE OIL. If you choose to cook ingredients at a higher temperature than recommended or when using olive oil, it may result in more smoke and food having a burnt, acrid flavor.

Also, to help prevent grease from building up and causing smoke, clean the splatter shield after every use.

LO (400°F)
Best for bacon and sausages, and when using thicker barbecue sauces.

Sausages
9 sausages (3–4 oz. each)
Whole
LO, preset to PORK and set doneness
Frozen: **LO, 10–14 mins**

Bone-In Barbecue Chicken Thighs
6 thighs (7–9 oz. each)
LO, preset to CHICKEN
For best results when using the Grill function, flip meats.

Bacon
8 strips, thick cut
LO, 7–9 mins

MED (450°F)
Best for frozen meats and marinated ingredients.

Boneless Marinated Chicken Breast
6 breasts (7–9 oz. each)
MED, preset to CHICKEN or set to LO if using a thick sauce
When using the grill function, for best results flip meats.

Frozen Boneless Pork Chops
6 chops (8 oz. each)
Pat dry. Rub with canola oil and season.
MED, 22–26 mins
When cooking frozen protein, it is recommended to not use the thermometer.

Frozen Pork Tenderloin
2 whole tenderloins (1 lb. each)
Pat dry. Rub with canola oil and season.
MED, 22–28 mins
When cooking frozen protein, it is recommended to not use the thermometer.

HI (500°F)
Best for steaks, chicken, and burgers.

New York Strip Steaks
4 steaks (10–12 oz. each, 1 1/2 in. thick)
Pat dry. Rub with canola oil and season.
HI, preset to BEEF and set doneness
Frozen: **MED, 18–26 mins**
When cooking frozen protein, flip 2 or 3 times while cooking.

Boneless Chicken Breasts
6 breasts (7–9 oz. each)
HI, preset to CHICKEN
Frozen: **MED, 20–25 mins**
When cooking frozen protein, flip 2 or 3 times while cooking.

80% Lean Burgers
6 patties, 1-inch thick (up to 7 oz. each)
HI, preset to BEEF and set doneness
Frozen: **MED, 10–12 mins**

MAX (up to 510°F)
Best for veggies, fruit, fresh/frozen seafood, and pizza.

Salmon
6 fillets (5–6 oz. each)
Pat dry. Rub with canola oil and season.
MAX, preset to FISH and set doneness
Frozen: **MAX, 12–15 mins**

Fresh Asparagus
(2 bunches)
Toss with canola oil. Season with salt and pepper.
MAX, cook 5–7 mins
Spread evenly on grill grate. Do not flip.

Fresh Corn on the Cob
(6 ears)
Brush lightly with canola oil. Season with salt and pepper.
MAX, cook 10–12 mins

For more charts and individual cook times, refer to the Inspiration Guide.

Preheat for better results

For best grilling results, preheat the Foodi Smart XL Grill before adding food. It will take approximately 10 minutes. Adding food before preheating is complete may lead to overcooking and smoke.



How to turn off Preheat

We do not recommend skipping preheating, as it will impact cooking results. However, if you would like to skip it, after selecting a function and pressing the START/STOP button (when the unit is then in preheat mode), press the skip button to cancel preheating.

Please make sure to read the enclosed Ninja® Owner’s Guide prior to using your unit.

NINJA Foodi SMART XL GRILL

QUICK START GUIDE

Get to know the control panel



- A POWER:**To turn the unit on and off, press the **POWER** button.

B COOKING FUNCTIONS: Air Crisp, Roast, Grill, Bake, Broil, Dehydrate.

C LEFT arrows: Use the up and down arrows to the left of the display to adjust the cook temperature or doneness when using the thermometer.

D RIGHT arrows: Use the up and down arrows to the right of the display to adjust the cook time or food type when using the thermometer.

E START/STOP button: Press to start cooking, or press while the unit is cooking to stop the current cook function.
- F SKIP:** Press skip button after pressing START/STOP to skip preheat.

G THERMOMETER: Press to activate and program thermometer on left side of unit.

H MANUAL setting: Switches the display screen so you can manually set the internal doneness when using the thermometer.

I PRESET setting: When thermometer is inserted in a protein, this allows you to use the arrows to the right of the display to select the protein type.

How to place the thermometer

FOOD TYPE	PLACEMENT	CORRECT	INCORRECT
Steaks Pork chops Lamb chops Chicken breasts Burgers Tenderloins Fish fillets	- Insert thermometer horizontally into the center of the thickest part of the meat. - Make sure the tip of the thermometer is inserted straight into the center of the meat, not angled toward the bottom or top of it. - Make sure the thermometer is close to (but not touching) the bone and away from any fat or gristle. NOTE: The thickest part of the fillet may not be the center. It is important that the end of the thermometer hits the thickest part so desired results are achieved. DO NOT use the thermometer with frozen protein or for cuts of meat 1 inch thick or thinner.		
Whole chicken	- Insert thermometer horizontally into the thickest part of the breast, parallel to, but not touching, the bone. - Make sure the tip reaches the center of the thickest part of the breast and doesn't go all the way through the breast into the cavity.		

Turn for Instructions on cooking with the thermometers

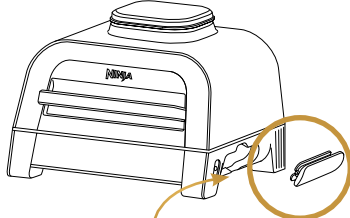
Let's start cooking

The Foodi® Smart Thermometer continues to monitor doneness throughout the cooking process, unlike traditional instant-read thermometers.

STEP 1
Set Up

- Remove the storage compartment on left side of the unit.
- Unwind cord and remove thermometer.

NOTE: Plug thermometer into jack under cover on the left side of the unit.



Storage compartment (push in door to open)

STEP 2
Select Cook Function

- Press the desired cooking function (e.g., Grill).
- Use the left arrows to select desired cook temperature (setting a time is not necessary when using the thermometer).



STEP 3
Program Thermometer

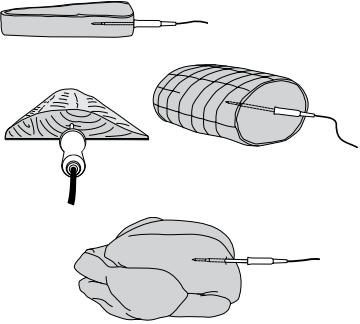
- Press the THERMOMETER button.
- Use the right arrows to choose the desired protein.
- Use the left arrows to choose the desired doneness.



NOTE: If selecting the MANUAL setting, use the internal cook temperatures recommended in the Owner's Guide.

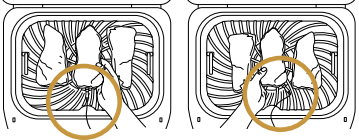
STEP 4
Place Thermometer

- Wait until unit is fully preheated before adding food.
- Insert thermometer in protein using the guide on the front page.

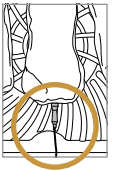


STEP 5
Add Food

- Once unit has preheated, "ADD FOOD" will appear on the screen.
- Add food with thermometer grip(s) fully inside unit, then close hood over cord(s) to begin cooking (see images below).



NOTE: DO NOT close hood on thermometer grip, as this will prop open the hood and create inaccurate readings.



STEP 6
Track Progress

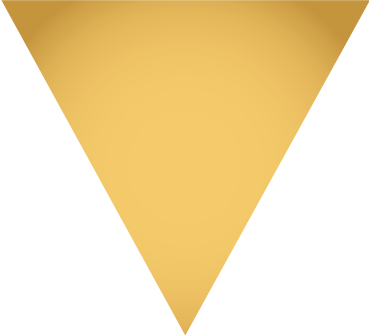
- The progress bar at the top of the display will track doneness.
- Flashing doneness indicates progression to that doneness.
- When using Roast and Grill, the unit will beep and display FLIP. Flipping is optional, but recommended.



STEP 7
Carry-Over Cook & Rest

- Unit will beep and show "GET FOOD", indicating it's time to allow food to rest and carry-over cook on a plate for 3-5 minutes.

Carry-over cooking is when food retains heat and continues to cook after being removed from the source of heat.



Ninja Beef Doneness Guide

Perception of what a specific internal doneness looks like differs from person to person, even restaurant to restaurant. This guide shows what to expect with each preset beef doneness level (we have provided a wide range of options so you can customize doneness to your liking).



NOTE: This guide is based on New York Strip Steak. Using different cuts and/or sizes of beef can alter the outcome. For cuts 2 inches or thicker (e.g., filet mignon), we recommend selecting the lower temperature setting within the desired doneness category (e.g., Rare 1 instead of Rare 2).

Did you know? Meat keeps cooking when you remove it from the grill.

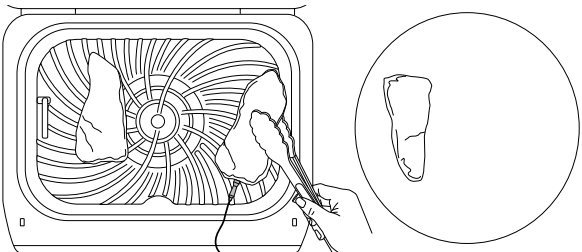
To prevent overcooking, the unit will beep right before your food reaches desired doneness, taking carry-over cooking into account.

Removing your food



Transfer meat to a plate using silicone-tipped tongs with the thermometer still inserted.

WARNING: Thermometer and grip will be hot.

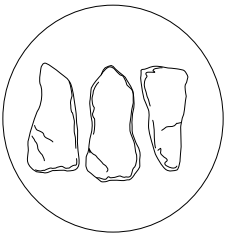


NOTE: Skipping carry-over cooking and cutting into food right away may result in a rarer level of doneness.

Carry-over cooking & resting



Allow protein to carry-over cook and rest for 3-5 minutes. "REST" will appear and timer will count up.



To check the internal temperature of other pieces of protein, press and hold **MANUAL**. Then insert the thermometer into another piece of protein and check the display for the internal temperature reading.

For more instructions on cleaning the unit, refer to your Owner's Guide.