

TENERGY®



FT01

Solis Smart Food Thermometer

User Manual

Read This Manual Before Using And
Save For Future Reference

Item Number: 59132

Contents Included



1x Thermometer



6x Probe
w/ Cable

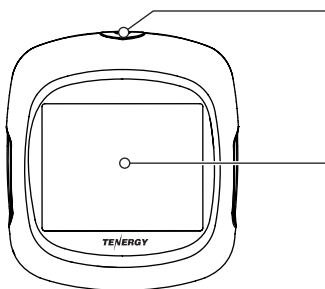


6x Probe
Wrap



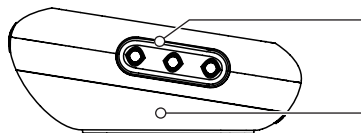
2x AA
Battery

At A Glance



Multifunction Button:
Power On/Off,
Pairing / Alarm Off
LCD Backlit

LCD Screen



Probe Sockets

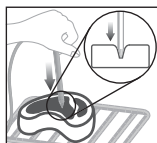
Battery Chamber

Setting Up The Thermometer

- 1) Install batteries into the thermometer.
- 2) Remove the probes from their wrapper.
- 3) Connect probes to the probe sockets.

Quick Start Guide Without App

- 1) Turn on the thermometer by holding down the Power Button.
- 2) Insert the tip of probe into the middle of meat.
- 3) Check meat temperature on the LCD screen.
- 4) Tap the power button to check temperature from another probe.



For Best Results:
Insert the tip of the probe as close to the middle of the meat as possible.

Meat Temperatures & Doneness Chart

Below, you will find a chart in which we recommend to "Remove" your meat/poultry/fish at these temperatures to fit your desired preferences. When resting, the "Ideal" temperatures listed below are for internal doneness.

| | Rare | | Medium-Rare | | Medium | | Well-Done | |
|---------|--------|-------|-------------|-------|--------|-------|-----------|-------|
| | Remove | Ideal | Remove | Ideal | Remove | Ideal | Remove | Ideal |
| Beef | 115°F | 120°F | 125°F | 130°F | 135°F | 140°F | 165°F | 170°F |
| Lamb | 115°F | 120°F | 125°F | 130°F | 135°F | 140°F | 165°F | 170°F |
| Pork | N/A* | N/A | N/A | N/A | N/A | N/A | 140°F | 145°F |
| Fish | N/A | N/A | N/A | N/A | N/A | N/A | 140°F | 145°F |
| Chicken | N/A | N/A | N/A | N/A | N/A | N/A | 160°F | 165°F |

* N/A: Not Applicable

Using The Thermometer With The App

Download The App

1. Go to Appstore or Google Play, search the keyword "Smart Thermo", or scan the following QR Code with your phone to find the App.
2. Download and install the "Solis Thermo" to your phone.

Scan QR Code To Download "Solis Thermo"

For iPhones:



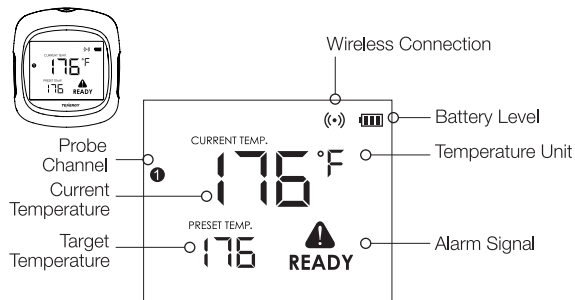
For Android:



Connect Thermometer To The App

1. Enable Bluetooth on your smart phone or tablet device.
2. Power on the thermometer.
3. Launch the App on your phone.
4. Follow the on-screen instructions
5. Select desired temperature by choosing meat type and target doneness on the app.

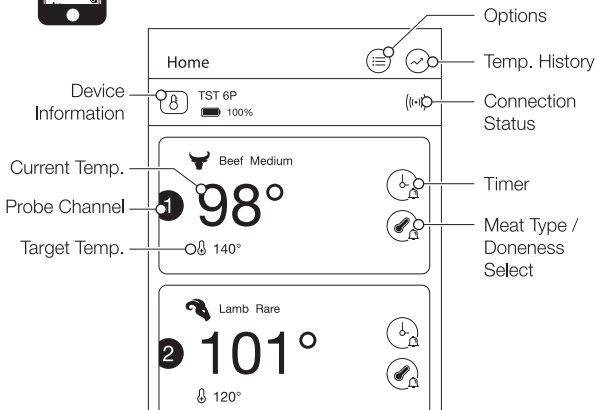
LCD Display



App Screen



Note: The interface of the App may change due to updates.



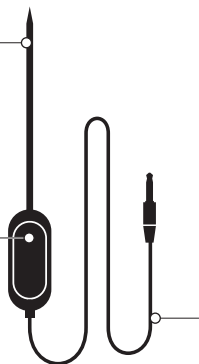
Knowing Your Probes

Sensor
Heat Resistance
Withstand: 716°F

Handle
Heat Resistance
Withstand: 482°F



Probe Wrap
Heat Resistance
Withstand: 170°F



Cable
Heat Resistance
Withstand: 716°F

Warning

- Different parts of the probe have different heat resistance levels.
- DO NOT put the probes directly in flames.
- Remove probe wrap before using, DO NOT expose the wrap to heat.
- Probes are NOT dishwasher safe.

Thank
You

Scan for more
product information



www.TenergyLife.com



Electrical waste should not be disposed with household waste.
Check with your local authority or retailer for recycling advice.