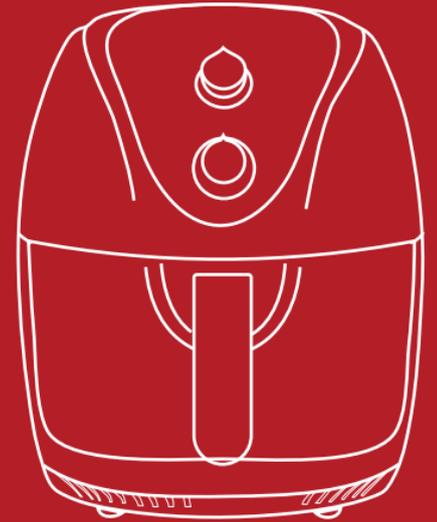


Lifelong

Fryo 4.5L
Air Fryer



Manufactured for & Marketed by :
Lifelong Online Retail Private Limited

For queries and complaints:
please contact: customercare@lifelongindia.com
www.lifelongindiaonline.com



30 Mins
Time Control



Easy To
Clean



Non-Stick
Tray



4.5L
Litre



Cool Touch
Handle



Dishwasher
Safe

1 YEAR
WARRANTY

INTRODUCTION

Dear Customer,

Congratulations on purchasing Fryo 4.5 L Air Fryer and a warm welcome to the Lifelong family. You will now be able to cook a wide assortment of food in a healthier manner – with little or no oil! Welcome to the Lifelong family.

The air fryer uses hot air, in combination with high-speed air circulation, and a top grill to prepare your dishes quickly and easily. The ingredients are heated from all sides, at once, and there is no need to add oil in most cases

At Lifelong, we take pride in developing quality products for your home, health and happiness. Through constant innovation in our products, we have been able to develop a wide spectrum of products across Home, Kitchen, Grooming and Wellness categories. We strive to enrich the lives of the modern consumer every day.

Keeping that in mind, we have offered all our products at a fair and honest price.

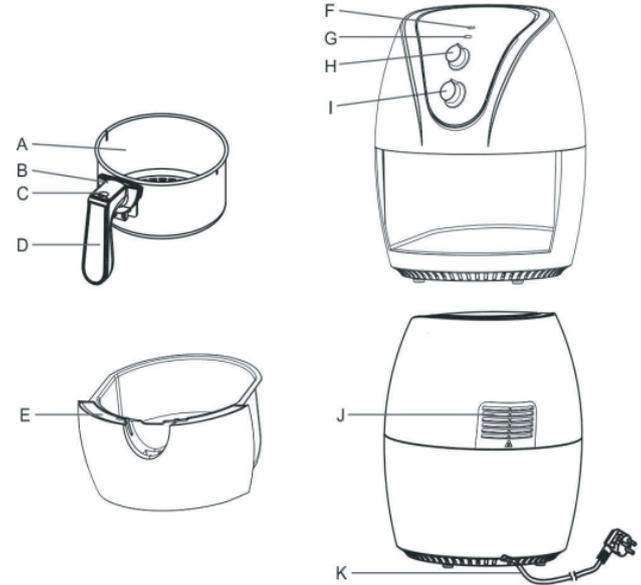
We hope that this Air Fryer serves you and your family's needs without any hassles.

Thanks again for becoming a part of the Lifelong family.

Enjoy using the product!

Warm Regards,
Team Lifelong

GENERAL DESCRIPTION:



- A: Basket
- B: Protective cap
- C: Basket release button
- D: Basket handle
- E: The tray
- F: Temperature control indicator light

- G: Time indicator
- H: Temperature control knob
- I: Timer knobs
- J: Vent windows
- K: Power cord

IMPORTANT:

Read this user manual carefully, before you use the appliance, and keep it safely for future reference.

Danger

1. Never immerse the housing, which contains electrical components and the heating elements, in water nor rinse it under the tap.
2. Do not let any water or other liquid enter the appliance – to prevent electric shock.
3. Always put the ingredients to be fried in the basket, to prevent it from coming into contact with the heating elements.
4. Do not cover the air inlet and the air exhaust openings while the appliance is operating.
5. Do not fill the frying tray with oil as this may cause a fire hazard.
6. Never touch the inside of the appliance while it is operating.
7. Check whether the voltage indicated on the appliance corresponds to the local mains voltage in your country before you connect the appliance.
8. Do not use the appliance if the plug, the power cord or the appliance itself is damaged.
9. If the power cord is damaged, you must have it replaced at a service center authorized by similarly qualified persons in order to avoid a hazard.
10. This appliance is not suitable for children or for people who are either physically or mentally handicapped or who lack experience and knowledge. Should you want anyone else to use the appliance, that person should be properly guided on its use.

11. Keep the appliance and its mains cord out of the reach of children when the appliance is switched on or is cooling down.
12. Keep the mains cord away from hot surfaces.
13. Do not plug in the appliance or operate the control panel with wet hands.
14. Only connect the appliance to an earthed wall socket. Always make sure that the plug is inserted into the wall socket properly.
15. Never connect this appliance to an external timer switch.
16. Do not place the appliance on or near combustible materials such as a tablecloth or curtains.
17. Do not place the appliance against a wall or against other appliances. Leave at least 10cm free space at the back and sides and 10cm free space above the appliance. Do not place anything on top of the appliance.
18. Do not use the appliance for any purpose other than described in this manual.
19. Do not let the appliance operate unattended.
20. During hot air frying, hot steam is released through the air exhaust openings. Keep your hands and face at a safe distance from the steam and from the air exhaust openings. Also be careful of hot steam and hot air when you remove the frying tray from the appliance.
21. The surface below the appliance may become hot during use.
22. Immediately unplug the appliance if you see dark smoke coming out of the appliance. Wait for the smoke emission to stop before you remove the frying tray from the appliance.

Caution

1. Place the appliance on a horizontal, level and stable surface.
2. This appliance is intended for normal household use only. It is not intended for use in environments such as staff kitchens, offices, farms or other work environments. Nor is it intended to be used by clients in hotels or other similar environments.
3. If the appliance is used improperly or if it is not used according to the instructions in the user manual, the warranty becomes invalid and refuses any liability for any damage that may be caused.
4. Always unplug the appliance after use.
5. Let the appliance cool down for approx. 30 minutes before you handle or clean it.
6. Remove burnt remnants. Do not fry fresh potatoes at a temperature above 180°C (to minimize the production of acryl amide).

Automatic switch-off

This appliance is equipped with a timer. When the timer has counted down to 0, the appliance produces a bell sound and switches off automatically. To switch off the appliance manually, turn the timer knob anticlockwise to 0.

BEFORE FIRST USE:

1. Remove all packing material.
2. Remove any stickers or labels from the appliance – other than the rating label.
3. Thoroughly clean the basket, and frying tray, with hot water and some liquid washing soap using a non-abrasive sponge.

Note: You can also clean these parts in the dishwasher.

4. Wipe the inside and outside of the appliance with a moist cloth.

PREPARING FOR USE:

1. Place the appliance on a stable, horizontal and level surface that is also heat resistant.
2. Place the basket in the frying tray properly.
3. Pull the mains cord out of the cord storage compartment at the back of the appliance.

Do not fill the frying tray with oil or any other liquid.

Do not put anything on top of the appliance. This disrupts the airflow and affects the air-frying result.

USING THE APPLIANCE:

Hot air frying

1. Put the mains plug in an earthed wall socket.
2. Carefully pull the frying tray out of the air fryer.
3. Put the ingredients in the basket.
4. Slide the frying tray back into the air fryer.

Never use the frying tray without the basket in it.

Note: Never fill the basket beyond the Max amount indicated in the table shown in the section 'Settings', as this could affect the quality of the end-result.

Caution: Do not touch the pan during and about 30mins after use, as it gets very hot.

Only hold the pan by the handle.

5. Turn the temperature control knob to the required temperature. See section 'Settings' to determine the right temperature.
6. To switch on the appliance, turn the timer knob to the required preparation time.

Add 3 minutes to the preparation time when the appliance is cold.

Note: You can also let the appliance preheat without any ingredients inside. In that case, turn the timer knob to a little more than 3 minutes and wait until the heating-up light goes out (after approx.3 minutes). Then fill the basket and turn the timer knob to the required preparation time.

- The power-on light and the heating-up light will come on.
- The timer starts counting down the set preparation time.
- During the hot air frying process, the heating-up light comes on and goes off from time to time. This indicates that the heating element is switched on and off to maintain the set temperature.

•Excess oil from the ingredients is collected at the bottom of the frying tray.

7. Some ingredients require shaking halfway through the preparation time (see section 'Settings' in this chapter). To shake the ingredients, pull the frying tray out of the appliance by the handle and shake it. Then slide the frying tray back into the air fryer.

Caution: Do not press the basket release button during shaking.

Tip: To reduce the weight, you can remove the basket from the pan and shake the basket only. To do so, pull the pan out of the appliance, place it on a heat-resistant surface and press the basket release button.

Tip: If you set the timer to half the preparation time, you hear the timer bell when you have to shake the ingredients. However, this means that you have to set the timer again for the remaining preparation time after shaking.

8. When you hear the timer bell, the set preparation time has elapsed. Pull the pan out of the appliance and place it on a heat-resistant surface.

Note: You can also switch off the appliance manually. To do this, turn the temperature control knob to 0.

9. Check if the ingredients are ready. If the ingredients are not ready yet, simply slide the frying tray back into the appliance and set the timer to a few extra minutes.

10. To remove small ingredients, press the basket release button and lift the basket out of the frying tray.

Do not turn the basket upside down with the frying tray still attached to it, as any excess oil that has collected on the bottom of the frying tray will spill out and leak onto the ingredients.

After hot air frying, the frying tray and the ingredients are hot. Depending on the type of ingredients in the air fryer, steam may escape from the frying tray.

11. Empty the basket into a bowl or onto a plate.

Tip: To remove large or fragile ingredients, use a pair of tongs to lift the ingredients out of the basket.

12. When a batch of ingredients is ready, the air fryer is instantly ready for preparing another batch.

Note: When using the Health Fryer for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Ensure that there is sufficient ventilation around the Health Fryer.

SETTINGS:

This table below helps you to select the basic settings for the ingredients you want to prepare.

Note: Keep in mind that these settings are only for reference. As ingredients differ in origin, size, shape as well as brand, we cannot guarantee the best setting for your ingredients.

Because the Rapid Air Technology instantly reheats the air inside the appliance, pulling the frying tray briefly out of the appliance during hot air frying barely disturbs process.

Tips:

- Smaller ingredients usually require a slightly shorter preparation time than larger ingredients.
- A larger amount of ingredients only requires a slightly longer preparation time, a smaller amount of ingredients only requires a slightly shorter preparation time.
- Shaking smaller ingredients halfway through the preparation time optimized the end result and can help prevent unevenly fried ingredients.
- You can coat fresh potatoes with a little oil for a crispy result. Fry your ingredients in the air fryer within a few minutes after you have added the oil.
- Do not prepare extremely greasy ingredients such as sausages in the air fryer.
- Snacks that can be prepared in an oven can also be prepared in the air fryer.
- The optimal amount for preparing crispy fries is 500 grams.

h. Use pre-made dough to prepare filled snacks quickly and easily. Pre-made dough also requires a shorter preparation time than home-made dough.

i. You can also use the air fryer to reheat ingredients by setting the temperature to 150°C and the timer to about 10 minutes.

	Min-Max Amount (gm)	Time (min.)	Temperature (°C)	Shake	Extra information
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Potatoes & fries:

Thin frozen fries	300-700	12-16	200	Shake	
Thick frozen fries	300-700	12-20	200	Shake	
Home-made fries (8x8mm)	300-800	18-25	180	Shake	add 1/2 tbsp of oil
Home-made potato wedges	300-800	18-22	180	Shake	add 1/2 tbsp of oil
Home-made potato cubes	300-750	12-18	200	Shake	add 1/2 tbsp of oil
Rosti	250	15-18	180		
Potato gratin	500	18-22	180		

	Min-Max Amount (gm)	Time (min.)	Temperature (°C)	Shake	Extra information
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Meat & Poultry

Steak	100-500	8-22	180		
Pork chops	100-500	10-14	180		
Hamburger	100-500	7-14	180		
Sausage roll	100-500	13-15	200		
Drumsticks	100-500	18-22	180		
Chicken breast	100-500	10-15	180		

	Min-Max Amount (gm)	Time (min.)	Temperature (°C)	Shake	Extra information
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Snacks

Spring rolls	100-400		200		Use oven-ready
Frozen chicken nuggets	100-500	6-10	200		Use oven-ready
Frozen fish fingers	100-400	6-10	200		Use oven-ready
Frozen Bread-crumbed cheese snacks	100-400	10	200		Use oven-ready
Stuffed vegetables	100-400	10	160		Use oven-ready

Note: Add 3 minutes to the preparation time before you start frying if the appliance is cold.

Making home-made fries

For the best results, we advise to use pre-baked fries. If you want to make home-made fries, follow the steps below:

1. Peel the potatoes and cut them into sticks.
2. Soak the potato sticks in a bowl of water for at least 30 minutes, take them out and dry them with kitchen paper.

3. Pour 1/2 tablespoon of olive oil in a bowl, put the sticks on top and mix until the sticks are coated with oil.

4. Remove the sticks from the bowl with your fingers or a kitchen utensil so that excess oil stays behind in the bowl. Put the sticks in the basket.

Note: Do not tilt the bowl to put all the sticks in the basket in one go, to prevent excess oil from collecting at the bottom of the frying tray.

5. Fry the potato sticks according to the instructions in this chapter.

CLEANING:

Clean the appliance after every use.

The frying tray, basket and the inside of the appliance have a non-stick coating. Do not use metal kitchen utensils or abrasive cleaning materials to clean them, as this may damage the non-stick coating.

1. Remove the mains plug from the wall socket and let the appliance cool down.

Note: Remove the frying tray to let the air fryer cool down more quickly.

2. Wipe the outside of the appliance with a moist cloth.

3. Clean the frying tray and basket with hot water, some washing liquid soap and a non-abrasive sponge.

You can use a degreasing liquid to remove any remaining dirt.

Note: The frying tray and basket are dishwasher-proof.

Tip: If dirt is stuck to the basket, or at the bottom of the frying tray, fill the frying tray with hot water and with some washing liquid soap. Put the basket in the frying tray and let the

frying tray and the basket soak for approximately 10 minutes.

1. Clean the inside of the appliance with hot water and a non-abrasive sponge.

2. Clean the heating element with a cleaning brush to remove any food residues.

STORAGE:

1. Unplug the appliance and let it cool down.

2. Make sure all parts are clean and dry.

3. Push the cord into the cord storage compartment as far as it can go. Fix the cord by inserting it into the cord fixing slot.

TROUBLESHOOTING:

Problem	Possible cause	Solution
The air fryer does not work	The appliance is not plugged into the mains.	Put the mains plug in an earthed wall socket.
	You have not set the timer	Turn the timer knob to the required. Preparation time to switch on the appliance.
The ingredients fried with the air fryer are not done.	The amount of the ingredients in the basket is too much.	Put smaller batches of ingredients in the basket. Smaller batches are fried more evenly.

Problem	Possible cause	Solution
	The set temperature is too low.	Turn the temperature control knob to the required temperature setting (see section 'Settings').
	The preparation time is too short.	Turn the timer knob to the required preparation time (see section 'Settings').
The ingredients are fried unevenly in the air fryer.	Certain types of the ingredients need to be shaken halfway through the preparation time.	Ingredients that lie on top of or across each other (e.g. fries) need to be shaken halfway through the preparation time (see section 'Settings').
Fried snacks are not crispy when they come out of the air fryer	You used a type of snacks meant to be prepared in a traditional deep fryer.	Use oven snacks or lightly brush some oil onto the snacks for a crispier result.
I cannot slide the pan into the appliance properly.	There is too much food in the basket.	Do not fill the basket beyond the Max amount indicated in the table on the earlier page.
	The basket is not placed in the pan correctly.	Push the basket down into the pan until you hear a click.

Problem	Possible cause	Solution
Hite smoke comes out of the appliance	You are preparing greasy ingredients.	Pay attention that the temperature is well-controlled to be under 180°, when you fry greasy ingredients in the air fryer.
	The pan still contains greasy residues from previous use.	White smoke is caused by grease heating up in the pan. Make sure you clean the pan properly after each use.
Fresh potato fries are fried unevenly in the air fryer.	You did not soak the potato sticks properly before you fried them.	Soak the potato sticks in a bowl of water for at least 30 minutes; take them out and dry them with kitchen paper.
	You did not use the right potato type.	Use fresh potatoes and make sure they stay firm during frying.
Fresh potato fries are not crispy when they come out of the air fryer.	The crispiness of the fries depends on the amount of oil and water in the fries.	Make sure you dry the potato sticks properly before you coat them with oil.
		Cut the potato into thinner sticks for a crispier result.

Consumer Warranty Card

Dear Customer,

Thank you for choosing a Lifelong consumer product. All Lifelong Consumer products are designed and manufactured to the highest standards to deliver high quality performance, as well as easy installation and use. At Lifelong, we believe in providing not only service, but adding value to your purchase. The warranty has therefore been designed especially for you with your interest at heart.

Warranty Service

All Lifelong consumer products are covered against manufacturing defects from their date of purchase.

Name of the product: _____

Model: _____

Warranty coverage: 1 year

Please note: Purchase receipt is necessary for warranty verification.

Customer Care: customercare@lifelongindia.com

Customer Details

Name: _____

Address: _____

Home Number: _____

Office Number: _____

E-mail Address: _____

Product Details

Model No.: _____

Serial No.: _____

Purchase Date: _____

Invoice Number: _____

Online Site: _____

Please log on to www.lifelongindiaonline.com and complete the online warranty form with your personal and product details within 14 days.

Terms and Conditions:

- This warranty is void if:
 - The completely filled warranty card is not presented at the time of servicing the product.
 - The product is not operated according to the instructions given under the user manual.
 - Damages are caused by lightning, abnormal voltage, water or other liquid intrusion, fire, flood, accident, negligence or improper handling.
 - Product has been damaged due to installation, repairs, alterations or modifications by unauthorized service organizations or persons.
 - Product label specifying the model number, serial number and production code has been removed and altered.
 - Defects or parts requiring replacement due to ordinary wear and tear, corrosion, rust or stains, scratches, dents on the casing or paintwork of the product.
 - Claims damaged and/or missing parts (accessories) after 7 days from the original date of goods received.
 - Defects or faults in product which have been used for commercial/industrial purposes or which have been rented/leased or have been otherwise subject to non-household/non-domestic use.
- Repairs or replacements will be carried out by authorized service provider.
- During the limited warranty period, Lifelong or its authorized service provider will repair without charge the defective unit inclusive of labor and parts and restore the unit to its optimum working condition. All defective parts used for the warranty repair should be surrendered to Lifelong and/or its authorised servicer.
- All expenses incurred in collecting the unit (s) or part(s) thereof from authorised service provider as well as any other expenses and incidentals will be borne by the consumer.
- Lifelong obligations are limited to the repair and replacement of the defective product. Except as set forth above, there are no other express or implied warranty and all warranted, conditions or other terms implied by statute or common law (including any warranty of satisfactory quality, merchantability or fitness for a particular purpose) are excluded to the fullest extent permitted by the law.
- Lifelong total liability for damages relating to or arising out of the purchase or use of the product regardless of the type or cause of such damage of the form of characterization of the claim asserted (e.g. contract or tort) shall not exceed the original purchase price paid for the product.
- However in no event shall Lifelong and Lifelong authorized distributors be liable for any punitive, special incidental, indirect or consequential losses or damages whatsoever (including without limitation, damages for the loss of revenue, business, profits, goodwill, or contracts, business interruptions, loss of business information or any other pecuniary loss.) Whether or not Lifelong has been advised of the possibility of such damages. These limitations shall apply not with standing the failure of the essential purpose of any limited warranty. This limited warranty does not affect consumer's statutory rights under the law.
- No carrier, dealer or employee is thereof authorized to make modifications to this warranty and you should not rely on any such representation. Lifelong reserves the right to amend the terms and conditions if necessary.