

# **GRIDDLE COOKBOOK FOR BEGINNERS:**

**Mastering of 130 Easy & Delicious Recipes for Perfect Breakfasts,  
Juicy Burgers, and Healthy Dinners You'll Crave  
Useful 4 Week Meal Plan Included. Full Color Edition**

**BY ECHO SALAZAR**

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## 🔥 INTRODUCTION

There's something undeniably nostalgic and exciting about the sound of sizzling food on a hot griddle. Maybe it reminds you of weekend breakfasts, late-night diner runs, or the unmistakable smell of pancakes, bacon, or a grilled cheese sandwich crisping to perfection. But when it comes to making tasty, balanced meals at home – especially on a flat-top griddle – most people are left staring at a cold surface, not knowing where to start.

You might have a shiny gas griddle sitting unused, or maybe you've tried it once and ended up with unevenly cooked food, stuck-on messes, or meals that just didn't turn out as planned. You're not alone. For beginners, the griddle can feel more like an intimidating commercial tool than a friendly kitchen companion.

That's exactly why this book exists.

Inside these pages, you'll find simple, clear, and irresistibly delicious recipes tailored for absolute beginners. From fluffy retro-style pancakes and juicy smash burgers to vibrant griddled salads and quick family dinners, every recipe has been designed with ease, flavor, and visual satisfaction in mind. More than that, you'll learn how to use your griddle like a pro – how to control heat zones, what tools make a difference, and how to avoid the common pitfalls that frustrate new users.

Once you understand the magic of cooking on a flat top, your kitchen experience will never be the same. Quick breakfasts will be fun again. Weeknight meals will be stress-free. And your confidence in the kitchen will skyrocket – because you'll finally feel like you own the griddle, not the other way around.

As a professional food educator and a passionate advocate for home cooking, I've helped thousands transform their relationship with food, not through hard-to-follow gourmet techniques, but by focusing on joy, simplicity, and results that speak for themselves. This book is the culmination of those years of experience, made accessible to you through carefully tested, step-by-step recipes – all in the nostalgic style of American cooking that never goes out of style.

So, turn the page, heat the griddle, and get ready to unlock the kind of cooking that's fast, flavorful, and just plain fun.

Let's start with

### 🔥 CHOOSING YOUR FIRST GRIDDLE (OR GRILL)

● Choosing between a griddle and a grill is like picking between a flat pan and an open fire – both offer great results, but fit different styles.

● Griddle vs Grill (Quick Breakdown)

● Griddle: Flat surface, even heat, perfect for pancakes, eggs, and veggies – best indoors.

● Grill: Open grate, flame heat, ideal for meats and smoky flavor – best outdoors.

● Types of Griddles

● • Electric – Apartment-friendly, simple, low heat

● • Stovetop – Compact, depends on burner heat

● • Outdoor Gas – Big surface, multiple heat zones, for backyard use

● Surfaces

● • Nonstick – Easy to clean, great for beginners

● • Cast Iron – Heavy-duty, holds heat, needs care

● • Chrome/Stainless – Professional-grade, fast response

● Sizes

● • Solo: 10–12"    • Couples: 14–17"

● • Family: 22–36"    • Party Host: 36"+

● ✓ What to Choose?

● Pick a Griddle if you want indoor cooking, flat dishes, and temperature control.

● Pick a Grill if you enjoy flame, smoky flavor, and outdoor grilling.

💡 Best starter? A mid-sized electric griddle with a nonstick surface and adjustable heat. Easy to clean, easy to love.

## 📄 GRIDDLE TYPES COMPARISON

### Electric Griddle

**Best For:** Apartments, daily cooking

**Pros:** Plug-in use, steady heat, portable

**Cons:** Lower power, takes up counter space

### Stovetop Griddle

**Best For:** Small kitchens, occasional use

**Pros:** Inexpensive, no electricity required

**Cons:** Heat depends on burner distribution

### Outdoor Gas Griddle

**Best For:** Family meals, outdoor grilling

**Pros:** Large surface, high heat, dual heat zones

**Cons:** Requires gas, bulky, outdoor use only

### Cooking Surface Materials

**Non-stick coated** (e.g., Teflon, ceramic)

**Pros:** Easy to clean, great for beginners.

**Cons:** Can scratch over time; avoid metal utensils.

### Cast Iron

**Pros:** Excellent heat retention, becomes naturally non-stick with use.

**Cons:** Heavy and requires seasoning and specific care.

### Stainless Steel or Chrome

**Pros:** Durable and professional-grade.

**Cons:** Less forgiving for beginners; needs oil to prevent sticking.

## 🧱 GRIDDLE SURFACE COMPARISON

- ◆ **Material:** Non-Stick
- **Heat Retention:** Moderate
- **Ease of Cleaning:** ✓ Very Easy
- **Requires Seasoning:** ✗ No
- **Beginner Friendly:** ✓ Yes
  
- ◆ **Material:** Cast Iron
- **Heat Retention:** ✓ Excellent
- **Ease of Cleaning:** ⚠ Medium
- **Requires Seasoning:** ✓ Yes
- **Beginner Friendly:** ⚠ Needs Practice
  
- ◆ **Material:** Stainless Steel
- **Heat Retention:** ✓ Excellent
- **Ease of Cleaning:** ✗ Difficult
- **Requires Seasoning:** ✗ No
- **Beginner Friendly:** ✗ Not Ideal

### Pro Tips:

Cooking mostly breakfast? Go smaller and compact.  
Hosting BBQs or meal-prepping? Bigger is better.  
Have limited storage? Opt for a foldable or detachable model.  
A beginner-friendly choice: a mid-size electric griddle with a non-stick surface and temperature control dial. Easy to use, easy to clean, and reliable.

## ⚠ SAFETY, MAINTENANCE, AND SEASONAL USE

A griddle is simple to use, but just like any kitchen tool, it performs best when cared for properly. This section will help you use your griddle safely, cleanly, and all year round.

### Safety First

#### Before cooking:

- Place the griddle on a flat, heat-safe surface.
- Keep cords away from water or hot surfaces.
- Never leave it unattended while in use.

#### While cooking:

- Use silicone or wooden utensils to avoid scratching.
- Keep kids and pets away from the hot zone.
- Be careful with grease – avoid splashes and spills.

#### After use:

- Always unplug (if electric) and let it cool down before cleaning.

### Cleaning Tips

#### After every use:

- Let the griddle cool slightly.
- Use a scraper or a soft cloth to remove

#### food debris.

- Wipe with a damp cloth or paper towel.

#### Deep clean (weekly or as needed):

- Remove the grease tray and clean with warm, soapy water.
- For cast iron: avoid soap; use salt.
- Scrubb if needed, then re-season.
- For non-stick: avoid abrasives and harsh chemicals.

## 🧼 QUICK CLEANING ROUTINE

Task	When to Do It	Tools Needed
Wipe surface	After every use	Paper towel or soft cloth
Scrape food debris	While warm (post-cook)	Plastic or wooden scraper
Clean grease tray	Weekly or as needed	Warm water, mild soap
Deep clean (non-stick)	Weekly or monthly	Soft sponge, warm water
Re-season (cast iron)	Every 2-3 uses	Oil, paper towel, oven

### 🧼 Maintenance = Longevity

- Don't use metal utensils or knives directly on the surface.
- Don't store while wet – always dry thoroughly.
- For electric griddles, don't immerse the unit – just wipe the base.

### ☀ Seasonal Use Advice

- Winter: Use an electric griddle indoors for cozy comfort food.
- Spring/Summer: Outdoor gas griddles shine for BBQs and gatherings.
- Rainy days? Griddle indoors and still enjoy grilled-style meals without smoke or charcoal.

### 📦 Storage Tips

- Store in a dry, cool place.
- Use a cover or cloth to keep dust away.
- Wrap the cord (for electric models) and store the grease tray separately.

With the right griddle and a few good habits, you're set up for success.

Now that you know the what, how, and why, it's time to jump into the tastiest part – cooking.

## CHAPTER 1: GRIDDLING 101

*Master the surface. Own the heat.  
Cook anything.*

### ◆ Basics: How to Cook on a Griddle

A griddle is not just a hot plate — it's a precision tool that gives you total control over temperature, space, and timing. Think of it as an open canvas for cooking, where you decide how intense the heat is and what flavors develop.

#### ✦ Here's how to get started:

- **Preheat properly:** Always give your griddle 10–15 minutes to reach the right temperature. This ensures even cooking and prevents food from sticking.
- **Use the right tools:** A wide metal or silicone spatula, a scraper for cleaning, a basting brush or squeeze bottle for oil, and a meat press or dome for certain items.
- **Grease the surface:** Lightly coat the griddle with butter or oil to prevent sticking, but don't overdo it. A thin layer is enough.
- **Don't overcrowd:** Leave room between food items for proper heat circulation and flipping.

A gas griddle shines with its zone-based flexibility, which brings us to the next point...

### ◆ Techniques: Searing, Browning, Grilling

The flat top gives you the ability to cook like a restaurant chef, all in your backyard or kitchen.

#### Searing

Best for: meats, burgers, and thick vegetables.

- Preheat to high heat (400–450°F / 200–230°C).
- Pat the food dry and season well.
- Press gently into the hot surface and leave it alone — searing works best with patience.
- Flip once, finish in a lower heat zone if needed.

#### Browning

Best for: pancakes, quesadillas, sandwiches.

- Use medium heat (325–375°F / 160–190°C).
- Add a touch of butter or oil for a golden color.
- Flip only once for even coloring on both sides.

#### Grilling

Yes, you can “grill” on a griddle!

- Use griddle-safe grill presses or domes to mimic lid-down cooking.
- Add wood chips in a small smoker box next to the griddle

for smoky flavor (outdoor models).

- Grill chicken thighs, skewers, or even lamb chops with amazing results.

### ◆ What to Cook — and What to Avoid

#### Great for the Griddle:

- Breakfasts: pancakes, eggs, bacon, hash browns.
- Proteins: steaks, burgers, chicken, tofu, shrimp.
- Veggies: bell peppers, onions, mushrooms, zucchini.
- Wraps & breads: quesadillas, tortillas, flatbreads.
- Desserts: fruit slices, crepes, chocolate-stuffed wraps.

#### Things to Avoid:

- Watery sauces — they'll run off and evaporate.
- Deep-frying — not safe without a high-walled pan.
- Sticky marinades with sugar — unless carefully managed, they burn fast.
- Delicate fish — unless it's thick and firm, it may fall apart.

Griddles are all about quick contact cooking — the food hits hot metal, develops a crust, and locks in moisture. That's what gives it that restaurant edge.

## ◆ Preheating and Temperature Zones

Gas griddles give you multiple burners – this is your superpower. You're not stuck with one temperature across the board.

### 🔥 How to Set Up Zones:

- **High Zone:** for searing meats, toasting buns fast.
- **Medium Zone:** ideal for pancakes, eggs, and sandwiches.
- **Low Zone:** warming food, finishing cooking gently.

Move food across zones as needed – start with searing, then slide it to medium to finish, or to low to keep warm.

**Tip:** Always test the surface heat with water drops – they should dance and sizzle, not sit still or evaporate instantly.

### 🔧 Example Heat Zone Setup

- Left Burner – 🔥 High (400°F / 204°C)
- Middle Burner – 🔥 Medium (350°F / 177°C)
- Right Burner – 🔥 Low (300°F / 149°C)

### 🎯 Final Thought for Chapter 1:

Think of your griddle like a culinary workstation – not just a hot slab, but a stage where you control timing, temperature, and taste. Once you understand the basics, the griddle becomes more than a tool – it becomes an extension of your creativity.

And there's no better place to begin that creative journey than with breakfast – the meal that sets the tone for your entire day. Let's flip, sizzle, and stack your way into the heart of flat-top cooking.

ENJOY!



## CHAPTER 2: BREAKFASTS

### CLASSIC AMERICAN PANCAKES WITH BERRIES

Golden, fluffy, and fast — made for the gas griddle.

#### NUTRITIONAL VALUES (PER 3 PANCAKES)

Calories	Protein	Carbs	Sugar	Fat	Fiber
290 kcal	6 g	36 g	7 g	13 g	2 g



PREP TIME

10 min



COOK TIME

12-15 min



SERVINGS

4

#### INGREDIENTS

1 ½ cups (190g) all-purpose flour  
 3 ½ tsp baking powder  
 1 tbsp sugar  
 ½ tsp salt  
 1 ¼ cups (300ml) whole milk  
 1 egg  
 3 tbsp melted butter (+ for greasing)  
 1 tsp vanilla extract  
 1 cup fresh berries (blueberries, raspberries)

#### INSTRUCTIONS

- Mix the dry ingredients. In a large bowl, combine flour, baking powder, sugar, and salt. Whisk well to distribute everything evenly.
- Prepare the wet mix. In a separate bowl, whisk together the milk, egg, melted butter, and vanilla extract until fully combined.
- Combine and rest. Gently fold the wet ingredients into the dry mixture using a spatula or whisk. Do not overmix — a few small lumps are normal. Let the batter rest for 5 minutes to allow the leavening to activate.
- Heat the griddle. While the batter rests, preheat the gas griddle to medium heat. Test with a drop of water — it should sizzle and evaporate gently.
- Cook the pancakes. Lightly grease the surface. Using a ¼ cup measure, pour batter onto the griddle. Immediately add 5–6 berries on top of each pancake. Let cook for 2–3 minutes until bubbles form and the edges start to set.
- Flip and finish. Carefully flip with a wide spatula. Cook another 2–3 minutes until golden brown and cooked through. Transfer ready pancakes to the low-heat zone to keep warm.

#### TIPS

- Use minimal fat for greasing — just enough to prevent sticking
- Flip only once for best texture
- Don't press pancakes during cooking — it flattens the rise
- Use a griddle lid/press for taller, evenly cooked pancakes



### AVOCADO TOAST WITH POACHED EGG

Crunchy, creamy, and protein-packed — the griddle twist to a brunch classic.

#### NUTRITIONAL VALUES (PER TOAST)

Calories	Protein	Carbs	Sugar	Fat	Fiber
310 kcal	10 g	25 g	2 g	20 g	5 g



PREP TIME

10 min



COOK TIME

10 min



SERVINGS

2 toasts

#### INGREDIENTS

2 large eggs  
 2 slices sourdough bread  
 1 ripe avocado  
 ½ tsp lemon juice  
 ½ tbsp olive oil (for avocado)  
 1 tsp white vinegar (poaching)  
 Salt & pepper to taste  
 Chili flakes (optional)  
 Butter or oil for greasing  
 Fresh herbs (optional)

#### INSTRUCTIONS

- Prep the avocado. In a small bowl, mash the avocado with lemon juice, olive oil, salt, pepper (and optional chili flakes). Set aside.
- Toast the bread. Preheat the griddle to medium heat. Lightly grease the surface. Place sourdough slices in the hot zone. Toast for 2–3 minutes per side until golden and crisp. Move to the low zone to keep warm.
- Poach the eggs.
  - Place a metal griddle-safe ring mold on the griddle (medium zone).
  - Crack an egg into a small bowl. Grease the inside of the ring, then gently pour in the egg.
  - Drizzle a teaspoon of water nearby and cover with a griddle dome. Let steam for 3–4 minutes until the whites are set and the yolk is still soft. Repeat for the second egg.
- Assemble. Spread mashed avocado onto the warm toast slices. Gently top each with a poached egg—season with salt, pepper, herbs, or chili flakes as desired.

#### TIPS

- Use ring molds + steam dome for perfect poached eggs right on the griddle
- For easier cleanup, use parchment under bread if needed
- Toast multiple slices at once on larger griddles for batch prep

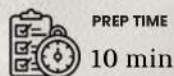


## 🥗 VEGGIE OMELET WRAP

Wholesome, colorful, and protein-packed – a perfect griddle breakfast to-go.

### NUTRITIONAL VALUES (PER WRAP)

Calories	Protein	Carbs	Sugar	Fat	Fiber
340 kcal	17 g	18 g	4 g	22 g	3 g



PREP TIME

10 min



COOK TIME

10-12 min



SERVINGS

2 wraps

### INSTRUCTIONS

1. Sauté the vegetables. Preheat the griddle to medium heat. Lightly grease the surface. Sauté bell pepper, onion, zucchini, and mushrooms for 3–4 minutes until softened. Move to the low zone.
2. Whisk the eggs. In a bowl, whisk eggs with milk, salt, and pepper. Lightly grease the hot zone again.
3. Cook the omelets. Pour half of the egg mix onto the griddle, shaping it into a rectangle (wrap size). As it sets, gently pull the edges toward the center, letting the raw egg fill in. When mostly set, sprinkle half of the cheese and some cooked veggies on top. Fold into a loose rectangle using a spatula. Repeat for the second portion.
4. Warm the tortillas. Place tortillas on the low zone or another clean section of the griddle for 15–20 seconds per side.
5. Assemble the wrap. Place the omelet onto the warm tortilla, fold the sides inward, and then roll up tightly. Slice diagonally for presentation, or leave whole for grab-and-go.

### INGREDIENTS

- 4 eggs
- 2 large flour tortillas
- ¼ cup diced red bell pepper
- ¼ cup chopped red onion
- ¼ cup diced zucchini
- ¼ cup chopped mushrooms
- ¼ cup shredded cheddar cheese
- 2 tbsp milk
- Salt & pepper to taste
- Olive oil or butter (for greasing)



### TIPS

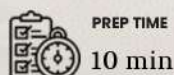
- Use a long spatula to fold omelet neatly on the griddle
- Light grease = smooth flipping + easy clean-up
- For firmer wraps, finish seam-side down for 30 sec on griddle to seal

## 🥓 BACON & CHEDDAR HASH BROWNS

Crispy, cheesy, and smoky – everything you love, flat-top style.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
360 kcal	14 g	24 g	2 g	24 g	3 g



PREP TIME

10 min



COOK TIME

15 min



SERVINGS

3 large patties

### INSTRUCTIONS

1. Prep the potatoes. Grate potatoes and place them in a clean towel. Squeeze firmly to remove as much moisture as possible – key for crisp texture.
2. Mix the base. In a bowl, combine grated potatoes, grated onion, egg, flour (if using), salt, and pepper. Fold in shredded cheddar and chopped raw bacon.
3. Preheat and shape. Heat the griddle to medium-high. Lightly grease the surface. Scoop mixture into 3 even mounds and flatten gently into patties (~1 inch thick).
4. Cook and crisp. Cook 5–6 min per side until deep golden brown and crispy. Press gently with a spatula for even contact. Flip carefully and cook another 5–6 min. If needed, lower to medium after flipping to prevent burning.
5. Rest and serve. Move finished patties to the low zone to stay warm while finishing the rest.

### INGREDIENTS

- 3 medium russet potatoes, peeled & grated
- 4 slices bacon, chopped
- ½ cup shredded cheddar cheese
- ¼ small yellow onion, grated
- 1 tbsp flour (optional, for binding)
- 1 egg
- Salt & pepper to taste
- Butter or neutral oil (for greasing)



### TIPS

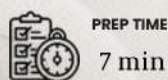
- Drain potatoes well – this makes or breaks the crisp factor
- Don't overcrowd the surface; allow air and heat flow
- Use a griddle press or spatula to maximize browning surface
- Optional: sprinkle extra cheese on top during last minute of cooking

## PROTEIN BANANA PANCAKES (HL)

Fluffy, naturally sweet, and packed with protein — a healthy griddle breakfast favorite.

### NUTRITIONAL VALUES (PER 4 PANCAKES)

Calories	Protein	Carbs	Sugar	Fat	Fiber
290 kcal	18 g	28 g	10 g	10 g	4 g



PREP TIME

7 min



COOK TIME

10 min



SERVINGS

8 small  
pancakes

#### INGREDIENTS

2 medium ripe bananas (mashed)  
2 large eggs  
½ cup rolled oats (blended)  
½ tsp baking powder  
¼ tsp cinnamon (optional)  
Pinch of salt  
1 scoop (30g) vanilla protein powder  
1 tsp coconut oil (for greasing)  
2 tbsp milk (plant-based or dairy)

#### INSTRUCTIONS

- Blend the batter.  
Mash bananas in a bowl. Add eggs, milk, protein powder, oats, baking powder, salt, and cinnamon. Mix until smooth. For the best texture, blend the mix in a blender or food processor for 30 seconds.
- Preheat the griddle.  
Set to medium heat (~350°F / 175°C). Grease lightly with coconut oil.
- Cook the pancakes.  
Scoop ~2 tbsp batter per pancake. Pour onto the hot zone. Cook for 2–3 minutes until bubbles form and edges look set. Flip carefully and cook another 2–3 minutes until golden brown.
- Hold warm.  
Transfer cooked pancakes to the low zone or a warm plate while finishing the batch.

#### TIPS

- Use a flexible silicone spatula to flip — protein pancakes are more delicate
- Blend oats before adding if you want a smoother texture
- Don't overcrowd the surface — cook in batches for better control

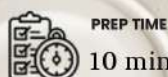


## FRENCH TOAST WITH BERRY SYRUP

Golden, custardy, and delightfully fruity — this retro breakfast stacks warm toast and tart-sweet berry syrup into one nostalgic bite.

### NUTRITIONAL VALUES (PER TOAST)

Calories	Protein	Carbs	Sugar	Fat	Fiber
360 kcal	8 g	50 g	22 g	14 g	3 g



PREP TIME

10 min



COOK TIME

8 min



SERVINGS

4

#### INGREDIENTS

2 large eggs  
2 slices sourdough bread  
1 ripe avocado  
½ tsp lemon juice  
½ tbsp olive oil (for avocado)  
1 tsp white vinegar (poaching)  
Salt & pepper to taste  
Chili flakes (optional)  
Butter or oil for greasing  
Fresh herbs (optional)

#### INSTRUCTIONS

- Whisk eggs, milk, vanilla, and cinnamon in a shallow bowl until fully combined.
- Dip each bread slice in the mixture, coating both sides well.
- Griddle for 2–3 minutes per side until golden brown and lightly crisped.
- Simmer berries, sugar, and lemon juice in a small saucepan until thick and glossy (~5 min).
- Serve stacked toast with syrup poured generously over.

#### TIPS

- Use slightly stale bread for a better soak
- Warm your syrup before pouring
- Add lemon zest for extra brightness





## SHEET PAN BREAKFAST HASH

Hearty, colorful, and sizzling – this griddled hash brings everything you love about breakfast onto one hot surface.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
350 kcal	11 g	35 g	6 g	18 g	4 g



PREP TIME

12 min



COOK TIME

12-15 min



SERVINGS

3

### INSTRUCTIONS

1. Toss potatoes, peppers, and onion with oil, salt, pepper, and paprika.
2. Spread evenly on a hot griddle. Cook 10–12 min, flipping occasionally until golden.
3. Crack eggs directly onto griddle near hash; cook to desired doneness (sunny-side or over-easy).
4. Serve hash with egg on top and herbs sprinkled.

### INGREDIENTS

2 medium potatoes, diced small  
 ½ red bell pepper, diced  
 ½ green bell pepper, diced  
 ½ red onion, chopped  
 2 eggs  
 1 tbsp olive oil  
 Salt, pepper, smoked paprika to taste  
 Optional: chopped parsley or chives

### TIPS

- Cut potatoes small for faster cooking
- Add sausage or bacon for protein boost
- Cover with lid to steam eggs quickly



## GRIDDLED BREAKFAST BURRITO

Stuffed, sizzling, and ready to roll – this hearty burrito delivers a full diner breakfast in every golden-browned bite.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
480 kcal	23 g	35 g	3 g	28 g	2 g



PREP TIME

10 min



COOK TIME

12 min



SERVINGS

2

### INSTRUCTIONS

1. Sauté bell peppers and onions on medium heat until soft (2–3 min). Move aside.
2. Whisk eggs with milk, then scramble gently on the griddle with butter until just set.
3. Warm tortillas briefly on the griddle.
4. Assemble burritos: fill with eggs, sausage, sautéed veggies, and cheese.
5. Wrap tightly, then griddle seam-side down until crisp and golden.

### INGREDIENTS

2 large flour tortillas (burrito-size)  
 4 eggs  
 ½ cup (60 g) shredded cheddar cheese  
 ½ cup (80 g) cooked breakfast sausage or crumbled bacon  
 ¼ cup diced bell peppers  
 ¼ cup diced onion  
 1 tbsp milk  
 1 tbsp butter or oil  
 Salsa or hot sauce for serving

### TIPS

- Add avocado slices for creaminess
- Use leftover hash browns inside for crunch
- Press burritos gently while searing for a tighter roll

## 🍋 RICOTTA & LEMON PANCAKES

Fluffy and fragrant with a citrus zing, these pancakes bring brunch elegance straight from the griddle – light but indulgent.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	15 g	35 g	8 g	22 g	1 g



PREP TIME  
10 min



COOK TIME  
10-12 min



SERVINGS  
10-12 pancakes  
(4 serv)

#### INGREDIENTS

1 cup (240 g) ricotta cheese  
2 eggs  
¾ cup (180 ml) milk  
1 tbsp lemon juice  
1 tbsp lemon zest  
1 cup (125 g) all-purpose flour  
2 tbsp sugar  
1 tsp baking powder  
Pinch of salt  
Butter or oil for griddle  
Powdered sugar & fresh berries (optional)

#### INSTRUCTIONS

1. Whisk ricotta, eggs, milk, lemon juice, and zest until smooth.
2. Fold in dry ingredients gently – do not overmix.
3. Pour ¼ cup batter per pancake onto a greased griddle.
4. Cook 2–3 min per side until golden with slightly puffed centers.
5. Serve warm with powdered sugar and berries.



#### TIPS

- Let batter rest 5 minutes for fluffier texture
- Use whole milk ricotta for richness
- Make mini versions for brunch platters

## 🍁 MAPLE GLAZED BACON STRIPS

Crispy, caramelized, and irresistibly smoky-sweet – these retro bacon strips steal the show with a maple-kissed finish.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
220 kcal	10 g	10 g	8 g	18 g	0 g



PREP TIME  
5 min



COOK TIME  
7 min



SERVINGS  
6

#### INGREDIENTS

6 bacon strips (thick-cut preferred)  
2 tbsp pure maple syrup  
1 tsp brown sugar  
Pinch of black pepper

#### INSTRUCTIONS

1. Lay bacon strips flat on the hot griddle.
2. Cook for 2 minutes until the fat begins to render.
3. Flip, then brush with maple syrup and sprinkle with brown sugar and pepper.
4. Continue flipping until both sides are glossy and edges are crisp (2–3 min more).
5. Drain on paper towels and serve warm.



#### TIPS

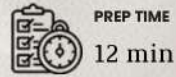
- For crispier results, use a press or weight
- Add a pinch of chili flakes for sweet heat
- Save bacon grease for future flavor boosts

## VEGGIE BREAKFAST BOWL

Bright, fresh, and full of energy — this griddle-powered veggie bowl mixes color, crunch, and protein for a feel-good start.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	14 g	28 g	6 g	27 g	5 g



PREP TIME

12 min



COOK TIME

10 min



SERVINGS

2 bowls

### INSTRUCTIONS

1. Toss diced sweet potato with olive oil and seasonings. Griddle for 5–6 minutes until tender and golden.
2. Add zucchini, peppers, and onion. Sauté 3–4 more minutes until veggies are caramelized.
3. In the cooler zone, fry or scramble eggs to the desired doneness.
4. Assemble bowls with veggies, egg, avocado slices, and extra seasoning.

### INGREDIENTS

1 small sweet potato, diced  
 1 zucchini, sliced into half-moons  
 ½ bell pepper, diced  
 ¼ red onion, sliced  
 2 eggs  
 ½ avocado, sliced  
 2 tbsp olive oil (for cooking)  
 Salt, pepper, smoked paprika to taste  
 Optional: hot sauce or tahini drizzle



### TIPS

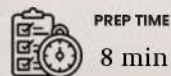
- Cook veggies in batches if griddle is crowded
- Swap in spinach or kale at the end for extra greens
- Use tahini or sriracha mayo for flavor contrast

## CHEESY SCRAMBLED EGG TOAST

Classic comfort with diner charm — creamy scrambled eggs loaded with melty cheese, piled high on buttery griddled toast.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
440 kcal	21 g	22 g	3 g	32 g	1 g



PREP TIME

8 min



COOK TIME

7 min



SERVINGS

2

### INSTRUCTIONS

1. Whisk eggs with milk and season lightly.
2. Toast bread slices with butter on a griddle until crisp and golden (2–3 min per side). Set aside.
3. Melt butter in the lower heat zone. Scramble eggs gently, stirring with a spatula.
4. When almost set, fold in the shredded cheese.
5. Pile cheesy eggs generously on each toast. Garnish with herbs.

### INGREDIENTS

4 eggs  
 2 tbsp milk or cream  
 ½ cup (60 g) shredded cheddar or Colby Jack  
 Salt & black pepper to taste  
 2 thick slices sourdough or country bread  
 1 tbsp butter (for eggs)  
 1 tbsp butter (for toast)  
 Optional: chopped chives or parsley



### TIPS

- Stir eggs slowly for creamy texture
- Use aged cheddar for bold flavor
- Add cooked bacon or ham for a heartier twist

## CHAPTER 3: 🍷 APPETIZERS & SIDES

### 🧀 CHEESE QUESADILLAS

Golden, gooey, and griddle-crisp — simple comfort food done right.

#### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	16 g	28 g	2 g	26 g	2 g



PREP TIME

5 min



COOK TIME

7-8 min



SERVINGS

2

#### INGREDIENTS

2 large flour tortillas  
1 cup shredded cheddar cheese  
½ cup shredded mozzarella  
1 tbsp butter or neutral oil (for greasing)  
Pinch of salt (optional)  
Optional: chili flakes or cumin

#### INSTRUCTIONS

1. Heat the griddle. Set the gas griddle to medium heat (~350°F / 175°C). Lightly grease the surface with butter or oil.
2. Assemble the quesadillas. Sprinkle half the cheese evenly over one tortilla. Add a pinch of salt or chili flakes if using. Top with the second tortilla, pressing gently.
3. Toast the bottom. Place on the greased griddle. Cook for 2–3 minutes until the bottom is golden and the cheese begins to melt. Press lightly with a spatula to ensure even browning.
4. Flip carefully. Use two spatulas or a large turner to flip. Toast the second side for 2–3 minutes until crisp and the cheese is fully melted.
5. Slice and serve. Transfer to a cutting board. Rest for 1 minute, then slice into triangles with a pizza cutter or sharp knife.



#### TIPS

For extra crispiness, press the quesadilla with a griddle press or spatula  
Add ingredients like cooked chicken, beans, or sautéed veggies to upgrade  
Don't overload — thinner fillings = better crisp-to-melt ratio  
Blend oats before adding if you want a smoother texture  
Don't overcrowd the surface — cook in batches for better control

### 🍗 CHICKEN SLIDERS

Mini but mighty — juicy griddled chicken patties with melty cheese on toasted buns.

#### NUTRITIONAL VALUES (PER 2 SLIDES)

Calories	Protein	Carbs	Sugar	Fat	Fiber
420 kcal	24 g	26 g	4 g	22 g	2 g



PREP TIME

10 min



COOK TIME

12 min



SERVINGS

4(8 slides)

#### INGREDIENTS

1 lb (450g) ground chicken  
¼ cup breadcrumbs  
1 egg  
1 tbsp Dijon mustard  
½ tsp garlic powder  
½ tsp onion powder  
Salt & pepper to taste  
8 slider buns  
4 slices cheddar or mozzarella  
Butter or oil (for greasing)  
Optional toppings: pickles, lettuce, tomato, mayo

#### INSTRUCTIONS

1. Make the patties. In a bowl, combine ground chicken, egg, breadcrumbs, mustard, garlic & onion powder, salt, and pepper. Mix until just combined. Form 8 small equal patties (~2.5–3 inches wide).
2. Preheat the griddle. Set the griddle to medium heat. Grease lightly. Place patties in the hot zone.
3. Cook the sliders. Grill patties for 4–5 minutes per side, flipping once, until golden and internal temp reaches 165°F (74°C). In the last minute of cooking, top with cheese and cover with a dome or lid to melt.
4. Toast the buns. Split slider buns and place cut side down on the griddle (low/med zone) for ~1–2 min until golden.
5. Assemble. Place each cheesy patty on the bottom bun, add toppings (lettuce, tomato, pickles, mayo), and cap with the top bun. Serve hot.



#### TIPS

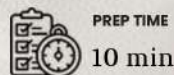
- Don't overmix chicken — keeps patties juicy
- Use a press or cover for faster cheese melt
- Toast buns last-minute so they stay crisp, not soggy

## SWEET POTATO NACHO SKINS

Crispy sweet potato boats loaded with cheesy, spicy, and savory toppings – the perfect griddle snack or shareable appetizer.

### NUTRITIONAL VALUES (PER 2 SKINS)

Calories	Protein	Carbs	Sugar	Fat	Fiber
280 kcal	7 g	32 g	7 g	12 g	5 g



PREP TIME

10 min



COOK TIME

15 min



SERVINGS

3  
(6 skins)

### INSTRUCTIONS

1. Prep the skins. Bake sweet potatoes ahead of time until soft. Let cool, slice in half lengthwise, and scoop out most of the flesh – leave ~1 cm border to hold shape. Brush insides with olive oil and season with paprika, salt, and pepper.
2. Preheat the griddle. Set to medium heat. Place sweet potato halves face-down to crisp for ~3–4 min.
3. Flip and load. Flip the skins right-side up. Fill each with a bit of cheddar, beans, corn, and jalapeño slices. Cover with a press lid or foil tent. Cook another 5–6 minutes on the low heat zone until the cheese is melted.
4. Serve hot. Remove from griddle and let rest 1 min. Serve as-is or top with sour cream, salsa, or guacamole.

### INGREDIENTS

3 medium sweet potatoes (baked, halved, scooped)  
 ½ cup shredded cheddar cheese  
 ¼ cup black beans (cooked & drained)  
 ¼ cup corn (optional)  
 1 jalapeño, sliced thin  
 ¼ tsp smoked paprika  
 Salt & pepper to taste  
 1 tbsp olive oil (for brushing)  
 Optional: sour cream, salsa, guac



### TIPS

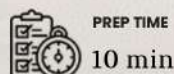
- Use baked sweet potatoes from the day before for quicker prep
- Don't overfill – melted cheese helps bind everything
- You can crisp skins even more by griddling them twice before loading

## CRISPY ZUCCHINI CHIPS

Thin, golden, and addictively crunchy – the perfect healthy snack straight from your griddle.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
120 kcal	3 g	8 g	4 g	9 g	2 g



PREP TIME

10 min



COOK TIME

12-15 min



SERVINGS

2

### INSTRUCTIONS

1. Prep the chips. Slice zucchinis into thin rounds (~⅛ inch). Toss in a bowl with olive oil, garlic powder, paprika, salt, and pepper until evenly coated.
2. Preheat the griddle. Set the gas griddle to medium-low heat. Lightly grease the surface.
3. Arrange & cook. Lay zucchini slices in a single layer without overlapping. Cook for 5–7 minutes until edges begin to brown. Flip and cook another 5–7 minutes until crispy and golden.
4. Optional cheese finish. In the last 2 minutes, sprinkle Parmesan lightly over the chips for extra flavor.
5. Rest & serve. Transfer to a paper towel to remove excess oil. Serve warm or at room temperature.

### INGREDIENTS

2 medium zucchinis, thinly sliced  
 1 tbsp olive oil  
 ¼ tsp garlic powder  
 ¼ tsp smoked paprika  
 Salt & pepper to taste  
 Optional: grated Parmesan  
 Cooking spray or neutral oil (for griddle)



### TIPS

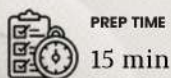
- For even crisping, use a mandoline slicer for uniform cuts
- Don't overcrowd – crispiness requires airflow and space
- Zucchini will shrink, so make more than you think!

## LOADED JALAPEÑO POPPERS

Crispy, melty, spicy — these crowd-pleasers pack bold flavor into every golden bite.

### NUTRITIONAL VALUES (PER 2 POPPERS)

Calories	Protein	Carbs	Sugar	Fat	Fiber
160 kcal	6 g	3 g	2 g	13 g	1 g



PREP TIME  
15 min



COOK TIME  
8 min



SERVINGS  
10 poppers

#### INGREDIENTS

5 large jalapeños, halved & seeded  
 ½ cup cream cheese  
 ½ cup shredded cheddar  
 2 tbsp chopped scallions  
 5 strips bacon, cooked & crumbled  
 Salt & pepper to taste  
 Oil spray for griddle

#### INSTRUCTIONS

1. Mix cream cheese, cheddar, scallions, and bacon in a bowl.
2. Stuff each jalapeño half with the mixture.
3. Place the stuffed side down on the griddle. Cook 3–4 min, flip, and cook 3 more.
4. Serve warm with dipping sauce.

#### TIPS

- Wear gloves when seeding jalapeños
- Add smoked paprika for depth
- Use vegan bacon for plant-based option

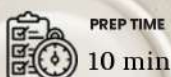


## CRISPY CORN FRITTERS

Golden, crunchy, and slightly sweet — these corn fritters are a nostalgic favorite with a diner-style twist. Perfect as a snack, side, or brunch bite with a dollop of sour cream or sweet chili sauce.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
210 kcal	6 g	22 g	3 g	11 g	2 g



PREP TIME  
10 min



COOK TIME  
10 min



SERVINGS  
4

#### INGREDIENTS

1 cup corn kernels (fresh, canned, or thawed frozen)  
 ½ cup all-purpose flour  
 1 egg  
 ¼ cup milk  
 2 tbsp chopped green onions  
 1 tbsp grated cheddar cheese (optional)  
 ½ tsp baking powder  
 Salt & pepper to taste  
 1 tbsp vegetable oil (for greasing)

#### INSTRUCTIONS

1. Prepare batter
2. In a bowl, combine corn, flour, egg, milk, green onions, cheese, baking powder, salt, and pepper. Mix until just combined — the batter should be thick but scoopable.
3. Scoop & cook
4. Grease the griddle and drop the batter by the heaping tablespoon. Flatten slightly. Cook for 3–4 minutes per side, or until golden brown and crisp.
5. Finish & serve
6. Transfer fritters to a paper towel to drain briefly. Serve hot with a dipping sauce or garnish.

#### TIPS

- Add a pinch of smoked paprika for deeper flavor
- Keep cooked fritters warm in a low oven while cooking the rest
- Don't overcrowd the griddle to ensure crisp edges



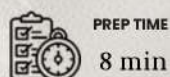


## CRISPY GARLIC GREEN BEANS

A simple side with major crunch and a kick of garlic – perfect from the flat top.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
130 kcal	3 g	10 g	2 g	9 g	3 g



PREP TIME

8 min



COOK TIME

6 min



SERVINGS

4

### INSTRUCTIONS

1. Toss beans with oil, garlic, salt, and pepper.
2. Griddle 6 min, turning occasionally until blistered.
3. Serve with lemon zest on top.

### TIPS

- Add chili flakes for heat
- Use sesame oil for Asian twist
- Finish with parmesan for umami

### INGREDIENTS

300 g green beans, trimmed  
 2 tbsp olive oil  
 2 garlic cloves, minced  
 Salt & black pepper to taste  
 Lemon zest for finish

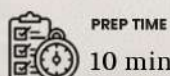


## GRIDDLED SWEET CORN SALAD

Fresh corn gets charred and tossed into a sweet-savory summer salad.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
170 kcal	4 g	18 g	5 g	9 g	3 g



PREP TIME

10 min



COOK TIME

6 min



SERVINGS

4

### INSTRUCTIONS

1. Griddle corn, bell pepper, and onion 6 min until charred.
2. Toss in a bowl with lime, oil, and spices.
3. Garnish with cilantro and serve warm or chilled.

### TIPS

- Use frozen corn in off-season
- Add avocado chunks for creaminess
- Great with tacos or grilled chicken

### INGREDIENTS

2 ears corn, kernels cut off  
 ½ red bell pepper, diced  
 ¼ red onion, diced  
 2 tbsp olive oil  
 1 tbsp lime juice  
 Salt, pepper, cumin to taste  
 Fresh cilantro to garnish

## GRIDDLED FOCACCIA SLICES

Crisp outside, fluffy inside — these golden griddled focaccia strips are the perfect rustic starter.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
190 kcal	4 g	18 g	1 g	11 g	1 g



PREP TIME  
5 min



COOK TIME  
6 min



SERVINGS  
4

#### INGREDIENTS

4 slices focaccia (1-inch thick)  
2 tbsp olive oil  
1 garlic clove, halved  
1 tsp dried oregano  
Sea salt flakes

#### INSTRUCTIONS

1. Brush focaccia slices with olive oil.
2. Griddle for 2–3 minutes per side, until golden and crisp.
3. Rub a cut garlic clove over a warm surface.
4. Sprinkle with oregano and salt. Serve hot.

#### TIPS

- Add shaved parmesan for an upgrade
- Pair with marinara or hummus
- Toast extra for croutons



## SPICY BUFFALO TOFU BITES

Crispy tofu glazed in tangy buffalo sauce — fiery, crunchy, and full of plant-based punch.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
280 kcal	14 g	10 g	3 g	20 g	2 g



PREP TIME  
12 min



COOK TIME  
10 min



SERVINGS  
2

#### INGREDIENTS

½ block firm tofu, pressed & cubed  
2 tbsp cornstarch  
Salt & pepper  
1 tbsp oil  
2 tbsp buffalo sauce  
1 tsp maple syrup

#### INSTRUCTIONS

1. Toss tofu cubes in cornstarch, salt, and pepper.
2. Griddle all sides until crisp (6–7 min).
3. Mix buffalo sauce and maple.
4. Toss cooked tofu in the sauce. Serve hot.

#### TIPS

- Press tofu for 20 min before cooking
- Add scallions or sesame seeds for garnish
- Serve in lettuce cups for crunch



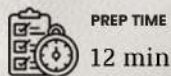


## SPINACH ARTICHOKE DIP

Creamy, cheesy, and loaded with greens – this retro dip never goes out of style.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
230 kcal	6 g	5 g	2 g	20 g	2 g



PREP TIME

12 min



COOK TIME

8 min



SERVINGS

4

### INSTRUCTIONS

1. Sauté garlic, spinach, and artichokes 2–3 min.
2. Add cream cheese, sour cream, and parmesan.
3. Stir until melted and smooth.
4. Serve warm with chips or toast.

### TIPS

- Add mozzarella for stretch
- Use frozen spinach (thawed & drained)
- Top with extra parmesan to brown

### INGREDIENTS

1 cup baby spinach  
 ½ cup canned artichokes, chopped  
 ½ cup cream cheese  
 ¼ cup sour cream  
 ¼ cup grated Parmesan  
 1 garlic clove, minced  
 Pinch of chili flakes  
 Oil or butter for griddle

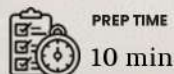


## BBQ CAULIFLOWER BITES

Crispy-edged and smoky sweet – these bites deliver the BBQ vibe, meat-free.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
180 kcal	4 g	14 g	6 g	12 g	3 g



PREP TIME

10 min



COOK TIME

10 min



SERVINGS

3

### INSTRUCTIONS

1. Toss the cauliflower in flour, paprika, salt, and oil.
2. Griddle 6–7 min until crispy.
3. Brush with BBQ sauce and cook for an additional 2 minutes.
4. Serve immediately.

### TIPS

- Toss in buffalo sauce for a spicy version
- Use chickpea flour for gluten-free
- Add green onions on top

### INGREDIENTS

1 small head cauliflower, in florets  
 2 tbsp BBQ sauce  
 2 tbsp flour  
 2 tbsp olive oil  
 ½ tsp smoked paprika  
 Pinch of salt

## CHAPTER 4: 🥗 SALADS

### 🐟 GRIDDLED SALMON QUINOA SALAD

Warm, fresh, and nutrient-packed — perfectly seared salmon meets vibrant greens and hearty quinoa.



#### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
460 kcal	34 g	22 g	4 g	26 g	4 g



PREP TIME  
10 min



COOK TIME  
10-12 min



SERVINGS  
2

#### INGREDIENTS

2 salmon fillets (skin-on, ~150g each)  
1 cup cooked quinoa  
1 cup arugula or spinach  
½ cup cherry tomatoes (halved)  
¼ cup cucumber (diced)  
¼ red onion (thinly sliced)  
1 tbsp olive oil (for salmon)  
Salt & black pepper to taste  
Juice of ½ lemon  
Optional: balsamic glaze or vinaigrette

#### INSTRUCTIONS

1. Prep salmon. Pat fillets dry. Season with salt, pepper, and a drizzle of olive oil. Preheat the griddle to medium-high heat.
2. Cook salmon. Place fillets skin-side down. Cook for 4–5 minutes, until the skin is crisp and the salmon is halfway opaque. Flip and cook for 3–4 more minutes until flaky and golden. Transfer to the low zone to rest.
3. Assemble salad. On the low zone or off-heat side, toss quinoa with arugula, tomatoes, cucumber, and red onion. Squeeze lemon juice over. Warm gently if you'd like to.
4. Plate it up. Divide the salad between plates. Top with a salmon fillet. Optional: drizzle balsamic glaze or a light vinaigrette.

#### TIPS

- Don't move salmon while searing — this ensures crispy skin
- Use a fish spatula for clean flips
- If quinoa is cold, warm briefly on griddle in a skillet or foil pouch

### 🍗 WARM CHICKEN & PEPPER SALAD

Sizzling strips of juicy chicken and sweet bell peppers — served warm over crisp greens for a fresh and hearty meal.



#### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
390 kcal	33 g	14 g	6 g	22 g	3 g



PREP TIME  
10 min



COOK TIME  
12-14 min



SERVINGS  
2

#### INGREDIENTS

2 boneless chicken breasts (sliced thin)  
1 red bell pepper (sliced)  
1 yellow bell pepper (sliced)  
2 cups mixed salad greens  
1 tbsp olive oil (for griddle)  
½ tsp smoked paprika  
½ tsp garlic powder  
Salt & pepper to taste  
Optional: balsamic glaze or vinaigrette

#### INSTRUCTIONS

1. Season & prep. Toss chicken slices with paprika, garlic powder, salt, and pepper. Lightly coat peppers in olive oil. Preheat the griddle to medium-high heat.
2. Cook the chicken. Spread chicken strips in a single layer on the hot zone. Cook for 3–4 minutes per side, until golden and cooked through. Move to the low zone to hold.
3. Sauté the peppers. Add peppers to the same medium-high zone. Cook for 4–5 min, stirring occasionally, until slightly charred but still crisp.
4. Assemble salad. Spread greens on the plate. Top with warm chicken and peppers. Optional: drizzle with balsamic glaze or your favorite vinaigrette.

#### TIPS

- Slice chicken evenly for uniform cooking
- Use a griddle press if you want a quicker sear on the chicken
- Add a pinch of chili flakes for heat or herbs for aroma (thyme, oregano)



**TIPS**

- Don't overcook – this slaw shines when it's slightly warm but crunchy
- Use tongs or a spatula for gentle tossing on the griddle
- Add grilled tofu or shrimp for a protein-packed variation


**THAI CABBAGE SLAW WITH PEANUTS**


Crunchy, tangy, and full of flavor – this warm Thai-style slaw adds bold color and texture to any plate.

**NUTRITIONAL VALUES (PER SERVING)**

Calories	Protein	Carbs	Sugar	Fat	Fiber
180 kcal	4 g	14 g	6 g	12 g	3 g

 **PREP TIME**  
10 min

 **COOK TIME**  
5-6 min

 **SERVINGS**  
3

**INSTRUCTIONS**

1. **Mix the sauce.** In a small bowl, whisk soy sauce, vinegar, honey, ginger, and chili flakes (if using). Set aside.
2. **Preheat & sauté.** Set the griddle to medium heat. Add sesame oil. Toss cabbage and carrots directly onto the griddle in a loose pile. Cook for 3–4 min, stirring gently, until just softened but still crunchy.
3. **Add flavor.** Drizzle sauce over the veggies. Toss to coat and cook for 1–2 more minutes. Add green onions and chopped peanuts in the final 30 seconds.
4. **Plate & serve.** Transfer to a serving bowl or plate. Garnish with extra peanuts and a squeeze of lime.

**INGREDIENTS**

- 2 cups green cabbage (shredded)
- 1 cup purple cabbage (shredded)
- 1 medium carrot (julienned or shredded)
- 2 green onions (sliced thin)
- ¼ cup dry-roasted peanuts (chopped)
- 1 tbsp sesame oil
- 1 tbsp soy sauce or tamari
- 1 tsp rice vinegar
- 1 tsp honey or maple syrup
- ½ tsp fresh grated ginger
- Pinch of chili flakes (optional)
- Lime wedges (for serving)



**TIPS**


- Use larger shrimp for better texture and easier searing
- Don't overcrowd the griddle – leave space between shrimp
- Warm mango cubes lightly on the griddle for a caramelized edge (optional)

**SHRIMP & MANGO SALAD**

Juicy seared shrimp paired with sweet mango and crisp greens – a tropical twist, all from the griddle.

**NUTRITIONAL VALUES (PER SERVING)**

Calories	Protein	Carbs	Sugar	Fat	Fiber
310 kcal	22 g	16 g	10 g	18 g	3 g

 **PREP TIME**  
12 min

 **COOK TIME**  
5-6 min

 **SERVINGS**  
2

**INSTRUCTIONS**

1. **Marinate shrimp.** Toss shrimp with 1 tbsp olive oil, salt, pepper, and chili flakes. Let rest for 5 min while prepping the salad.
2. **Preheat the griddle.** Set to medium-high heat. Lightly grease the surface.
3. **Cook shrimp.** Place shrimp on griddle and sear for 2–3 minutes per side until pink, curled, and slightly charred. Remove and set aside.
4. **Build the salad.** In a large bowl or directly on a plate, combine greens, mango, bell pepper, and cooked shrimp.
5. **Add dressing.** Drizzle lime juice and honey over the salad. Toss gently. Garnish with fresh cilantro if using.

**INGREDIENTS**

- 200g raw shrimp (peeled & deveined)
- 1 ripe mango (diced)
- 2 cups mixed salad greens
- ½ red bell pepper (thinly sliced)
- 2 tbsp olive oil (divided)
- Juice of ½ lime
- 1 tsp honey
- ½ tsp chili flakes (optional)
- Salt & pepper to taste
- Fresh cilantro (optional garnish)

## SPICY GRIDDLED CORN WITH LIME & CHILI

Charred, tangy, and a little fiery – this street-style corn delivers bold flavor with every bite. It's simple, addictive, and perfect for sharing.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
180 kcal	4 g	18 g	4 g	10 g	3 g



PREP TIME

5 min



COOK TIME

8 min



SERVINGS

4

### INGREDIENTS

2 cups corn kernels (fresh or thawed frozen)  
1 tbsp olive oil  
½ tsp chili powder  
¼ tsp smoked paprika  
Juice of 1 lime  
1 tbsp chopped cilantro (optional)  
Salt to taste  
Grated cotija or feta cheese (optional topping)

### INSTRUCTIONS

1. Preheat and coat the corn. In a bowl, toss the corn with olive oil, chili powder, paprika, and a pinch of salt.
2. Griddle until charred. Spread the seasoned corn on the hot griddle. Cook for 6–8 minutes, stirring occasionally, until lightly charred and fragrant.
3. Finish with lime. Remove from heat, squeeze fresh lime juice over, and toss with chopped cilantro and cheese if using.

### TIPS

- Serve warm or at room temperature
- Add a pinch of cayenne for extra heat
- Make it creamy: toss with 1 tbsp mayo for elote-style flavor



## GREEK ORZO SALAD

A Mediterranean mix of orzo, veggies, and feta – bright, herby, and perfect warm or chilled.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
270 kcal	7 g	26 g	4 g	15 g	2 g



PREP TIME

10 min



COOK TIME

8 min



SERVINGS

4

### INGREDIENTS

1 cup cooked orzo  
½ cucumber, diced  
½ cup cherry tomatoes, halved  
¼ red onion, thinly sliced  
½ cup crumbled feta  
2 tbsp olive oil  
1 tbsp lemon juice  
1 tsp oregano  
Salt & pepper

### INSTRUCTIONS

1. Toss all salad ingredients together in a bowl.
2. Serve warm (briefly griddled) or chilled.
3. Top with extra feta and oregano.

### TIPS

- Add grilled chicken for protein
- Use kalamata olives for saltiness
- Double for potluck sides



## GRIDDLED CHICKEN CAESAR

The Caesar salad, leveled up — crisp romaine and juicy chicken, all seared with retro griddle flair.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
370 kcal	29 g	9 g	3 g	24 g	2 g



PREP TIME  
10 min



COOK TIME  
10 min



SERVINGS  
2

### INSTRUCTIONS

1. Season chicken with salt & pepper.
2. Griddle 4–5 min per side until cooked through. Set aside.
3. Brush romaine with oil. Griddle cut-side down ~2 min.
4. Slice chicken and layer over romaine. Drizzle with dressing and parmesan.

### INGREDIENTS

2 chicken thighs (boneless, skinless)  
1 romaine heart, halved lengthwise  
¼ cup Caesar dressing  
¼ cup shaved parmesan  
1 tbsp olive oil  
Salt & pepper



### TIPS

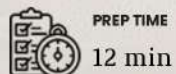
- Add anchovies for classic taste
- Use a press for crispier chicken
- Try with sourdough croutons

## BEET, GOAT CHEESE & WALNUT

Earthy, creamy, and toasty — this salad layers flavor and texture in perfect griddle harmony.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
300 kcal	8 g	16 g	9 g	22 g	4 g



PREP TIME  
12 min



COOK TIME  
10 min



SERVINGS  
2

### INSTRUCTIONS

1. Toast walnuts 2–3 min, stirring often. Remove.
2. Sear beet slices until edges crisp slightly.
3. Toss greens with olive oil and salt.
4. Assemble salad: greens, beets, goat cheese, walnuts. Drizzle glaze.

### INGREDIENTS

2 small cooked beets, sliced  
¼ cup goat cheese, crumbled  
2 cups arugula or spinach  
¼ cup walnuts  
1 tbsp balsamic glaze  
1 tbsp olive oil  
Pinch of salt



### TIPS

- Use golden beets for color contrast
- Add grilled halloumi for richness
- Sprinkle seeds for crunch

## GRILLED WATERMELON SALAD

Juicy, smoky, and ultra-refreshing – this twist on summer salad hits every flavor note.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
160 kcal	4 g	5 g	2 g	13 g	1 g



PREP TIME

8 min



COOK TIME

5 min



SERVINGS

2

### INGREDIENTS

2 watermelon wedges (1-inch thick)  
½ cup crumbled feta  
¼ cup sliced red onion  
Fresh mint leaves  
1 tbsp olive oil  
1 tsp balsamic glaze  
Pinch of salt

### INSTRUCTIONS

1. Brush watermelon slices with oil.
2. Griddle 2–3 min per side until lightly charred.
3. Cut into chunks and layer with feta, onion, and mint.
4. Drizzle with balsamic glaze and sprinkle with salt.

### TIPS

- Use firm watermelon for best grill texture
- Add chili flakes for contrast
- Serve chilled after griddling for balance



## GRIDDLED ROMAINE & BLUE CHEESE

A bold griddle twist on the steakhouse salad – smoky romaine and creamy, tangy cheese unite.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
210 kcal	6 g	22 g	3 g	11 g	2 g



PREP TIME

5 min



COOK TIME

4 min



SERVINGS

2

### INGREDIENTS

1 romaine heart, halved  
¼ cup crumbled blue cheese  
1 tbsp olive oil  
1 tbsp balsamic glaze  
Salt & black pepper

### INSTRUCTIONS

1. Brush romaine with oil and season.
2. Griddle cut-side down for 2–3 minutes.
3. Plate warm romaine, drizzle with glaze, and sprinkle cheese.
4. Finish with cracked pepper.

### TIPS

- Add walnuts for crunch
- Swap in goat cheese for a softer profile
- Serve as warm salad base or side

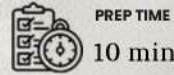


## SOUTHWEST BLACK BEAN SALAD

Spicy, smoky, and full of texture — this hearty salad is a meal on its own.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
240 kcal	9 g	28 g	4 g	9 g	6 g



PREP TIME

10 min



COOK TIME

5 min



SERVINGS

4

### INSTRUCTIONS

1. Griddle corn, onion, and pepper for 4–5 minutes until charred.
2. Mix with beans, oil, lime juice, and spices.
3. Top with cilantro and adjust seasoning.

### INGREDIENTS

1 can black beans, rinsed  
 ½ cup corn (fresh or frozen)  
 ½ red bell pepper, diced  
 ¼ red onion, minced  
 1 tbsp olive oil  
 1 tbsp lime juice  
 1 tsp cumin  
 ¼ tsp chili powder  
 Salt & pepper  
 Fresh cilantro



### TIPS

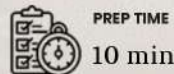
- Add avocado chunks for creaminess
- Serve warm or cold
- Try in tacos or lettuce wraps

## SPICY CHICKPEA CRUNCH BOWL

Crispy chickpeas, warm grains, fresh veggies — the perfect flex bowl with bold spice.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
370 kcal	12 g	30 g	5 g	21 g	6 g



PREP TIME

10 min



COOK TIME

10 min



SERVINGS

2 bowls

### INSTRUCTIONS

1. Toss chickpeas with cornstarch and spices.
2. Griddle until golden and crunchy (~7 min).
3. Assemble bowls with grain, veggies, and chickpeas.
4. Drizzle dressing and serve.

### INGREDIENTS

1 cup canned chickpeas, drained  
 1 tbsp cornstarch  
 1 tsp smoked paprika  
 ½ tsp chili flakes  
 1 tbsp oil  
 1 cup cooked quinoa or rice  
 1 cup shredded carrots & cucumbers  
 1 tbsp tahini or yogurt dressing



### TIPS

- Dry chickpeas well before cooking
- Add pickled onions or shredded beets
- Make extra chickpeas for snacking

## CHAPTER 5: 🍔 BURGERS

### 🍔 SMASH BURGERS WITH ONION JAM

Ultra-crispy beef patties smashed on the griddle and topped with rich onion jam — your new backyard favorite.

#### NUTRITIONAL VALUES (PER BURGER)

Calories	Protein	Carbs	Sugar	Fat	Fiber
640 kcal	35 g	34 g	6 g	39 g	3 g



PREP TIME  
15 min



COOK TIME  
10-12 min



SERVINGS  
2 double burgers

#### INGREDIENTS

400g ground beef (80/20 blend)  
Salt & black pepper (to taste)  
4 slices of cheddar cheese  
2 burger buns (brioche or potato)  
1 tbsp butter (for buns)  
1 tbsp neutral oil (griddle)  
Optional toppings: pickles, lettuce, sauce  
For Onion Jam:  
2 medium red onions (thinly sliced)  
1 tbsp olive oil  
1 tbsp balsamic vinegar  
1 tsp brown sugar  
Pinch of salt  
Optional: thyme or chili flakes

#### INSTRUCTIONS

1. Make the onion jam. In the medium zone, sauté onions in olive oil for 8–10 minutes, stirring occasionally. Add balsamic vinegar, sugar, and a pinch of salt. Cook until deep golden and jammy. Set aside.
2. Prep patties. Divide the beef into 4 loose balls (~100g each). Don't press yet.
3. Smash the burgers. Place beef balls on a hot griddle. Use a metal press or spatula to smash flat (~1 cm thick). Season with salt & pepper. Cook 2–3 min until edges are deeply browned. Flip, add cheese, and cook for 1–2 minutes more. Transfer to the holding zone.
4. Toast the buns. Butter buns and toast cut side down on griddle until golden (1–2 min).
5. Assemble. Layer patties, onion jam, and any extra toppings on toasted buns.

#### TIPS

- Don't overwork the beef — looser balls smash better and stay juicy
- Smash within 30 seconds of hitting the griddle for best sear
- Use parchment paper between burger and press to avoid sticking



### 🍗 TURKEY & FETA BURGERS (LOW-FAT)

Lean turkey meets creamy feta and herbs — grilled to juicy perfection on the griddle.

#### NUTRITIONAL VALUES (PER BURGER WITH BUN)

Calories	Protein	Carb	Sugar	Fat	Fiber
410 kcal	30 g	28 g	5 g	18 g	4 g



PREP TIME  
10 min



COOK TIME  
8-10 min



SERVINGS  
2 burgers

#### INGREDIENTS

300g lean ground turkey (93% lean)  
½ cup crumbled feta cheese  
1 tbsp chopped fresh parsley  
1 tsp garlic powder  
½ tsp onion powder  
Salt & pepper to taste  
1 tsp olive oil (for griddle)  
2 whole wheat burger buns  
Optional: tomato, cucumber, red onion, light yogurt sauce

#### INSTRUCTIONS

1. Mix the patties. In a bowl, combine ground turkey, feta, parsley, garlic powder, onion powder, salt, and pepper. Form into 2 equal patties (don't overpack).
2. Preheat & cook. Heat the griddle to medium. Lightly grease. Place patties and cook for 4–5 minutes per side, flipping once. Internal temp should reach 165°F (74°C). Avoid pressing the patties — retain juices.
3. Toast buns. Optional: toast buns face down on the griddle for 1–2 minutes until golden.
4. Assemble. Place the burger on the bun. Top with tomato slices, red onion, cucumber, and a dollop of light yogurt sauce.

#### TIPS

- If mixture feels too wet, chill patties 10 min before cooking
- Use a fish spatula for delicate flipping
- Add grated zucchini or spinach into the mix for extra moisture and nutrition



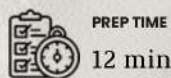


## MUSHROOM SWISS BURGER

Savory mushrooms and melted Swiss cheese elevate this juicy griddle-seared burger to gourmet status.

### NUTRITIONAL VALUES (PER BURGER WITH BUN)

Calories	Protein	Carbs	Sugar	Fat	Fiber
590 kcal	32 g	33 g	5 g	36 g	3 g



PREP TIME

12 min



COOK TIME

10-12 min



SERVINGS

2 burgers

### INSTRUCTIONS

1. Cook mushrooms. On medium heat, melt butter and sauté mushrooms for 6–8 minutes until browned and soft. Add garlic, soy sauce, and thyme. Stir and cook 1–2 more minutes. Set aside.
2. Form and season patties. Shape ground beef into 2 equal patties. Season with salt and pepper.
3. Cook patties. Place patties in the medium-high zone. Cook 3–4 min per side. Add 2 slices of Swiss cheese on each patty at the last minute. Cover with a press lid or a metal bowl for even melting.
4. Toast buns. Spread butter on buns and toast cut-side down for 1–2 minutes until golden.
5. Assemble. Place a cheesy patty on a bun. Top with warm mushroom mix. Add other toppings if desired.

### INGREDIENTS

300g ground beef (80/20)  
Salt & black pepper to taste  
4 slices Swiss cheese  
2 burger buns  
1 tbsp butter (for buns)  
1 tbsp neutral oil (for griddle)  
For Mushroom Topping:  
1 ½ cups sliced cremini or button mushrooms  
1 tbsp butter  
1 tsp soy sauce or Worcestershire sauce  
1 garlic clove (minced)  
Pinch of thyme (optional)  
Salt to taste

### TIPS

- Let the mushrooms brown without stirring too much
- Use a press lid for faster, more even cheese melt
- Don't over-flip patties – one flip for best sear

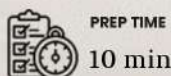


## VEGAN CHICKPEA PATTIES (HL)

High-protein, fiber-rich, and 100% plant-powered – crisped to perfection on your gas griddle.

### NUTRITIONAL VALUES (PER 2 PATTIES)

Calories	Protein	Carbs	Sugar	Fat	Fiber
260 kcal	10 g	28 g	4 g	11 g	6 g



PREP TIME

10 min



COOK TIME

10-12 min



SERVINGS

3 (6 patties)

### INSTRUCTIONS

1. Make the mix. In a bowl, mash chickpeas with a fork or pulse in a processor (not too smooth). Add carrot, parsley, tahini, garlic, cumin, lemon juice, salt, and pepper. Stir in oat flour until the mixture holds together.
2. Form the patties. Shape into 6 small, firm patties. Chill in the fridge for 10 minutes for better hold (optional but recommended).
3. Cook the patties. Preheat the griddle to medium heat. Lightly grease. Cook patties for 4–5 minutes per side until golden brown and firm. Don't move them too early – allow the crust to form.
4. Rest and serve. Transfer to a low zone or plate and let rest for 1–2 minutes before serving.

### INGREDIENTS

1 can (400g) chickpeas (drained & rinsed)  
¼ cup oat flour or breadcrumbs  
1 small carrot (grated)  
2 tbsp chopped parsley  
1 tbsp tahini or olive oil  
1 garlic clove (minced)  
½ tsp cumin  
Juice of ½ lemon  
Salt & pepper to taste  
Neutral oil for greasing

### TIPS

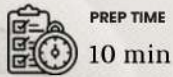
- If mix feels wet, add more oat flour or refrigerate longer
- Use a fish spatula for cleaner flips
- Serve inside pita, wrap, or over salad for versatility

## **BBQ BACON CHEESEBURGER**

Smoky, juicy, and piled high – this griddled favorite brings diner realness to every bite.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
590 kcal	33 g	28 g	6 g	38 g	2 g



PREP TIME  
10 min



COOK TIME  
10 min



SERVINGS  
2

#### INGREDIENTS

250 g ground beef (80/20)  
Salt & pepper  
4 bacon strips  
2 slices cheddar  
2 tbsp BBQ sauce  
2 burger buns  
Optional: lettuce, tomato, onion

#### INSTRUCTIONS

1. Form 2 patties, season well.
2. Griddle bacon until crisp. Set aside.
3. Cook patties ~4 min per side. Add cheese in the last 1 min.
4. Toast buns cut side down.
5. Assemble with BBQ sauce and toppings.

#### TIPS

- Smash patties for crispy edges
- Mix BBQ sauce into beef for more flavor
- Add pickles or fried onions



## **HAWAIIAN TERIYAKI BURGER**

A tropical twist on a griddle favorite – sweet pineapple, savory beef, and teriyaki glaze.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
540 kcal	31 g	30 g	9 g	33 g	2 g



PREP TIME  
12 min



COOK TIME  
10 min



SERVINGS  
2 burgers

#### INGREDIENTS

250 g ground beef  
2 pineapple rings  
2 tbsp teriyaki sauce  
2 slices Swiss or provolone cheese  
2 burger buns  
Lettuce & red onion  
Oil or butter for griddle

#### INSTRUCTIONS

1. Form 2 patties, season lightly.
2. Griddle patties for 4–5 min per side; glaze with teriyaki in the final minute.
3. Sear pineapple rings 1–2 min per side.
4. Toast buns lightly.
5. Assemble with lettuce, onion, pineapple, and cheese.

#### TIPS

- Use fresh pineapple for the best caramelization
- Brush buns with teriyaki for extra flavor
- Add jalapeños for heat

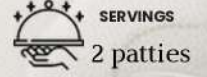
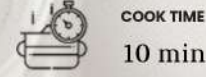
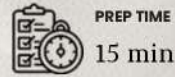


## BLACK BEAN & CORN BURGER

Wholesome, flavorful, and perfectly crispy – a plant-based favorite that doesn't hold back.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	14 g	34 g	5 g	20 g	6 g



### INSTRUCTIONS

1. Mash beans lightly. Mix in corn, egg, spices, and breadcrumbs.
2. Form 2 firm patties.
3. Griddle for 4–5 min per side until crisp.
4. Toast buns and assemble with toppings.

### INGREDIENTS

1 can black beans, drained  
 ½ cup corn  
 ¼ cup breadcrumbs  
 1 egg  
 ½ tsp cumin  
 ½ tsp paprika  
 Salt & pepper  
 2 burger buns  
 Lettuce, tomato, sauce of choice

### TIPS

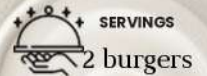
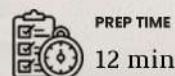
- Add cheese for melty richness
- Let patties chill before griddling for hold
- Swap egg for flax egg (vegan option)

## JALAPEÑO RANCH TURKEY BURGER

Lean but flavorful – this turkey burger features a creamy ranch interior and a spicy kick on top.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
420 kcal	27 g	22 g	4 g	25 g	1 g



### INSTRUCTIONS

1. Mix turkey with ranch, jalapeños, and seasoning.
2. Form patties and grill for 4–5 minutes per side, turning once.
3. Toast buns.
4. Assemble with fresh toppings and extra ranch.

### INGREDIENTS

250 g ground turkey  
 2 tbsp ranch dressing  
 1 tbsp diced jalapeños  
 Salt, pepper, garlic powder  
 2 burger buns  
 Lettuce, tomato, onion  
 Oil or butter for griddle

### TIPS

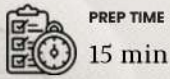
- Use a press lid for even cook
- Add cheddar for creamy contrast
- Try spicy pickles for a punch

## FALAFEL GRIDDLE BURGER

Crispy outside, soft inside — this plant-powered burger is earthy, herby, and bold.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
390 kcal	12 g	28 g	4 g	24 g	5 g



PREP TIME  
15 min



COOK TIME  
8 min



SERVINGS  
2 patties

#### INGREDIENTS

1 cup cooked chickpeas  
1 tbsp tahini  
1 garlic clove  
2 tbsp chopped parsley  
2 tbsp flour  
½ tsp cumin  
Salt & pepper  
Oil for griddle  
Burger buns, lettuce,  
tomato

#### INSTRUCTIONS

1. Blend all falafel ingredients into a thick paste.
2. Form 2 patties, then chill for 10 minutes.
3. Griddle 4 min per side until crisp.
4. Serve on buns with veggies and tahini sauce.

#### TIPS

- Add lemon zest for brightness
- Use pita instead of buns
- Top with pickled turnips

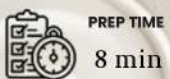


## CLASSIC DINER CHEESEBURGER

No frills, just thrills — a juicy smash burger dripping with nostalgia and cheese.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
540 kcal	30 g	25 g	6 g	34 g	1 g



PREP TIME  
8 min



COOK TIME  
7 min



SERVINGS  
2 burgers

#### INGREDIENTS

250 g ground beef (80/20)  
Salt & pepper  
2 slices American cheese  
2 burger buns  
Pickles, ketchup, mustard  
Oil for greasing

#### INSTRUCTIONS

1. Form 2 loose balls of beef.
2. Smash on a hot griddle with a spatula. Season well.
3. Flip once; add cheese.
4. Toast buns and build with classic toppings.

#### TIPS

- Smash early for crusty edges
- Use soft buns (potato rolls are perfect)
- Don't overwork the beef — loose is better



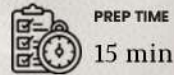
## CHAPTER 6: 🌮 TACOS & QUESADILLAS

### 🌮 CHICKEN FAJITA TACOS

Juicy marinated chicken, sizzling peppers, and soft tortillas — made quick and smoky on your gas griddle.

#### NUTRITIONAL VALUES (PER 2 TACOS)

Calories	Protein	Carbs	Sugar	Fat	Fiber
390 kcal	28 g	28 g	4 g	18 g	3 g



PREP TIME

15 min



COOK TIME

10-12 min



SERVINGS

4 serv  
(8 tacos)



#### TIPS

- Use a press lid to get a better sear on chicken
- Slice all ingredients evenly for uniform cooking
- Don't overcrowd — cook in batches if needed

#### INSTRUCTIONS

1. Marinate chicken. In a bowl, mix chicken with olive oil, lime juice, cumin, paprika, chili powder, salt, and pepper. Let marinate for 10–15 minutes (or longer in the fridge).
2. Cook chicken. Preheat the griddle to high heat. Sear chicken 4–5 min, turning occasionally until browned and cooked through. Move to the edge or low zone to rest.
3. Cook veggies. In the same zone, add peppers and onions. Sauté 3–4 min until slightly charred and soft. Combine with chicken.
4. Warm tortillas. Place tortillas on the low zone for 1–2 min, flipping once.
5. Assemble tacos. Fill each tortilla with chicken and veggies. Add optional toppings.

#### INGREDIENTS

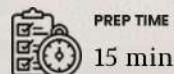
500g boneless chicken thighs, sliced  
 1 red bell pepper, sliced  
 1 yellow bell pepper, sliced  
 1 small red onion, sliced  
 1 tbsp olive oil  
 ½ tsp cumin  
 ½ tsp smoked paprika  
 ¼ tsp chili powder  
 Salt & black pepper to taste  
 Juice of ½ lime  
 8 small flour tortillas  
 Neutral oil for greasing

### 🌮 SHRIMP TACOS WITH MANGO SALSA

Sweet, spicy, and citrusy — these shrimp tacos come alive on the griddle with a tropical mango twist.

#### NUTRITIONAL VALUES (PER 2 TACOS)

Calories	Protein	Carbs	Sugar	Fat	Fiber
320 kcal	22 g	26 g	8 g	13 g	3 g



PREP TIME

15 min



COOK TIME

6-8 min



SERVINGS

4 serv  
(8 tacos)



#### TIPS

- Don't overcook shrimp — remove as soon as they turn opaque
- Use a fish spatula for clean flips
- Serve salsa cold for contrast with hot shrimp

#### INSTRUCTIONS

1. Marinate shrimp. In a bowl, toss shrimp with olive oil, lime juice, garlic, smoked paprika, chili powder, salt, and pepper. Let it sit for 10 minutes.
2. Make the salsa. Combine diced mango, red onion, chili, lime juice, cilantro, and a pinch of salt. Mix and chill.
3. Cook shrimp. Preheat griddle to medium-high. Add shrimp and cook 2–3 minutes per side until pink, curled, and lightly charred.
4. Warm tortillas. Place tortillas on the low zone of the griddle, 30 seconds per side.
5. Assemble tacos. Fill each tortilla with shrimp and a spoonful of mango salsa.

#### INGREDIENTS

450g raw shrimp (peeled, deveined)  
 1 tbsp olive oil  
 ½ tsp smoked paprika  
 ¼ tsp chili powder  
 1 garlic clove (minced)  
 Juice of 1 lime  
 Salt & pepper to taste  
 8 small corn or flour tortillas  
**Mango Salsa:**  
 1 ripe mango (diced)  
 ¼ red onion (finely diced)  
 ½ red chili or jalapeño (minced)  
 Juice of ½ lime  
 2 tbsp fresh cilantro (chopped)  
 Pinch of salt

## 🍳 STEAK STREET TACOS

Juicy seared steak, warm tortillas, and bold toppings – made fast and flavorful on your gas griddle.

### NUTRITIONAL VALUES (PER 2 TACOS)

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	26 g	24 g	2 g	23 g	2 g



PREP TIME  
15 min



COOK TIME  
8-10 min



SERVINGS  
4 serv  
(8 tacos)

#### INGREDIENTS

500g flank or skirt steak (thin-sliced)  
1 tbsp olive oil  
Juice of 1 lime  
1 garlic clove (minced)  
½ tsp cumin  
½ tsp chili powder  
Salt & black pepper to taste  
8 small corn tortillas  
Neutral oil for greasing  
Optional toppings:  
Diced red onion, fresh cilantro  
Crumbled cotija or feta cheese  
Salsa verde or pico de gallo

#### INSTRUCTIONS

1. Marinate the steak. Toss sliced steak with olive oil, lime juice, garlic, cumin, chili powder, salt, and pepper. Let marinate for 10–15 min.
2. Sear the steak. Preheat the griddle to high heat. Spread the steak in a single layer. Cook 2–3 min per side until seared and cooked to preferred doneness. Move to the edge or plate to rest.
3. Warm tortillas. Place tortillas on the low zone or the cooler part of the griddle. Warm for 30–45 seconds per side.
4. Assemble tacos. Fill each tortilla with steak slices. Top with onions, cilantro, salsa, or cheese.

#### TIPS

- Don't overcrowd the griddle – sear steak in batches if needed
- Let meat rest before slicing to keep it juicy
- For street style, keep toppings minimal and bold



## 🍳 VEGGIE CHEESE QUESADILLA

Golden, crispy, and melty – this plant-powered quesadilla is perfect for a quick griddle meal.

### NUTRITIONAL VALUES (PER 1 SERVING / 4 WEDGES)

Calories	Protein	Carbs	Sugar	Fat	Fiber
420 kcal	14 g	35 g	4 g	24 g	4 g



PREP TIME  
10 min



COOK TIME  
6-8 min



SERVINGS  
2

#### INGREDIENTS

2 large flour tortillas  
1 cup shredded cheddar or Mexican blend  
½ red bell pepper, diced  
½ small zucchini, thinly sliced  
¼ red onion, thinly sliced  
½ cup baby spinach (optional)  
1 tbsp olive oil  
Salt & pepper to taste  
Neutral oil or butter for greasing

#### INSTRUCTIONS

1. Prep veggies. Lightly sauté peppers, zucchini, and onion on the griddle for 2–3 minutes until softened. Season with salt & pepper. Move to the cooler zone.
2. Build a quesadilla. Place one tortilla on the griddle. Add half the cheese, cooked veggies, and spinach, and top with the remaining cheese. Cover with a second tortilla.
3. Cook & flip. Grill on medium heat for 2–3 minutes until the bottom is golden. Carefully flip with a large spatula or press lid, cook another 2–3 min.
4. Slice & serve. Transfer to a cutting board, slice into wedges, and serve hot.

#### TIPS

- Use a press lid to ensure even melting
- Pre-cook veggies to remove moisture – avoids soggy quesadillas
- For extra crispness, brush tortilla tops with a little butter



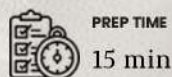


## BAJA FISH TACOS

Crispy fish, creamy slaw, and bright lime – these West Coast-inspired tacos bring surf shack flavor to the flat top.

### NUTRITIONAL VALUES (PER TACO)

Calories	Protein	Carbs	Sugar	Fat	Fiber
230 kcal	14 g	18 g	3 g	12 g	2 g



PREP TIME

15 min



COOK TIME

8 min



SERVINGS

3 tacos

### INSTRUCTIONS

1. Whisk egg and milk; dredge fish in flour, dip in egg mix, then coat in flour again.
2. Griddle fish strips 3–4 min per side until golden and cooked through.
3. Mix slaw: cabbage, mayo, lime, salt.
4. Warm tortillas; fill with fish, slaw, cilantro, and lime.

### INGREDIENTS

200 g white fish (like cod), cut into strips  
 ½ cup flour  
 1 egg  
 ¼ cup milk  
 Salt, pepper, paprika  
 1 cup shredded cabbage  
 2 tbsp mayo  
 1 tsp lime juice  
 3 small corn tortillas  
 Oil for griddle  
 Lime wedges & cilantro to serve

### TIPS

- Use panko for extra crisp
- Add chipotle sauce for heat
- Swap cabbage for shaved fennel

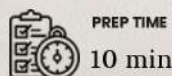


## BBQ CHICKEN QUESADILLA

Cheesy, smoky, and golden on both sides – this quick-fix classic brings the flavor in every bite.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
380 kcal	25 g	22 g	5 g	22 g	2 g



PREP TIME

10 min



COOK TIME

6 min



SERVINGS

2

### INSTRUCTIONS

1. Toss chicken with BBQ sauce.
2. Layer cheese, chicken, and extras on one tortilla.
3. Top with a second tortilla.
4. Griddle 2–3 min per side until crisp and melty.
5. Cut into wedges and serve.

### INGREDIENTS

1 cup shredded cooked chicken  
 ½ cup shredded cheddar  
 2 tbsp BBQ sauce  
 2 flour tortillas  
 1 tbsp butter or oil  
 Optional: scallions, jalapeños

### TIPS

- Press with spatula for even crisping
- Add cream cheese for richness
- Use smoked cheese for depth

## 🔍 CHORIZO & EGG BREAKFAST TACO

Spicy sausage meets creamy eggs in this morning griddle hero – bold, fast, and satisfying.

### NUTRITIONAL VALUES (PER TACO)

Calories	Protein	Carbs	Sugar	Fat	Fiber
220 kcal	11 g	14 g	2 g	13 g	1 g



PREP TIME  
10 min



COOK TIME  
8 min



SERVINGS  
3 tacos

#### INGREDIENTS

3 small flour or corn tortillas  
2 eggs  
¼ cup milk  
100 g ground chorizo  
¼ cup shredded cheese  
1 tbsp butter  
Optional: hot sauce or avocado

#### INSTRUCTIONS

1. Cook chorizo until browned and crisp.
2. Whisk eggs with milk, and scramble gently on the griddle with butter.
3. Warm tortillas and fill with eggs, chorizo, and cheese.
4. Top with sauce or avocado.



#### TIPS

- Add roasted peppers for sweetness
- Use egg whites for lighter version
- Swap chorizo for soy crumble (veg)

## 🌿 GRILLED VEGGIE QUESADILLA

Colorful, cheesy, and loaded with grilled goodness – perfect for meatless munching.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
340 kcal	15 g	22 g	3 g	20 g	3 g



PREP TIME  
10 min



COOK TIME  
7 min



SERVINGS  
2

#### INGREDIENTS

½ zucchini, thinly sliced  
¼ red bell pepper, strips  
¼ red onion, sliced  
½ cup mozzarella or jack cheese  
2 flour tortillas  
1 tbsp oil  
Salt, pepper, garlic powder

#### INSTRUCTIONS

1. Sauté veggies 5–6 min until tender.
2. Assemble quesadilla with veggies and cheese.
3. Griddle 2–3 min per side until golden and melty.
4. Cut and serve warm.



#### TIPS

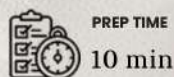
- Use a press lid for flat crisp
- Add spinach or corn for variety
- Serve with hummus or salsa

## 🌮 TURKEY TACOS WITH SLAW

Lean turkey, crunchy slaw, and warm spices — a light and flavorful spin on taco night.

### NUTRITIONAL VALUES (PER TACO)

Calories	Protein	Carbs	Sugar	Fat	Fiber
210 kcal	14 g	12 g	2 g	12 g	2 g



PREP TIME

10 min



COOK TIME

8 min



SERVINGS

3 tacos

### INSTRUCTIONS

1. Brown turkey with spices, ~5–6 min.
2. Toss cabbage with mayo and vinegar.
3. Warm tortillas on a griddle.
4. Assemble tacos with meat and slaw.

### INGREDIENTS

200 g ground turkey  
 1 tsp chili powder  
 ½ tsp cumin  
 Salt & pepper  
 1 cup shredded cabbage  
 1 tbsp mayo  
 1 tsp vinegar  
 3 small tortillas  
 Oil for griddle



### TIPS

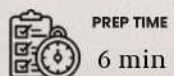
- Add a squeeze of lime for zing
- Swap cabbage for kale
- Use Greek yogurt instead of mayo

## 🌮 BEAN & CHEESE STREET TACOS

Simple, satisfying, and perfectly gooey — a street food staple turned griddle favorite.

### NUTRITIONAL VALUES (PER TACO)

Calories	Protein	Carbs	Sugar	Fat	Fiber
190 kcal	9 g	18 g	1 g	9 g	3 g



PREP TIME

6 min



COOK TIME

6 min



SERVINGS

3 tacos

### INSTRUCTIONS

1. Spread beans on tortillas, and top with cheese.
2. Fold and grill both sides until crisp and gooey.
3. Garnish with onion or cilantro.

### INGREDIENTS

1 cup refried beans  
 ½ cup shredded cheese (cheddar/jack)  
 3 corn tortillas  
 1 tbsp oil or butter  
 Optional: chopped onion or cilantro



### TIPS

- Add hot sauce inside before folding
- Use plant-based cheese for vegan version
- Make mini “fold-over” tacos for appetizers

## CHAPTER 7: HOT DOGS & STREET FOOD

### ASIAN-STYLE HOT DOGS

Bold, savory, and a little sweet — this griddle-seared twist on the classic hot dog adds an irresistible Asian flair.

#### NUTRITIONAL VALUES (PER HOT DOG WITH TOPPING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
390 kcal	14 g	28 g	6 g	24 g	3 g



PREP TIME  
10 min



COOK TIME  
6-8 min



SERVINGS  
4 hot dogs

#### INGREDIENTS

4 beef or chicken hot dogs  
4 hot dog buns  
1 tbsp soy sauce  
1 tsp sesame oil  
1 tsp honey or brown sugar  
1 garlic clove, minced  
½ cup shredded carrot  
½ cup cucumber, julienned  
¼ cup red cabbage, thinly sliced  
2 tbsp mayonnaise (optional)  
1 tsp sriracha (optional)  
1 tsp sesame seeds  
Neutral oil for greasing

#### INSTRUCTIONS

1. **Make glaze.** In a small bowl, combine soy sauce, sesame oil, honey, and minced garlic. Set aside.
2. **Sear hot dogs.** Preheat the griddle to medium heat. Cook hot dogs for 5–6 minutes, rolling occasionally until evenly browned. Brush with glaze during the last 2 minutes.
3. **Toast buns.** Split buns and toast face down on the griddle for 1–2 minutes until golden.
4. **Build hot dogs.** Place hot dogs in buns. Top with shredded carrot, cucumber, and cabbage. Drizzle with mayo and sriracha. Sprinkle sesame seeds.

#### TIPS

- Use tongs for even searing
- Pre-mix toppings into an Asian-style slaw for quicker serving
- Toast buns in butter for extra flavor



### GRIDDLED CORN DOGS

Classic fair food made simple at home — crisp, golden batter and juicy dogs, griddled to perfection.

#### NUTRITIONAL VALUES (PER 2 MINI DOGS)

Calories	Protein	Carbs	Sugar	Fat	Fiber
320 kcal	10 g	22 g	3 g	19 g	1 g



PREP TIME  
10 min



COOK TIME  
10-12 min



SERVINGS  
4 serv  
(8 mini corn dogs)

#### INGREDIENTS

4 beef or chicken hot dogs  
½ cup cornmeal  
½ cup all-purpose flour  
1 tbsp sugar  
½ tsp baking powder  
¼ tsp salt  
1 egg  
½ cup milk  
1 tbsp melted butter  
Neutral oil for greasing  
Small skewers or toothpicks

#### INSTRUCTIONS

1. **Prep hot dogs.** Cut hot dogs in half and insert toothpicks or small skewers.
2. **Make batter.** In a bowl, mix cornmeal, flour, sugar, baking powder, and salt. In another bowl, whisk milk, egg, and melted butter. Combine wet and dry until smooth.
3. **Preheat the griddle.** Set to medium heat, grease lightly.
4. **Dip and cook.** Dip each hot dog half into the batter, then place on the griddle. Cook 4–5 min per side until golden brown, turning with tongs. Work in batches if needed.

#### TIPS

- Chill batter briefly for better coating
- Use a spatula to gently turn — avoid overhandling
- Add a press lid for even crisping

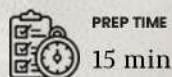


## 🍗 CHICKEN SHAWARMA WRAPS

Juicy, spiced chicken grilled to perfection, wrapped in warm flatbread with crisp veggies and creamy sauce.

### NUTRITIONAL VALUES (PER WRAP)

Calories	Protein	Carbs	Sugar	Fat	Fiber
450 kcal	27 g	28 g	4 g	22 g	3 g



PREP TIME

15 min



COOK TIME

10-12 min



SERVINGS

4

### INSTRUCTIONS

1. Marinate chicken. In a bowl, mix oil, lemon juice, garlic, and all spices. Add chicken and coat well. Let marinate for 10–15 min (or overnight for best flavor).
2. Cook chicken. Preheat griddle to medium-high, grease lightly. Cook chicken 4–5 min per side until charred and cooked through. Transfer to a cutting board and slice.
3. Warm flatbreads. Place wraps on low heat zone for 1–2 min per side to soften.
4. Assemble. Fill each flatbread with sliced chicken, lettuce, tomato, onion, and a spoonful of yogurt or tahini sauce. Roll or fold and serve warm.

### INGREDIENTS

1 lb (450g) boneless chicken thighs; Juice of ½ lemon  
 2 tbsp olive oil; 1 tsp paprika  
 1 tsp cumin; ½ tsp turmeric  
 ½ tsp ground coriander  
 ¼ tsp cinnamon  
 Salt & pepper to taste  
 1 garlic clove, minced  
 4 flatbreads or pita wraps  
 ½ cup shredded lettuce  
 ½ cup diced tomato  
 ½ red onion, thinly sliced  
 ½ cup Greek yogurt or tahini sauce  
 Neutral oil for greasing



### TIPS

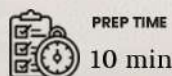
- Use press lid for extra sear on chicken
- Slice chicken against the grain for tenderness
- Add chili flakes or hot sauce for spice lovers

## 🍗 TURKEY & CHEESE ROLLS

Melty cheese, juicy turkey, and golden-crisp wrap – an easy, satisfying griddle meal or snack.

### NUTRITIONAL VALUES (PER 2 ROLLS)

Calories	Protein	Carbs	Sugar	Fat	Fiber
360 kcal	20 g	22 g	2 g	22 g	2 g



PREP TIME

10 min



COOK TIME

6-8 min



SERVINGS

4 serv  
(8 rolls)

### INSTRUCTIONS

1. Prep wraps. Spread mayo (and mustard if using) over each tortilla. Layer 2 slices of turkey and ¼ cup cheese on one side. Roll tightly into logs. Secure with toothpicks if needed.
2. Griddle time. Preheat the griddle to medium. Lightly grease. Place rolls seam-side down. Cook 3–4 min per side, turning gently with a spatula, until golden and cheese is melted.
3. Rest & serve. Remove toothpicks, let cool slightly, then slice each roll in half for serving.

### INGREDIENTS

8 slices deli turkey breast  
 4 large flour tortillas  
 1 cup shredded mozzarella or cheddar  
 2 tbsp mayonnaise or cream cheese  
 1 tsp Dijon mustard (optional)  
 1 tbsp olive oil or melted butter  
 Neutral oil for greasing  
 Toothpicks (optional, for sealing)



### TIPS

- Use a press lid for uniform melting
- Don't overfill to keep rolls tight
- Press gently with spatula to ensure good surface contact

## 🇲🇽 GRIDDLED ELOTE (MEXICAN STREET CORN)

Sweet corn gets a bold makeover with creamy sauce, tangy lime, and a punch of chili — all cooked to smoky perfection on the flat-top. A true street food classic, griddle-style.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
220 kcal	5 g	17 g	5 g	14 g	2 g



PREP TIME  
10 min



COOK TIME  
8 min



SERVINGS  
4

#### INGREDIENTS

4 corn cobs, halved or whole  
2 tbsp mayonnaise  
2 tbsp sour cream or Greek yogurt  
1 tbsp lime juice  
½ tsp chili powder  
2 tbsp crumbled cotija or feta cheese  
1 tbsp chopped cilantro  
1 tbsp oil or butter for grilling  
Lime wedges for serving

#### INSTRUCTIONS

1. **Grill the corn.** Brush corn lightly with oil or butter. Grill on all sides for 6–8 minutes, turning occasionally until kernels are browned and slightly blistered.
2. **Make the sauce.** In a bowl, mix mayo, sour cream, lime juice, and chili powder until smooth.
3. **Coat and garnish.** Brush the hot corn with the creamy sauce, then sprinkle with cheese, cilantro, and an extra dash of chili. Serve with lime wedges.

#### TIPS

- Use a press lid to evenly char corn faster
- Want it spicier? Add hot sauce or cayenne to the sauce
- Great served warm or at room temperature



## 🥓 BACON-WRAPPED HOT DOGS

Smoky, juicy, and wrapped in crisped perfection — this ballpark legend comes to life on the griddle.

### NUTRITIONAL VALUES (PER HOT DOG)

Calories	Protein	Carbs	Sugar	Fat	Fiber
420 kcal	14 g	24 g	4 g	30 g	1 g



PREP TIME  
8 min



COOK TIME  
8 min



SERVINGS  
4 hot dogs

#### INGREDIENTS

4 beef hot dogs  
4 strips bacon  
4 hot dog buns  
Optional: diced onions, jalapeños, mustard

#### INSTRUCTIONS

1. Wrap each dog tightly with a strip of bacon.
2. Griddle until bacon is crisped on all sides (~6–8 min).
3. Toast buns lightly.
4. Serve hot dogs with toppings.

#### TIPS

- Use toothpicks to hold bacon while searing
- Press gently for even contact
- Add BBQ glaze for sweet heat



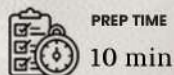


#### TIPS

- Press sandwich slightly for texture
- Add ham or turkey for protein
- Dust with pepper for balance

1. Beat eggs and mix with veggies and sugar.
2. Griddle veggie omelet ~2 min per side.
3. Toast bread and melt cheese.
4. Assemble the sandwich with condiments.

#### INSTRUCTIONS



PREP TIME  
10 min



COOK TIME  
10 min



SERVINGS  
2 sandwiches

#### INGREDIENTS

4 slices white bread  
2 eggs  
¼ cup shredded carrot  
¼ cup shredded cabbage  
1 tbsp sugar  
2 slices cheese  
2 tbsp butter  
Optional: ketchup, mayo

## KOREAN STREET TOAST

Savory, sweet, and stacked – this egg, crunchy sandwich is pure Seoul comfort food.

#### NUTRITIONAL VALUES (PER SANDWICH)

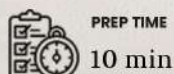
Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	16 g	30 g	7 g	24 g	3 g

## GRIDDLED SAUSAGE HOAGIE

A sizzling classic – juicy sausage, griddled peppers, and a toasted roll straight from the cart.

#### NUTRITIONAL VALUES (PER HOAGIE)

Calories	Protein	Carbs	Sugar	Fat	Fiber
520 kcal	24 g	32 g	5 g	32 g	2 g



PREP TIME  
10 min



COOK TIME  
12 min



SERVINGS  
2 hoagies

#### INGREDIENTS

2 Italian sausages (mild or spicy)  
½ onion, sliced  
½ red bell pepper, sliced  
2 hoagie rolls  
1 tbsp oil  
Mustard or marinara (optional)



#### TIPS

- Split sausages lengthwise for more sear
- Add provolone or mozzarella
- Use banana peppers for tang

1. Griddle sausages until browned and cooked through.
2. Sauté peppers and onions until soft and sweet.
3. Toast rolls.
4. Assemble sausage, veggies, and condiments.

#### INSTRUCTIONS

## PHILLY CHEESESTEAK ROLL

Sizzling beef, sweet onions, and gooey cheese in a toasted roll – pure griddled satisfaction.

### NUTRITIONAL VALUES (PER ROLL)

Calories	Protein	Carbs	Sugar	Fat	Fiber
550 kcal	30 g	34 g	6 g	32 g	2 g



PREP TIME  
10 min



COOK TIME  
10 min



SERVINGS  
2 rolls

#### INGREDIENTS

200 g thin-sliced beef (ribeye or sirloin)  
½ onion, thinly sliced  
1 tbsp oil or butter  
2 hoagie rolls  
4 slices provolone or American cheese  
Salt & pepper

#### INSTRUCTIONS

1. Sauté the onion until soft and golden.
2. Griddle beef quickly – season, cook ~2 min per side.
3. Layer cheese over the meat and cover to melt.
4. Toast rolls, then stuff with beef, onion, and melted cheese.

#### TIPS

- Use a metal press for faster melt
- Add mushrooms or peppers
- Use split-top rolls for vintage look



## CHILI CHEESE DOGS

Bold and messy in the best way – loaded dogs smothered in spicy meat and cheese.

### NUTRITIONAL VALUES (PER HOT DOG)

Calories	Protein	Carbs	Sugar	Fat	Fiber
480 kcal	19 g	24 g	4 g	35 g	1 g



PREP TIME  
12 min



COOK TIME  
10 min



SERVINGS  
4 hot dogs

#### INGREDIENTS

4 beef hot dogs  
4 buns  
1 cup chili (homemade or canned)  
½ cup shredded cheddar  
Optional: diced onions or jalapeños

#### INSTRUCTIONS

1. Griddle hot dogs until blistered and cooked.
2. Warm chili in a corner of the griddle or a small pan.
3. Toast buns lightly.
4. Top dogs with hot chili and cheese. Add extras if desired.

#### TIPS

- Use a spoon to push chili deep into the bun
- Try white cheddar for contrast
- Griddle cheese directly for crispy bits



## CHAPTER 8: 🍕 PIZZA & FLATBREADS

### 🍕 MINI MARGHERITA PIZZAS

Crispy base, fresh basil, melted mozzarella – a classic favorite reimagined for the griddle.

#### NUTRITIONAL VALUES (PER 2 MINI PIZZAS)

Calories	Protein	Carbs	Sugar	Fat	Fiber
340 kcal	13 g	30 g	4 g	17 g	2 g



PREP TIME

10 min



COOK TIME

6-8 min



SERVINGS

4 serv  
(8 mini pizzas)

#### INSTRUCTIONS

- 1. Prep dough.** Divide the pizza dough into 8 equal balls. Flatten each into a small round (~5" diameter) on a floured surface.
- 2. Griddle base.** Place rounds in the medium-high zone. Cook for 2–3 minutes until golden on the bottom. Flip.
- 3. Add toppings.** Spread a spoonful of sauce, and add cheese and tomato slices. Cover with a press lid or dome. Cook for 2–3 more minutes until the cheese melts.
- 4. Finish & serve.** Remove from heat. Top with fresh basil, drizzle olive oil, and season with salt & pepper.

#### INGREDIENTS

1 lb (450g) pizza dough  
 ½ cup marinara or pizza sauce  
 1 cup shredded mozzarella  
 1–2 tomatoes, thinly sliced  
 Fresh basil leaves  
 1 tbsp olive oil  
 Salt & pepper to taste  
 Flour (for dusting)  
 Neutral oil for greasing



#### TIPS

- Use a melting dome for cheese perfection
- Preheat griddle thoroughly for crisp base
- Avoid overloading – thin layers cook best

### 🍗 CHICKEN PITA PIZZA

A quick, crispy flatbread pizza topped with juicy chicken and melty cheese – griddle-fast and flavor-packed.

#### NUTRITIONAL VALUES (PER 1 PITA PIZZA)

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	28 g	30 g	3 g	20 g	3 g



PREP TIME

10 min



COOK TIME

6-8 min



SERVINGS

2 pita-pizzas

#### INSTRUCTIONS

- 1. Prep toppings.** If needed, warm or season the shredded chicken. Prep and slice vegetables.
- 2. Toast base.** Place pita breads in the medium zone. Toast 1–2 min per side until lightly crisped.
- 3. Build pizzas.** Spread sauce over each pita. Add chicken, onion, bell pepper, and cheese. Sprinkle with Italian seasoning, salt, and pepper.
- 4. Melt & finish.** Cover with a melting dome or press lid. Cook 3–4 min until cheese is bubbly and melted.
- 5. Serve.** Remove from the griddle, top with herbs, slice into quarters, and serve hot.

#### INGREDIENTS

2 whole wheat pita breads  
 1 cup cooked chicken (shredded)  
 ½ cup pizza or marinara sauce  
 1 cup shredded mozzarella  
 ¼ red onion, thinly sliced  
 ½ bell pepper, diced  
 1 tsp Italian seasoning  
 Olive oil for brushing  
 Salt & pepper to taste  
 Fresh basil or parsley (optional)



#### TIPS

- Use pre-cooked rotisserie chicken for speed
- Press lid or dome ensures quick melt without burning base
- Brush pita edges with olive oil for golden crunch

## 🍌 GOAT CHEESE & FIG FLATBREAD

A perfect sweet-savory bite: creamy goat cheese, jammy figs, and crisp golden crust — fast and elegant.

### NUTRITIONAL VALUES (PER FLATBREAD)

Calories	Protein	Carbs	Sugar	Fat	Fiber
380 kcal	11 g	33 g	9 g	21 g	2 g



PREP TIME

8 min



COOK TIME

6-7 min



SERVINGS

2 flatbreads

#### INGREDIENTS

2 small naan or flatbreads  
½ cup crumbled goat cheese  
4–6 fresh figs (or 3 tbsp fig jam)  
2 tsp honey  
1 tsp balsamic glaze (optional)  
Olive oil for brushing  
Fresh thyme or arugula (garnish)  
Salt & pepper to taste

#### INSTRUCTIONS

1. Prepare toppings. Slice figs thinly if using fresh. Crumble the goat cheese. Set everything within reach.
2. Toast base. Place naan/flatbread on a medium heat zone. Cook 1–2 min per side until lightly toasted.
3. Add toppings. Spread fig jam or layer fig slices. Sprinkle goat cheese evenly. Drizzle with honey. Add a pinch of salt & pepper.
4. Cover & melt. Use a melting dome or press the lid. Cook 2–3 min until cheese softens and flatbread crisps at the edges.
5. Finish. Remove from heat. Drizzle with balsamic glaze if desired. Garnish with fresh thyme or arugula. Slice and serve warm.

#### TIPS

- Fresh figs give elegant texture; jam is great off-season
- Add a few crushed walnuts for crunch
- Use a dome for even cheese warming without burning the base



## 🌿 SPINACH & FETA FLATBREAD

Savory, creamy, and packed with greens — a Mediterranean-inspired flatbread perfect for the griddle.

### NUTRITIONAL VALUES (PER FLATBREAD)

Calories	Protein	Carbs	Sugar	Fat	Fiber
370 kcal	13 g	28 g	3 g	22 g	3 g



PREP TIME

10 min



COOK TIME

6-7 min



SERVINGS

2 flatbreads

#### INGREDIENTS

2 small naan or flatbreads  
1 cup baby spinach, chopped  
½ cup crumbled feta cheese  
¼ red onion, thinly sliced  
1 garlic clove, minced  
1 tbsp olive oil  
¼ tsp dried oregano  
Salt & pepper to taste  
Optional: dollop of Greek yogurt  
Olive oil or butter for greasing

#### INSTRUCTIONS

1. Prep filling. Sauté spinach, garlic, and onion on the griddle with ½ tbsp olive oil for 2–3 minutes until wilted. Season with salt, pepper, and oregano. Set aside.
2. Toast base. Place flatbreads on medium heat. Toast 1–2 min on each side until golden and slightly crisp.
3. Assemble. Spread the spinach mixture evenly over each flatbread. Top with crumbled feta.
4. Cover & melt. Use a melting dome or lid. Heat for 2–3 minutes until the cheese softens and the base is crispy.
5. Serve. Slice into wedges. Optionally add a spoonful of Greek yogurt or a squeeze of lemon.

#### TIPS

- Use fresh spinach for best texture
- Don't overload with toppings — keeps crust crisp
- Crumble feta with fingers for even coverage

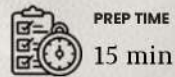


## 🍕 PEPPERONI GRIDDLE PIZZA

Crispy-bottom, melty-topped, and oozing nostalgia — pizza night hits the griddle.

### NUTRITIONAL VALUES (PER PIZZA)

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	16 g	32 g	3 g	24 g	2 g



PREP TIME  
15 min



COOK TIME  
8 min



SERVINGS  
2 small pizzas

### INSTRUCTIONS

1. Divide the dough and flatten into rounds.
2. Brush the griddle lightly with oil, and place the dough down.
3. Cook for 2–3 min, flip, then top with sauce, cheese, and pepperoni.
4. Cover with dome/lid and cook 3–4 min until cheese melts.

### INGREDIENTS

250 g pizza dough  
 ½ cup marinara sauce  
 ½ cup mozzarella  
 10–12 pepperoni slices  
 Olive oil for brushing



### TIPS

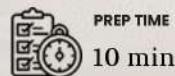
- Use a griddle press to speed crust
- Add chili flakes for spice
- Let dough sit at room temp before stretching

## 🍕 FLATBREAD WITH PESTO & CHICKEN

Aromatic, creamy, and toasty — this flatbread balances herbaceous pesto with savory chicken.

### NUTRITIONAL VALUES (PER FLATBREAD)

Calories	Protein	Carbs	Sugar	Fat	Fiber
390 kcal	22 g	26 g	3 g	22 g	2 g



PREP TIME  
10 min



COOK TIME  
6–8 min



SERVINGS  
2 flatbreads

### INSTRUCTIONS

1. Spread pesto on each flatbread.
2. Top with chicken, cheese, and extras.
3. Griddle with cover for 5–6 min until cheese melts.
4. Slice and serve hot.

### INGREDIENTS

2 flatbreads (store-bought or homemade)  
 1 cup cooked chicken, chopped  
 2 tbsp pesto  
 ½ cup mozzarella or provolone  
 Optional: cherry tomatoes, red onion



### TIPS

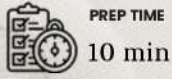
- Use naan or pita as base
- Add chili oil for kick
- Drizzle with balsamic glaze to finish

## MUSHROOM & THYME PIZZA

Earthy, herby, and satisfyingly crispy – this vegetarian pizza is a griddled ode to autumn.

### NUTRITIONAL VALUES (PER PIZZA)

Calories	Protein	Carbs	Sugar	Fat	Fiber
400 kcal	14 g	30 g	3 g	20 g	3 g



PREP TIME  
10 min



COOK TIME  
8 min



SERVINGS  
2 mini pizzas

#### INGREDIENTS

250 g pizza dough  
1 cup sliced mushrooms  
(button, cremini, or mix)  
1 tsp fresh thyme  
½ cup mozzarella  
2 tbsp olive oil  
Salt & pepper

#### INSTRUCTIONS

1. Sauté mushrooms in oil with thyme, salt, and pepper.
2. Stretch dough into rounds. Cook the first side, and flip.
3. Top with cheese and mushroom mixture.
4. Cover to melt the cheese. Cook until the bottom is crisp.

#### TIPS

- Use truffle oil for luxury twist
- Add ricotta dollops before serving
- Grill thyme sprigs for aroma

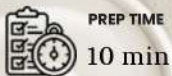


## BUFFALO CHICKEN FLATBREAD

Spicy, cheesy, and tangy – this fiery flatbread has all the boldness of buffalo wings, minus the mess.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
420 kcal	23 g	28 g	3 g	25 g	2 g



PREP TIME  
10 min



COOK TIME  
6 min



SERVINGS  
2

#### INGREDIENTS

2 flatbreads  
1 cup shredded chicken  
2 tbsp buffalo sauce  
½ cup shredded cheese  
(cheddar or mozzarella)  
1 tbsp ranch or blue  
cheese dressing  
(optional)

#### INSTRUCTIONS

1. Toss chicken in buffalo sauce.
2. Top flatbreads with cheese and saucy chicken.
3. Griddle covered for 5–6 minutes until melty.
4. Drizzle with dressing if desired.

#### TIPS

- Use leftover rotisserie chicken
- Add chopped celery for crunch
- Garnish with chives or parsley

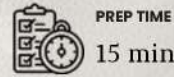


## 🍕 ROASTED VEGGIE PIZZA

A vibrant mix of charred veggies, melty cheese, and crisp crust — colorful and satisfying.

### NUTRITIONAL VALUES (PER PIZZA)

Calories	Protein	Carbs	Sugar	Fat	Fiber
390 kcal	13 g	33 g	4 g	19 g	4 g



PREP TIME  
15 min



COOK TIME  
8 min



SERVINGS  
2 pizzas

### INSTRUCTIONS

1. Griddle veggies until charred.
2. Stretch the dough and cook 1 side. Flip and top with sauce, cheese, and veggies.
3. Cover to melt the cheese.
4. Season with oregano and serve.

### INGREDIENTS

250 g pizza dough  
 ½ zucchini, sliced  
 ¼ red onion, sliced  
 ¼ bell pepper, chopped  
 ½ cup mozzarella  
 2 tbsp tomato sauce  
 1 tbsp olive oil  
 Salt, pepper, oregano



### TIPS

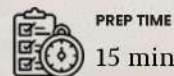
- Add olives or capers for saltiness
- Use vegan cheese for dairy-free
- Try spicy tomato paste instead of sauce

## 🍷 GARLIC WHITE SAUCE PIZZA

Rich, creamy, and indulgent — this white pizza is all about that roasted garlic love.

### NUTRITIONAL VALUES (PER PIZZA)

Calories	Protein	Carbs	Sugar	Fat	Fiber
430 kcal	15 g	28 g	2 g	27 g	2 g



PREP TIME  
15 min



COOK TIME  
8 min



SERVINGS  
2 small pizzas

### INSTRUCTIONS

1. Mash roasted garlic into ricotta.
2. Griddle dough first side, flip.
3. Spread garlic ricotta and top with mozzarella and herbs.
4. Cover and cook until melted and crisp.

### INGREDIENTS

250 g dough  
 ¼ cup ricotta or white sauce  
 1 tbsp roasted garlic  
 ½ cup mozzarella  
 Olive oil, salt, pepper  
 Fresh thyme or rosemary (optional)



### TIPS

- Add mushrooms or spinach
- Use béchamel instead of ricotta
- Drizzle with chili oil

## CHAPTER 9: 🍝 PASTA & NOODLES

### 🍝 TERIYAKI VEGGIE UDON

Savory, glossy, and packed with texture — this Japanese-style stir-fry is lightning-fast on the griddle.

#### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	12 g	55 g	8 g	18 g	5 g



PREP TIME  
10 min



COOK TIME  
7-8 min



SERVINGS  
2

#### INGREDIENTS

2 packs pre-cooked udon noodles  
1 small carrot, julienned  
½ red bell pepper, sliced  
½ small zucchini, thinly sliced; 1 tsp sesame oil  
¼ red onion, thinly sliced  
1 cup baby spinach  
2 tbsp teriyaki sauce  
1 tbsp soy sauce (optional)  
Neutral oil for greasing  
Toasted sesame seeds (garnish)  
Scallions, thinly sliced (garnish)

#### INSTRUCTIONS

1. Prep veggies. Slice all vegetables thinly for fast, even cooking.
2. Sauté veggies. Heat oil on medium-high. Sauté carrot, pepper, onion, and zucchini for 2–3 minutes until softened but still crisp. Add spinach last, and stir until wilted.
3. Add noodles. Add udon directly to the griddle, and separate with tongs. Stir together with veggies.
4. Sauce & toss. Pour teriyaki sauce and soy sauce (if using) over the mixture. Toss for 2–3 minutes until noodles are glazed and caramelized in spots.
5. Serve hot. Transfer to plates. Garnish with sesame seeds and scallions.

#### TIPS

- Use tongs or two spatulas to toss noodles evenly
- Don't over-sauce — keep it glossy, not soggy
- Pre-warm udon (30 sec in microwave) if clumped



### 🍝 CHICKEN ALFREDO PASTA

Creamy, rich, and seared to perfection — a classic turned griddle-friendly.

#### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
540 kcal	32 g	35 g	3 g	30 g	2 g



PREP TIME  
10 min



COOK TIME  
8-10 min



SERVINGS  
2

#### INGREDIENTS

1 cup cooked penne or fettuccine  
1 chicken breast, sliced thin  
2 tbsp butter  
2 garlic cloves, minced  
½ cup heavy cream  
¼ cup grated Parmesan  
¼ tsp black pepper  
Salt to taste  
1 tbsp olive oil (for griddle)  
Fresh parsley for garnish

#### INSTRUCTIONS

1. Cook chicken. Preheat griddle to medium-high. Season chicken with salt & pepper. Cook 3–4 min per side until golden and fully cooked. Move to the cooler zone.
2. Make Alfredo base. Lower the heat to medium. Melt butter, sauté garlic 30 sec. Pour in the cream, and stir 1–2 minutes until slightly thickened. Add Parmesan and stir to melt.
3. Combine with pasta. Add cooked pasta directly to the sauce on the griddle. Toss with chicken and Alfredo until evenly coated and warmed through (2–3 min).
4. Serve. Plate hot. Sprinkle with parsley and extra cheese if desired.

#### TIPS

- Use thin chicken slices for faster, juicier cooking
- Keep sauce moving to prevent scorching
- Add splash of pasta water or milk if sauce thickens too much



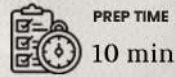


## ZUCCHINI NOODLES WITH TOMATO SAUCE

Light, healthy, and vibrant — a low-carb pasta alternative, made sizzling on the griddle.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
210 kcal	5 g	16 g	8 g	14 g	4 g



PREP TIME

10 min



COOK TIME

6-7 min



SERVINGS

2

### INSTRUCTIONS

1. Prep noodles. Spiralize zucchinis, and blot with a paper towel to reduce moisture.
2. Sauté aromatics. On medium heat, sauté garlic and chili flakes in olive oil for 30 seconds.
3. Cook noodles. Add zucchini noodles. Sauté 2–3 min until slightly tender but not mushy.
4. Add sauce. Pour tomato sauce directly over the noodles. Stir gently for 2–3 minutes until heated through and fully coated. Season to taste.
5. Serve. Plate immediately. Garnish with Parmesan and fresh basil.

### INGREDIENTS

- 2 medium zucchinis, spiralized
- 1 cup tomato pasta sauce
- 1 garlic clove, minced
- 1 tbsp olive oil (for sauté)
- ¼ tsp chili flakes (optional)
- Salt & pepper to taste
- 1 tbsp grated Parmesan
- Fresh basil for garnish

### TIPS

- Don't overcook — zucchini can turn watery
- Use silicone tongs to toss without breaking noodles
- For added protein, top with grilled shrimp or tofu

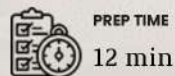


## PEANUT NOODLES WITH GRILLED TOFU

Aromatic, creamy, and toasty — this flatbread balances herbaceous pesto with savory chicken.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
490 kcal	19 g	38 g	7 g	26 g	4 g



PREP TIME

12 min



COOK TIME

10 min



SERVINGS

2

### INSTRUCTIONS

1. Make peanut sauce. In a bowl, whisk together peanut butter, soy sauce, vinegar, sesame oil, garlic, ginger, honey, and water until smooth.
2. Grill tofu. On medium-high heat, grill tofu slices 3–4 min per side until golden and crispy. Move to the warm zone.
3. Warm noodles. Add cooked rice noodles to the medium zone. Pour peanut sauce over the noodles. Toss gently with tongs until evenly coated and warmed through (2–3 min).
4. Serve. Plate noodles and top with tofu, scallions, and lime juice.

### INGREDIENTS

- 6 oz cooked rice noodles
- ½ block firm tofu, sliced into planks
- 2 tbsp peanut butter (smooth)
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 garlic clove, minced
- ½ tsp grated ginger
- 1 tbsp honey or maple syrup
- 1 tbsp water (to thin sauce)
- 1 tbsp vegetable oil (griddle)
- Lime wedges & scallions for garnish

### TIPS

- Press tofu beforehand for best texture
- Add a splash of water if sauce thickens too much
- Toss quickly to avoid sticking

## GRIDDLED MAC-N-CHEESE BALLS

Crispy outside, creamy inside – mac 'n' cheese turned snackable, seared golden on the griddle.

### NUTRITIONAL VALUES (PER 3 BALLS)

Calories	Protein	Carbs	Sugar	Fat	Fiber
290 kcal	9 g	24 g	2 g	18 g	1 g



PREP TIME  
20 min



COOK TIME  
8-10 min



SERVINGS  
12 balls

#### INGREDIENTS

2 cups cooked mac & cheese (cooled)  
½ cup breadcrumbs  
1 egg  
1 tbsp flour  
2 tbsp oil  
Salt & pepper

#### INSTRUCTIONS

1. Mix cooled mac with egg and flour.
2. Form into firm balls, and roll in breadcrumbs.
3. Griddle 3–4 min per side until crisp and heated through.
4. Serve hot with dipping sauce.

#### TIPS

- Chill balls before griddling
- Use smoked cheddar for twist
- Serve with ranch or marinara



## PESTO VEGGIE NOODLES

Fresh, green, and griddle-friendly – these noodles are fast, flexible, and full of summer flavor.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
330 kcal	10 g	34 g	4 g	18 g	3 g



PREP TIME  
10 min



COOK TIME  
6 min



SERVINGS  
2

#### INGREDIENTS

150 g cooked spaghetti or linguine  
2 tbsp pesto  
½ zucchini, spiralized or thin-sliced  
¼ cup cherry tomatoes, halved  
1 tbsp olive oil  
Salt & pepper  
Grated parmesan (optional)

#### INSTRUCTIONS

1. Sauté zucchini and tomatoes ~3 min until softened.
2. Add noodles and pesto.
3. Toss gently on the griddle until warmed through.
4. Serve with grated cheese and fresh pepper.

#### TIPS

- Use store-bought pesto or make your own
- Add pine nuts for crunch
- Works well with rice noodles too



## CREAMY BACON PASTA

Savory, smoky, and ultra-satisfying – the perfect griddle pasta for big appetite days.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
460 kcal	17 g	38 g	3 g	28 g	2 g



PREP TIME

8 min



COOK TIME

10 min



SERVINGS

2

### INSTRUCTIONS

1. Cook the bacon until crisp, then set it aside.
2. Sauté garlic in bacon fat briefly.
3. Add pasta, cream, parmesan, salt, and pepper.
4. Toss everything together and serve with bacon and herbs.

### INGREDIENTS

150 g cooked pasta (penne or fusilli)  
 4 strips bacon, chopped  
 2 tbsp cream or sour cream  
 ¼ cup parmesan  
 1 garlic clove, minced  
 Salt & pepper  
 Parsley to garnish



### TIPS

- Use smoked cheese for added depth
- Add peas or spinach for freshness
- Try turkey bacon for leaner version

## GRIDDLE GNOCCHI WITH SPINACH

Crispy-edged gnocchi and wilted greens – the magic of pan-seared pasta on a flat top.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
400 kcal	12 g	42 g	2 g	20 g	3 g



PREP TIME

10 min



COOK TIME

10 min



SERVINGS

2

### INSTRUCTIONS

1. Griddle gnocchi in butter until golden on all sides (~7 minutes).
1. Add the spinach and let it wilt slightly.
2. Toss with parmesan and season.
3. Serve hot with optional flakes.

### INGREDIENTS

200 g shelf-stable or homemade gnocchi  
 1 tbsp butter or oil  
 2 cups baby spinach  
 2 tbsp parmesan  
 Salt & pepper  
 Optional: red pepper flakes



### TIPS

- Don't boil gnocchi first – go straight to griddle
- Use garlic butter for flavor boost
- Add a soft egg on top for richness

## STIR-FRIED PAD THAI

Savory, sweet, and just a little spicy — this griddled pad Thai skips the wok but keeps all the flavor.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
370 kcal	11 g	40 g	6 g	18 g	3 g



PREP TIME  
15 min



COOK TIME  
7 min



SERVINGS  
2

#### INGREDIENTS

150 g rice noodles, soaked or boiled  
1 egg  
½ cup bean sprouts  
2 tbsp soy sauce  
1 tbsp tamarind or lime juice  
1 tsp sugar  
1 tbsp oil  
Crushed peanuts, scallions for topping

#### INSTRUCTIONS

1. Scramble the egg on the griddle and push it aside.
2. Add noodles, sauce, and sugar. Toss.
3. Stir in sprouts and eggs. Heat through.
4. Top with peanuts and scallions.

#### TIPS

- Use tofu or shrimp for protein
- Add chili oil for heat
- Serve with lime wedge



## GRIDDLE LASAGNA BITES

All the layered flavor of lasagna — crispy-edged, bite-sized, and ready in minutes.

### NUTRITIONAL VALUES (PER 3 BITES)

Calories	Protein	Carbs	Sugar	Fat	Fiber
310 kcal	12 g	26 g	3 g	17 g	2 g



PREP TIME  
15 min



COOK TIME  
10 min



SERVINGS  
12 bites

#### INGREDIENTS

6 cooked lasagna noodles  
½ cup ricotta  
¼ cup marinara  
¼ cup shredded mozzarella  
1 tbsp oil  
Italian seasoning  
Optional: cooked sausage crumbles

#### INSTRUCTIONS

1. Cut noodles into ~3-inch squares.
2. Layer ricotta, sauce, sausage, and mozzarella.
3. Griddle covered for 4–5 minutes until cheese melts, and bottoms are crisp.
4. Serve warm with extra sauce.

#### TIPS

- Use muffin rings to hold shape
- Swap ricotta for goat cheese
- Top with fresh basil



## CHAPTER 10: 🍖 MEAT & POULTRY

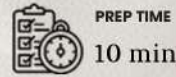
### 🍷 GARLIC HERB CHICKEN THIGHS



Juicy, fragrant, and golden-seared — a savory griddle classic packed with flavor.

#### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	36 g	2 g	0 g	27 g	0 g



PREP TIME

10 min



COOK TIME

10-12 min



SERVINGS

2

#### INSTRUCTIONS

1. Prep chicken. Pat chicken thighs dry. In a bowl, combine with oil, garlic, thyme, rosemary, paprika, salt, and pepper. Marinate for 10–15 minutes if possible.
2. Cook on a griddle. Place chicken in a medium-high heat zone. Cook ~5–6 min per side, pressing lightly with a spatula for even contact, until deeply golden and internal temp reaches 165°F (74°C).
3. Rest & serve. Let rest for 2–3 min in the cooler zone. Garnish with chopped parsley.

#### INGREDIENTS

4 boneless, skinless chicken thighs  
 1 tbsp olive oil  
 2 garlic cloves, minced  
 ½ tsp dried thyme  
 ½ tsp dried rosemary  
 ¼ tsp paprika  
 Salt & black pepper to taste  
 Fresh parsley for garnish

#### TIPS

- Don't overcrowd the griddle — use space for airflow
- Use a meat thermometer for perfect doneness
- Press lid optional for faster sear-through

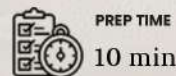
### 🍍 PORK CHOPS WITH PINEAPPLE



Sweet, smoky, and perfectly seared — this tropical twist on a classic pork chop makes the griddle shine.

#### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
420 kcal	35 g	16 g	12 g	24 g	1 g



PREP TIME

10 min



COOK TIME

10-12 min



SERVINGS

2

#### INSTRUCTIONS

1. Marinate pork. Brush pork chops with olive oil. In a small bowl, mix soy sauce, honey, ginger, salt, and pepper. Rub onto pork and let sit for 10 minutes.
2. Cook pork chops. On medium-high, sear pork ~5–6 min per side until golden and cooked through (internal temp: 145°F / 63°C). Move to the cooler zone to rest.
3. Griddle pineapple. While the chops rest, sear the pineapple rings on the medium zone for 2–3 minutes per side until caramelized.
4. Serve. Top each pork chop with a pineapple ring and garnish with cilantro.

#### INGREDIENTS

2 boneless pork chops (1 inch thick)  
 2 pineapple rings (fresh or canned)  
 1 tbsp olive oil  
 1 tbsp soy sauce  
 1 tbsp honey  
 ½ tsp ground ginger  
 Salt & pepper to taste  
 Fresh cilantro for garnish

#### TIPS

- For deeper flavor, marinate longer (up to 30 min)
- Don't flip chops too early — let crust develop
- Use a press lid for even sear and caramelization

## BBQ CHICKEN WINGS

Crispy on the outside, juicy inside, and coated in smoky-sweet BBQ sauce — your griddle's game-day hero.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
510 kcal	34 g	14 g	10 g	35 g	0 g



PREP TIME  
20 min



COOK TIME  
8-10 min



SERVINGS  
12 balls

#### INGREDIENTS

10 chicken wings (drumettes & flats)  
1 tbsp olive oil  
1 tsp smoked paprika  
½ tsp garlic powder  
Salt & black pepper to taste  
½ cup BBQ sauce (your favorite)

#### INSTRUCTIONS

1. Season wings. Toss chicken wings in olive oil, paprika, garlic powder, salt, and pepper. Let it sit for 5–10 minutes.
2. Cook wings. Place wings in the medium-high zone. Sear ~6–8 min per side until golden brown and internal temp hits 175°F (80°C). Use spatulas to turn frequently for even searing.
3. Glaze & finish. Move wings to the low heat zone. Brush generously with BBQ sauce and let caramelize for ~2–3 min, turning once more.
4. Serve. Serve hot with extra BBQ sauce on the side.

#### TIPS

- Don't overcrowd — space = crispiness
- Use a press lid briefly for even internal cooking
- Clean griddle quickly to prevent sauce burning



## BEEF TERIYAKI WITH VEGETABLES

Tender beef, caramelized teriyaki glaze, and crisp veggies — a sizzling stir-fry brought to life on the griddle.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
470 kcal	35 g	22 g	10 g	28 g	3 g



PREP TIME  
15 min



COOK TIME  
10-12 min



SERVINGS  
2

#### INGREDIENTS

250 g (9 oz) flank steak, thinly sliced  
1 tbsp sesame oil  
½ red bell pepper, sliced  
½ zucchini, julienned  
½ cup broccoli florets  
¼ red onion, sliced  
½ cup teriyaki sauce  
1 tsp cornstarch (optional, for thickening)  
Salt & pepper to taste  
Sesame seeds & scallions for garnish

#### INSTRUCTIONS

1. Prep ingredients. Slice all ingredients evenly. If using cornstarch, whisk it into the teriyaki sauce to thicken during cooking.
2. Sear beef. In a high heat zone, sear beef strips for ~2–3 min per side until browned. Season lightly with salt & pepper. Move to a cooler zone.
3. Cook vegetables. Sauté bell pepper, zucchini, broccoli, and onion on medium heat for 4–5 min, stirring often until just tender.
4. Combine & glaze. Return beef to veggie side, pour teriyaki sauce over everything. Toss to coat and let glaze for 1–2 min.
5. Serve. Plate immediately, garnish with sesame seeds and sliced scallions.

#### TIPS

- Preheat griddle fully to sear beef quickly
- Use two spatulas for fast tossing
- Add a splash of water & cover for steam-tender veggies





**TIPS**

- Use smoked paprika for added depth
- Add chili flakes for heat
- Make sliders for parties


1. Heat pork on a griddle with butter until warm and lightly crisped.
2. Add BBQ sauce and toss to coat evenly.
3. Sear for 2–3 more minutes for caramelized edges.
4. Serve in buns or over rice with toppings.


**BBQ PULLED PORK**

Tender, sweet, and smoky — this griddled version brings the soul of slow-cooked BBQ to your flat top.

**NUTRITIONAL VALUES (PER SERVING)**

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	28 g	14 g	7 g	25 g	1 g

 **PREP TIME**  
10 min

 **COOK TIME**  
8-10 min  
with  
pre-cooked pork

 **SERVINGS**  
3

**INSTRUCTIONS**

**INGREDIENTS**

- 2 cups pre-cooked pulled pork
- ¼ cup BBQ sauce
- 1 tbsp butter or oil
- Optional: coleslaw, pickles, sandwich buns



**TIPS**

- Don't flip too soon — let crust form
- Spoon butter over top to baste
- Slice against grain for tenderness


1. Season steak generously with salt & pepper.
2. Sear 4–5 min per side, pressing gently.
3. Add butter, garlic, and thyme during the final minutes.
4. Rest the steak for 5 minutes before slicing.

**CLASSIC GRIDDLED RIBEYE**


A juicy, crust-seared ribeye — no flames, just pure flavor and beautiful marbling on a flat top.

**NUTRITIONAL VALUES (PER SERVING)**

Calories	Protein	Carbs	Sugar	Fat	Fiber
580 kcal	38 g	0 g	0 g	47 g	0 g

 **PREP TIME**  
5 min

 **COOK TIME**  
8-10 min

 **SERVINGS**  
1 steak

**INSTRUCTIONS**

**INGREDIENTS**

- 1 boneless ribeye steak (250–300 g)
- Salt & black pepper
- 1 tbsp oil
- 1 tbsp butter
- 1 garlic clove, smashed
- Optional: thyme sprig

## 🍴 TERIYAKI CHICKEN SKEWERS

Sticky, sweet, and char-griddled — these skewers deliver big flavor with minimal fuss.

### NUTRITIONAL VALUES (PER 2 SKEWERS)

Calories	Protein	Carbs	Sugar	Fat	Fiber
360 kcal	24 g	14 g	9 g	20 g	1 g



PREP TIME  
15 min



COOK TIME  
8 min



SERVINGS  
4 skewers

#### INGREDIENTS

2 chicken thighs, diced  
¼ cup teriyaki sauce  
½ red bell pepper, cut in squares  
½ red onion, cut in chunks  
Oil for greasing  
Optional: sesame seeds, scallions

#### INSTRUCTIONS

1. Thread chicken and veggies onto skewers.
2. Brush with teriyaki.
3. Griddle skewers 3–4 min per side until cooked and glazed.
4. Sprinkle with sesame seeds and scallions.

#### TIPS

- Soak wooden skewers before using
- Marinate chicken for 1 hour for more flavor
- Serve over rice or noodles



## 🍴 HERB-STUFFED CHICKEN BREAST

Golden-crisp outside, juicy and aromatic inside — the retro dinner special, reimaged on the griddle.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
390 kcal	33 g	2 g	1 g	26 g	0 g



PREP TIME  
15 min



COOK TIME  
12 min



SERVINGS  
2

#### INGREDIENTS

1 large chicken breast  
2 tbsp cream cheese  
1 tbsp chopped herbs (parsley, thyme)  
Salt & pepper  
1 tbsp oil or butter  
Optional: lemon zest

#### INSTRUCTIONS

1. Slice the breast open (like a book), don't cut through.
2. Spread filling inside, fold over, and season.
3. Griddle 5–6 min per side until golden and cooked through.
4. Rest for 2 min, then slice and serve.

#### TIPS

- Use toothpicks to hold shape if needed
- Add spinach to filling for moisture
- Deglaze pan with lemon juice



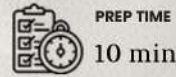


## MAPLE-DIJON PORK MEDALLIONS

A sweet-savory glaze coats these juicy pork rounds — griddle magic in every bite.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	35 g	6 g	4 g	25 g	1 g



PREP TIME  
10 min



COOK TIME  
8 min



SERVINGS  
2

### INSTRUCTIONS

1. Season medallions, and sear 3–4 min per side.
2. Mix mustard + maple, and brush during the final minute.
3. Cook until glazed and golden.
4. Rest 2 min and serve.

### INGREDIENTS

1 pork tenderloin, cut into 1-inch medallions  
1 tbsp Dijon mustard  
1 tbsp maple syrup  
Salt, pepper  
1 tbsp oil

### TIPS

- Use a press for better sear
- Add rosemary to glaze for a twist
- Deglaze with splash of apple cider

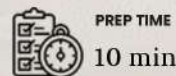


## CHILI-LIME CHICKEN DRUMSTICKS

Spicy, zesty, and griddle-seared to golden — these drumsticks bring bold street-food vibes to any meal.

### NUTRITIONAL VALUES (PER DRUMSTICK)

Calories	Protein	Carbs	Sugar	Fat	Fiber
220 kcal	18 g	1 g	0 g	15 g	0 g



PREP TIME  
10 min



COOK TIME  
15 min



SERVINGS  
4 drumsticks

### INSTRUCTIONS

1. Toss drumsticks in spices, lime juice, and oil.
2. Griddle ~7 min per side, turning occasionally.
3. Cover loosely to help cook through.
4. Finish with lime zest or optional honey.

### INGREDIENTS

4 chicken drumsticks  
1 tbsp lime juice  
1 tbsp oil  
1 tsp chili powder  
½ tsp garlic powder  
Salt & black pepper  
Optional: honey drizzle

### TIPS

- Use a lid or foil tent for even cooking
- Marinade for 1 hour to deepen flavor
- Add cayenne for extra kick

## CHAPTER 11: 🐟 FISH & SEAFOOD

### 🍋 LEMON GRIDDLED SALMON

Crispy outside, buttery-soft inside – this zesty salmon is a healthy griddle favorite packed with flavor.

#### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
390 kcal	34 g	3 g	1 g	26 g	0 g



PREP TIME  
10 min



COOK TIME  
8-10 min



SERVINGS  
2

#### INGREDIENTS

2 salmon fillets (skin-on, 5–6 oz each)  
1 tbsp olive oil  
1 garlic clove, minced  
Juice of ½ lemon + lemon slices  
1 tsp lemon zest  
Salt & black pepper to taste  
Fresh dill (optional garnish)  
Neutral oil for greasing

#### INSTRUCTIONS

1. Season salmon. Pat the salmon dry. Rub with olive oil, garlic, lemon zest, and juice. Season both sides with salt and pepper.
2. Sear the skin side. Place the salmon skin-side down on a medium-high zone. Cook 4–5 min until skin is crispy and salmon is nearly opaque.
3. Flip & finish. Flip gently with a spatula and cook 2–3 minutes more. Add lemon slices to the griddle for garnish & flavor infusion.
4. Serve. Plate the salmon, and top with grilled lemon slices and fresh dill.

#### TIPS

- Always start skin-side down for best texture
- Avoid over-flipping – let it sear undisturbed
- For extra aroma, place lemon slices directly under fillets



### 🌶️ TUNA WITH SPICE CRUST

A quick-seared tuna steak with a bold, aromatic crust – crispy outside, silky inside.

#### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
320 kcal	35 g	2 g	0 g	20 g	1 g



PREP TIME  
10 min



COOK TIME  
4-6 min



SERVINGS  
2

#### INGREDIENTS

2 ahi tuna steaks (5–6 oz each)  
1 tbsp olive oil  
1 tsp smoked paprika  
½ tsp ground coriander  
½ tsp garlic powder  
½ tsp black pepper  
¼ tsp cayenne (optional heat)  
Salt to taste  
Lemon wedges (to serve)  
Neutral oil for greasing

#### INSTRUCTIONS

1. Season the tuna. Pat the tuna steaks dry. Mix spices in a bowl. Rub tuna with olive oil, then press into the spice mix to fully coat both sides.
2. Preheat griddle. Let it reach high heat. Lightly grease with neutral oil.
3. Sear steaks. Place tuna steaks on a hot griddle. Sear each side ~1½–2 min for rare to medium-rare (center should be pink). Flip once, carefully using a wide spatula.
4. Rest & slice. Remove from the griddle. Let rest 2 min. Slice into thick strips.
5. Serve. Serve warm or chilled, drizzled with lemon juice.

#### TIPS

- Do not overcook – tuna is best when center is rare
- Use tongs or spatula for gentle flipping
- Chill leftovers for salads or wraps





**TIPS**

- Avoid overcooking: shrimp should curl into a “C” shape, not tight “O”
- Add garlic late to avoid burning
- Keep them spread out for even searing


1. Prep shrimp. Pat shrimp dry. Toss with olive oil, salt, and pepper.
2. Preheat the griddle. Set to medium-high. Add 1 tbsp butter and spread evenly.
3. Cook shrimp. Add shrimp in a single layer. Sear 2–3 min per side until pink and lightly browned. Add garlic during the last minute, stirring gently.
4. Butter & finish. Add remaining butter and lemon juice. Toss shrimp to coat. Move to a cooler zone.
5. Serve. Garnish with parsley and serve hot.



**🔥 GARLIC BUTTER SHRIMP**

Juicy shrimp sautéed in garlicky butter, golden and fragrant — a perfect 10-minute griddle delight.

**NUTRITIONAL VALUES (PER SERVING)**

Calories	Protein	Carbs	Sugar	Fat	Fiber
370 kcal	28 g	3 g	1 g	26 g	0 g

 **PREP TIME**  
10 min

 **COOK TIME** 6-7 min  
 **SERVINGS** 2

**INSTRUCTIONS**

**INGREDIENTS**

- 1 lb (450g) raw shrimp, peeled & deveined
- 2 tbsp unsalted butter
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp parsley, chopped (optional)
- Salt & black pepper to taste
- Neutral oil for greasing



**TIPS**

- Press fish gently with spatula for better contact
- Slaw can be made in advance for deeper flavor
- Use fish spatula for easy flipping without breaking


1. Make the slaw. In a bowl, mix cabbage, carrots, lime juice, mayo/yogurt, salt, and pepper. Let it rest while cooking fish.
2. Season & cook the fish. Rub fish with olive oil and spices. Place on a medium heat zone. Cook ~3–4 min per side until golden and flaky.
3. Warm tortillas. Place tortillas on the low zone for ~30 sec per side until soft and pliable.
4. Assemble tacos. Flake fish into chunks. Fill tortillas with fish, top with slaw, and garnish with cilantro and lime.

**🐟 FISH TACOS WITH CABBAGE SLAW**

Crispy fish, crunchy slaw, warm tortillas — a vibrant griddle street-food classic.

**NUTRITIONAL VALUES (PER 2 TACOS)**

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	28 g	32 g	5 g	20 g	4 g

 **PREP TIME**  
15 min

 **COOK TIME** 8-10 min  
 **SERVINGS** 4 tacos

**INSTRUCTIONS**

**INGREDIENTS**

- For the Fish:** 2 white fish fillets (cod, tilapia), ~6 oz each; 1 tbsp olive oil; ½ tsp garlic powder; 1 tsp paprika; ½ tsp cumin; Salt & pepper to taste; Neutral oil for greasing
- For the Slaw:** 1 cup shredded red cabbage; ¼ cup shredded carrots; 1 tbsp lime juice; 1 tbsp mayo or Greek yogurt; Salt & pepper to taste
- For Assembly:** 4 small corn or flour tortillas; Fresh cilantro, lime wedges

## 🥥 COCONUT SHRIMP

Crispy, golden, and slightly sweet – a retro-tropical classic that shines on the griddle.

### NUTRITIONAL VALUES (PER 5 SHRIMP)

Calories	Protein	Carbs	Sugar	Fat	Fiber
320 kcal	20 g	9 g	2 g	22 g	2 g



PREP TIME  
12 min



COOK TIME  
6 min



SERVINGS  
10 shrimp

#### INGREDIENTS

10 large shrimp, peeled & deveined  
 ¼ cup flour  
 1 egg  
 ½ cup shredded coconut  
 2 tbsp breadcrumbs  
 Oil for griddle

#### INSTRUCTIONS

1. Dip shrimp in flour → egg → coconut-breadcrumb mix.
2. Griddle 2–3 min per side until golden.
3. Serve hot with dipping sauce.

#### TIPS

- Use unsweetened coconut for balance
- Try with mango or chili dip
- Don't overcrowd griddle – crisp needs space



## 🐟 CAJUN CATFISH

Bold seasoning meets flaky fish – seared on a hot griddle for maximum crust.

### NUTRITIONAL VALUES (PER FILLET)

Calories	Protein	Carbs	Sugar	Fat	Fiber
290 kcal	26 g	2 g	0 g	18 g	1 g



PREP TIME  
8 min



COOK TIME  
7 min



SERVINGS  
2 fillets

#### INGREDIENTS

2 catfish fillets  
 1 tbsp Cajun seasoning  
 1 tbsp oil  
 Lemon wedges  
 Optional: fresh parsley

#### INSTRUCTIONS

1. Rub fillets with Cajun spice and oil.
2. Griddle 3–4 min per side until blackened and flaky.
3. Serve with lemon and herbs.

#### TIPS

- Press lightly to enhance crust
- Use a fish spatula to flip clean
- Try with rice or cornmeal cakes



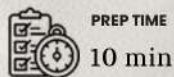


## 🐟 CRISPY FISH SANDWICH

Crunchy, creamy, and deeply satisfying — a diner classic made griddle-easy.

### NUTRITIONAL VALUES (PER SANDWICH)

Calories	Protein	Carbs	Sugar	Fat	Fiber
460 kcal	26 g	34 g	4 g	24 g	2 g



PREP TIME

10 min



COOK TIME

8 min



SERVINGS

2 sandwiches

### INSTRUCTIONS

1. Dredge fish in flour → egg, → breadcrumbs.
2. Griddle for 4–5 minutes per side, until golden.
3. Toast the buns, then assemble them with lettuce and sauce.

### INGREDIENTS

2 white fish fillets (like cod)  
 ¼ cup flour  
 1 egg  
 ½ cup breadcrumbs  
 2 sandwich buns  
 Lettuce, tartar sauce  
 Oil for griddle

### TIPS

- Add pickles for crunch
- Use panko for max crisp
- Spice up tartar with capers

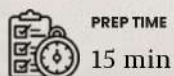


## 🔥 SEARED SCALLOPS & PEAS

Tender scallops, caramelized to perfection, paired with sweet green peas — retro luxury made simple.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
320 kcal	22 g	12 g	3 g	22 g	2 g



PREP TIME

15 min



COOK TIME

8-10 min



SERVINGS

2

### INSTRUCTIONS

1. Season scallops and sear for 2 min per side without moving.
2. Sauté peas with garlic on the side of the griddle.
3. Serve scallops over peas, accompanied by extra butter if desired.

### INGREDIENTS

8 scallops, patted dry  
Salt, pepper  
1 tbsp butter  
1 cup peas (fresh or thawed frozen)  
1 garlic clove, minced

### TIPS

- Scallops must be dry for sear
- Add lemon zest for brightness
- Don't overcook — just opaque

## TUNA MELT SANDWICH

Golden, crispy, and irresistibly gooey – this classic diner sandwich gets a hot griddle twist with toasted bread and bubbling cheese hugging a rich, savory tuna filling.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	22 g	28 g	4 g	23 g	2 g



PREP TIME  
10 min



COOK TIME  
6-8 min



SERVINGS  
2

#### INGREDIENTS

1 (5 oz) can tuna, drained  
2 tbsp mayonnaise  
1 tsp Dijon mustard  
1 tbsp finely chopped celery  
1 tbsp chopped red onion  
Salt & pepper to taste  
4 slices sandwich bread (rye or sourdough recommended)  
4 slices cheddar cheese  
1 tbsp butter (for greasing)

#### INSTRUCTIONS

1. **Mix the filling.** In a bowl, combine tuna, mayo, mustard, celery, onion, salt, and pepper. Mix until creamy.
2. **Assemble the sandwiches.** Spread tuna filling on 2 slices of bread. Top each with 2 slices of cheddar. Cover with the remaining bread. Butter the outsides.
3. **Grill to perfection.** Place sandwiches on the griddle. Press gently with a spatula. Cook 3–4 min per side until golden and cheese is melted.
4. **Slice & serve.** Let cool slightly. Slice in half and serve hot.

#### TIPS

- Use a sandwich press or spatula for a crisp finish
- Swap cheddar for Swiss or provolone for a milder taste
- Add a tomato slice inside for a juicy twist



## GRIDDLED LOBSTER ROLL

Buttery bun, tender lobster, warm and golden – this East Coast legend gets a flat-top finish.

### NUTRITIONAL VALUES (PER ROLL)

Calories	Protein	Carbs	Sugar	Fat	Fiber
480 kcal	28 g	30 g	3 g	30 g	1 g



PREP TIME  
10 min



COOK TIME  
5 min



SERVINGS  
2 rolls

#### INGREDIENTS

1 cup cooked lobster meat (claw/tail)  
2 tbsp mayo  
1 tsp lemon juice  
Salt & pepper  
2 split-top hot dog buns  
2 tbsp butter  
Optional: chives or celery

#### INSTRUCTIONS

1. **Mix lobster with mayo, lemon juice, and seasoning.**
2. **Butter buns and griddle cut side down until golden.**
3. **Warm lobster mix on the griddle gently (don't overcook).**
4. **Scoop into toasted buns and garnish.**

#### TIPS

- Use brioche buns for extra indulgence
- Add tarragon for twist
- Avoid overheating lobster – just warm



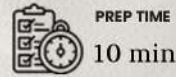
## CHAPTER 12: 🍰 DESSERTS

### 🍏 CINNAMON APPLE PANCAKES

Warm, fluffy, and filled with cinnamon-kissed apples – the perfect cozy breakfast from the griddle.

#### NUTRITIONAL VALUES (PER 3 PANCAKES)

Calories	Protein	Carbs	Sugar	Fat	Fiber
320 kcal	6 g	38 g	9 g	14 g	3 g



PREP TIME

10 min



COOK TIME

12-15 min



SERVINGS

4 serv  
(12 pancakes)

#### INSTRUCTIONS

- Mix dry ingredients.** Whisk flour, baking powder, baking soda, salt, sugar, and cinnamon.
- Mix wet ingredients.** In another bowl, whisk milk, egg, butter, and vanilla. Combine with dry ingredients. Fold in apple bits. Let batter
- Cook pancakes.** Pour  $\frac{1}{4}$  cup batter per pancake onto a greased medium pan. Cook 2–3 min until bubbles form, flip, and cook another 2–3 min until golden. Keep finished pancakes in the low zone.

#### INGREDIENTS

1  $\frac{1}{2}$  cups all-purpose flour  
 1 tbsp sugar  
 2 tsp baking powder  
 $\frac{1}{2}$  tsp baking soda  
 $\frac{1}{2}$  tsp salt  
 1 tsp ground cinnamon  
 1  $\frac{1}{4}$  cups whole milk  
 1 egg  
 2 tbsp melted butter  
 1 tsp vanilla extract  
 1 medium apple (peeled, diced)  
 Butter or oil for greasing



#### TIPS

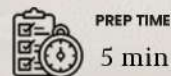
- Dice apples small for faster, even cooking
- Don't press pancakes – let them rise naturally
- Use a flat spatula and avoid overcrowding

### 🍌 NUTELLA BANANA QUESADILLAS

Crispy outside, gooey inside – the ultimate quick, sweet treat from the griddle.

#### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	6 g	45 g	20 g	22 g	4 g



PREP TIME

5 min



COOK TIME

5-6 min



SERVINGS

4 serv  
(4 wedges per serving)

#### INSTRUCTIONS

- Build a quesadilla.** Spread Nutella over one tortilla. Layer with banana slices, sprinkle cinnamon (if using), and top with a second tortilla.
- Griddle it.** Place in the medium zone. Cook 2–3 min per side until golden brown and the filling melts. Use a wide spatula to flip gently.
- Slice & serve.** Transfer to a cutting board and slice into wedges. Dust with powdered sugar.

#### INGREDIENTS

2 large flour tortillas  
 4 tbsp Nutella or chocolate spread  
 1 ripe banana, thinly sliced  
 $\frac{1}{2}$  tsp cinnamon (optional)  
 1 tbsp butter or neutral oil  
 Powdered sugar for garnish



#### TIPS

- Don't overload with banana to avoid sogginess
- For extra texture, add crushed nuts before grilling
- Use a press lid for even melt and browning

## GRIDDLED PEACHES WITH HONEY

Juicy, caramelized, and naturally sweet — a simple griddle dessert with stunning flavor.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
140 kcal	1 g	18 g	16 g	7 g	2 g



PREP TIME

5 min



COOK TIME

6-8 min



SERVINGS

1 perch per serving

#### INGREDIENTS

2 ripe but firm peaches  
1 tbsp honey (plus extra to drizzle)  
1 tbsp melted butter  
½ tsp ground cinnamon (optional)  
Pinch of sea salt  
Fresh mint (for garnish)

#### INSTRUCTIONS

- 1. Prep peaches.**  
Halve and pit the peaches. Brush cut sides with melted butter, sprinkle with cinnamon, and a tiny pinch of salt.
- 2. Griddle peaches.**  
Place cut-side down on the medium zone. Cook 3–4 min until grill marks appear and edges caramelize. Flip and cook for 2–3 minutes more.
- 3. Finish & serve.**  
Drizzle with warm honey, garnish with fresh mint, and serve warm.

#### TIPS

- Use slightly firm peaches to keep shape on heat
- Avoid moving them too early — let the caramelization happen
- Try with vanilla yogurt or a scoop of gelato



## GRIDDLED CHOCOLATE CHIP COOKIES

Chewy inside, crisp outside — yes, you can make cookies right on your gas griddle!

### NUTRITIONAL VALUES (PER 1 COOKIE)

Calories	Protein	Carbs	Sugar	Fat	Fiber
290 kcal	26 g	2 g	0 g	18 g	1 g



PREP TIME

8 min



COOK TIME

7 min



SERVINGS

6 cookies

#### INGREDIENTS

1 cup all-purpose flour  
¼ tsp baking soda  
⅛ tsp salt  
¼ cup unsalted butter, melted  
¼ cup brown sugar  
¼ cup white sugar  
1 egg yolk  
1 tsp vanilla extract  
½ cup semi-sweet chocolate chips  
Butter or oil for greasing

#### INSTRUCTIONS

- 1. Mix the dough.**  
In a bowl, whisk melted butter, sugars, egg yolk, and vanilla. Add flour, baking soda, and salt. Mix until combined, then fold in chocolate chips. Chill the dough for 10–15 minutes.
- 2. Shape & griddle.**  
Scoop 2 tbsp balls of dough onto a lightly greased medium-low griddle. Flatten slightly with a spatula. Cook uncovered for ~3–4 min until bottoms are golden.
- 3. Flip & finish.**  
Flip gently using a wide spatula. Cook another 2–3 minutes until cooked through and set. Transfer to a cooling rack.

#### TIPS

- Use a silicone baking mat or parchment on griddle for perfect texture
- Don't overcrowd — cookies will spread slightly
- For crispier edges, press down thinner



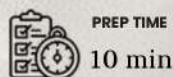


## GRIDDLE BROWNIES

Fudgy, fast, and made without an oven — these stovetop brownies bring gooey retro charm to your plate.

### NUTRITIONAL VALUES (PER SQUARE)

Calories	Protein	Carbs	Sugar	Fat	Fiber
220 kcal	3 g	25 g	12 g	12 g	1 g



PREP TIME

10 min



COOK TIME

10-12 min



SERVINGS

6 squares

### INSTRUCTIONS

1. Mix all the ingredients to form a smooth batter.
2. Scoop into rounds or pour into ring molds.
3. Cover with a lid and cook for 5–6 minutes per side.
4. Cool slightly and slice.

### INGREDIENTS

½ cup flour  
 ¼ cup cocoa powder  
 ⅓ cup sugar  
 1 egg  
 ¼ cup butter, melted  
 ¼ cup milk  
 ½ tsp baking powder  
 ½ tsp vanilla extract  
 Pinch of salt  
 Oil or butter for greasing

### TIPS

- Use ring molds for perfect shape
- Add chocolate chips or walnuts
- Serve warm with ice cream

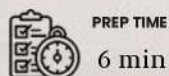


## CARAMELIZED BANANA SPLIT

Griddled bananas, melty chocolate, ice cream — the retro sundae goes sizzling hot.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
340 kcal	3 g	42 g	27 g	18 g	2 g



PREP TIME

6 min



COOK TIME

4-5 min



SERVINGS

2

### INSTRUCTIONS

1. Sprinkle banana halves with brown sugar.
2. Griddle cut-side down in butter, 2–3 min until golden and soft.
3. Serve warm with ice cream, sauce, and toppings.

### INGREDIENTS

2 ripe bananas, halved lengthwise  
 1 tbsp butter  
 1 tbsp brown sugar  
 Vanilla ice cream (2–3 scoops)  
 Chocolate sauce, chopped nuts, whipped cream (for topping)  
 Maraschino cherries (optional)

### TIPS

- Don't overcook — bananas should hold shape
- Toast nuts on griddle for extra crunch
- Add dash of cinnamon for spice

## PEACH COBBLER SKILLET

Juicy peaches and biscuit topping meet the griddle – a camp-style classic, reinvented.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
270 kcal	4 g	38 g	20 g	12 g	2 g



PREP TIME  
10 min



COOK TIME  
12 min



SERVINGS  
2

#### INGREDIENTS

1 cup sliced peaches (fresh or thawed)  
1 tbsp sugar  
¼ tsp cinnamon  
¼ cup flour  
1 tbsp butter (plus more for griddle)  
1 tbsp milk  
½ tsp baking powder  
Pinch of salt

#### INSTRUCTIONS

1. Sauté peaches in a buttered pan with sugar and cinnamon.
2. Mix the dough from flour, butter, milk, salt, and baking powder.
3. Scoop dough over peaches, and cover with a lid.
4. Cook 8–10 minutes until fluffy and golden.

#### TIPS

- Use canned peaches in off-season
- Top with ice cream or yogurt
- Make individual servings in ramekins



## CHOCOLATE-STUFFED PANCAKES

Molten chocolate hidden in soft griddle cakes – like a surprise party in every bite.

### NUTRITIONAL VALUES (PER PANCAKE)

Calories	Protein	Carbs	Sugar	Fat	Fiber
210 kcal	4 g	22 g	9 g	11 g	1 g



PREP TIME  
10 min



COOK TIME  
8 min



SERVINGS  
2 fillets

#### INGREDIENTS

1 cup pancake batter  
4 tsp chocolate spread (or small chocolate squares)  
Butter or oil for griddle

#### INSTRUCTIONS

1. Pour small batter circles.
2. Add a chocolate center and top with more batter.
3. Cook 3–4 min per side until golden and gooey inside.

#### TIPS

- Use Nutella or dark chocolate
- Dust with powdered sugar
- Flip gently to avoid leaks

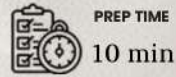


## 🍩 MINI GRIDDLE DONUTS

Crispy outside, soft inside — these retro donut bites are fried flat and fast.

### NUTRITIONAL VALUES (PER 3 DONUTS)

Calories	Protein	Carbs	Sugar	Fat	Fiber
240 kcal	5 g	28 g	9 g	12 g	1 g



PREP TIME  
10 min



COOK TIME  
8-10 min



SERVINGS  
12 mini donuts

### INSTRUCTIONS

1. Mix batter until smooth.
2. Scoop 1 tbsp rounds onto the griddle.
3. Flip after 2–3 min each side.
4. Dust with cinnamon sugar while hot.

### INGREDIENTS

1 cup flour  
1 tbsp sugar  
½ tsp baking powder  
1 egg  
¼ cup milk  
1 tbsp melted butter  
Pinch of salt  
Oil or butter for griddle  
Cinnamon sugar (for dusting)



### TIPS

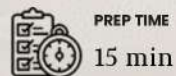
- Use squeeze bottle for clean shapes
- Add vanilla extract or citrus zest
- Try glaze instead of sugar

## 🍏 APPLE PIE QUESADILLA

Crisp tortilla stuffed with spiced apples and a buttery crunch — fast comfort food.

### NUTRITIONAL VALUES (PER QUESADILLA)

Calories	Protein	Carbs	Sugar	Fat	Fiber
310 kcal	4 g	38 g	16 g	15 g	2 g



PREP TIME  
15 min



COOK TIME  
8-10 min



SERVINGS  
2 quesadillas

### INSTRUCTIONS

1. Sauté apples with sugar and cinnamon.
2. Place filling on tortilla, fold, and griddle for 3–4 minutes per side.
3. Slice into wedges, and serve warm.

### INGREDIENTS

1 apple, thinly sliced  
1 tbsp brown sugar  
¼ tsp cinnamon  
2 flour tortillas  
1 tbsp butter  
Optional: cheddar cheese for twist



### TIPS

- Add raisins or crushed walnuts
- Use cheddar for savory twist
- Top with maple syrup or yogurt

## CHAPTER 13: HEALTHY & FLEXITARIAN

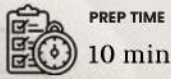
### GRILLED TOFU WITH SESAME SAUCE

Golden-crustured tofu with a nutty, savory glaze — a healthy griddle-friendly dish.



#### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
290 kcal	17 g	10 g	4 g	20 g	2 g



PREP TIME  
10 min



COOK TIME  
8-10 min



SERVINGS  
2

#### INGREDIENTS

1 block firm tofu (14 oz)  
1 tbsp sesame oil (for grilling)  
1 tbsp soy sauce  
1 tbsp rice vinegar  
1 tsp maple syrup or honey  
1 tbsp tahini or peanut butter  
1 tsp toasted sesame seeds  
1 clove garlic, minced  
1 tsp grated ginger  
1 green onion, sliced

#### INSTRUCTIONS

1. Prep tofu. Drain and press tofu for 10–15 minutes. Slice into ½-inch thick slabs or triangles.
2. Grill tofu. Place tofu on the medium zone of the preheated griddle. Cook 4–5 min per side until golden and crispy. Flip gently with a spatula.
3. Make sesame sauce. In a bowl, whisk soy sauce, vinegar, maple syrup, tahini, garlic, and ginger.
4. Glaze & finish. Drizzle or brush sauce over tofu in the last minute of cooking. Let it bubble and coat each piece.
5. Garnish & serve. Sprinkle with sesame seeds and green onions. Serve hot.

#### TIPS

- Press tofu well to avoid excess moisture
- Use a flat spatula to avoid breaking pieces
- For a spicy kick, add a dash of chili flakes to the sauce

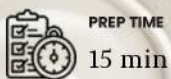
### SWEET POTATO & LENTIL PATTIES

Protein-packed, golden, and gently spiced — a wholesome plant-based griddle favorite.



#### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
310 kcal	10 g	38 g	6 g	13 g	7 g



PREP TIME  
15 min



COOK TIME  
8-10 min



SERVINGS  
2 serv  
(4 patties)

#### INGREDIENTS

1 cup cooked red lentils  
1 cup mashed cooked sweet potato  
¼ cup finely chopped red onion  
1 garlic clove, minced  
¼ cup oat flour (or breadcrumbs)  
1 tbsp olive oil (for cooking)  
1 tsp cumin  
Salt & pepper to taste  
2 tbsp chopped fresh parsley  
Neutral oil for greasing

#### INSTRUCTIONS

1. Make the mix. In a bowl, combine mashed sweet potato, cooked lentils, onion, garlic, oat flour, cumin, parsley, salt & pepper. Mix until cohesive.
2. Shape patties. Divide the mixture into 4 even balls and flatten gently into ½-inch thick patties.
3. Cook on griddle. Place patties on a preheated, greased medium griddle. Cook 4–5 min per side until browned and crispy, turning carefully with a flat spatula.
4. Finish & serve. Transfer to a plate, rest briefly, then serve warm.

#### TIPS

- Mixture should hold together but not be wet — adjust with more flour if needed
- Don't flip too soon — let crust form before turning
- Use a griddle press for even browning

## 🔍 EGG-WHITE VEGGIE OMELET

Fluffy, protein-packed, and colorful — a lean and satisfying way to start the day.

### NUTRITIONAL VALUES (PER 1 OMELET)

Calories	Protein	Carbs	Sugar	Fat	Fiber
110 kcal	14 g	5 g	2 g	3 g	1 g



PREP TIME

5 min



COOK TIME

5-6 min



SERVINGS

1

### INSTRUCTIONS

1. Prep veggies. Sauté diced pepper, onion, and tomato on medium-low heat for 1–2 minutes until softened. Move to the cooler zone.
2. Mix egg whites. Whisk egg whites with milk or water (optional), and season with salt and pepper.
3. Cook an omelet. Pour egg whites onto a greased griddle, forming a round shape. Let cook ~2 min until edges firm up.
4. Add filling. Evenly spread sautéed veggies and spinach over one-half of the omelet. Use a spatula to gently fold the other side over the filling.
5. Finish cooking. Cover briefly with a press lid or dome to steam and cook through, ~2–3 more min.
6. Serve warm. Slide onto the plate and enjoy immediately.

### INGREDIENTS

4 egg whites  
 2 tbsp milk or water (optional, for fluffiness)  
 ¼ cup diced red bell pepper  
 ¼ cup baby spinach, chopped  
 2 tbsp diced tomato  
 2 tbsp chopped red onion  
 Salt & pepper to taste  
 Light oil or spray for greasing



### TIPS

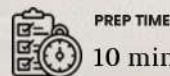
- Use a silicone ring mold for perfect round shape
- Avoid high heat — egg whites cook fast and can rubberize
- Add a sprinkle of light cheese or herbs for extra flavor

## 🐟 SALMON WITH QUINOA AND GREENS

Tender seared salmon, nutty quinoa, and vibrant greens — a clean, high-protein meal.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
430 kcal	35 g	22 g	2 g	24 g	3 g



PREP TIME

10 min



COOK TIME

10-12 min



SERVINGS

2

### INSTRUCTIONS

1. Season salmon. Rub fillets with olive oil, salt, and pepper. Let rest for 5 min at room temperature.
2. Sear on griddle. Place the salmon skin-side down on medium-high heat. Cook for 3–4 minutes until golden. Flip and cook 3–4 minutes more, or until internal temp hits 130°F (medium).
3. Wilt greens. In the last 2–3 minutes, toss spinach and arugula onto a cooler zone of the griddle. Drizzle with lemon juice and a touch of mustard. Sauté briefly until just wilted.
4. Plate. Serve salmon over a bed of warm quinoa and wilted greens. Drizzle any leftover lemon juice or mustard mixture on top.

### INGREDIENTS

2 salmon fillets (5–6 oz each)  
 Salt & black pepper to taste  
 1 tsp olive oil  
 1 cup cooked quinoa  
 1 cup baby spinach  
 ½ cup arugula (or mixed greens)  
 1 tbsp lemon juice  
 1 tsp Dijon mustard (optional)  
 Olive oil spray or butter (for greasing griddle)



### TIPS

- Don't move salmon too early — let crust form for easy flipping
- Quinoa can be prepped in advance and quickly reheated on griddle
- A press lid helps ensure even sear on thick fillets

## MEDITERRANEAN QUINOA BOWL

Fresh, filling, and zesty – this colorful bowl combines griddle-roasted veggies and fluffy quinoa.



### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	13 g	36 g	6 g	21 g	6 g



PREP TIME  
12 min



COOK TIME  
10 min



SERVINGS  
2

#### INGREDIENTS

1 cup cooked quinoa  
½ zucchini, sliced  
½ red bell pepper, sliced  
¼ red onion, sliced  
¼ cup crumbled feta  
1 tbsp olive oil  
Salt, pepper, oregano  
Optional: lemon wedges, olives

#### INSTRUCTIONS

1. Toss veggies with oil, salt, pepper, and oregano.
2. Griddle 6–8 min until slightly charred and tender.
3. Assemble bowls with warm quinoa, grilled veggies, and feta.
4. Finish with lemon juice or an olive oil drizzle.

#### TIPS

- Swap quinoa for bulgur or couscous
- Add hummus for richness
- Use leftover grilled veg

## ZUCCHINI NOODLE STIR-FRY

Low-carb, high-flavor – spiralized zucchini meets sizzling sauce in this guilt-free classic.



### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
180 kcal	5 g	14 g	7 g	12 g	3 g



PREP TIME  
8 min



COOK TIME  
6 min



SERVINGS  
2

#### INGREDIENTS

2 medium zucchini, spiralized  
1 carrot, julienned  
1 tbsp soy sauce  
1 tsp sesame oil  
1 clove garlic, minced  
1 tsp grated ginger  
1 tbsp neutral oil  
Optional: sesame seeds, green onion

#### INSTRUCTIONS

1. Heat oil and add garlic and ginger – cook 30 seconds.
2. Add zucchini and carrot. Stir-fry for 4–5 minutes until tender-crisp.
3. Drizzle with soy sauce and sesame oil. Toss quickly.
4. Top with sesame seeds or scallions.

#### TIPS

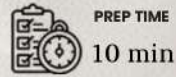
- Don't overcook – keep noodles al dente
- Add tofu or shrimp
- Pat noodles dry before cooking

## EGGPLANT & HUMMUS WRAP

Warm grilled eggplant with creamy hummus – a Mediterranean pocket of plant-powered joy.

### NUTRITIONAL VALUES (PER WRAP)

Calories	Protein	Carbs	Sugar	Fat	Fiber
320 kcal	7 g	28 g	4 g	18 g	5 g



PREP TIME

10 min



COOK TIME

8-10 min



SERVINGS

2 wraps

### INSTRUCTIONS

1. Brush eggplant with oil, and season with spices.
2. Griddle 3–4 min per side until soft and golden.
3. Spread hummus on the wrap, and layer with eggplant and veggies.
4. Roll and griddle for 1–2 minutes if desired for crispness.

### INGREDIENTS

1 small eggplant, sliced into rounds  
 1 tbsp olive oil  
 ½ tsp smoked paprika  
 Salt & pepper  
 ½ cup hummus  
 2 flatbreads or wraps  
 Lettuce, tomato slices (optional)



### TIPS

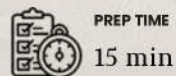
- Add olives or pickled onions
- Use roasted red pepper hummus
- Wrap in foil for to-go version

## GRIDDLED STUFFED PEPPERS

Bright bell peppers filled with savory goodness – crispy bottoms, warm hearts.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
290 kcal	8 g	26 g	5 g	15 g	4 g



PREP TIME

15 min



COOK TIME

10-12 min



SERVINGS

2

### INSTRUCTIONS

1. Mix the filling ingredients in a bowl.
2. Stuff pepper halves.
3. Place on griddle, cover, and cook 10–12 minutes until soft and golden.
4. Serve hot with fresh herbs.

### INGREDIENTS

2 small bell peppers, halved & seeded  
 ½ cup cooked brown rice  
 ¼ cup black beans  
 2 tbsp corn  
 2 tbsp diced tomato  
 2 tbsp shredded cheese  
 Spices: cumin, garlic powder, salt  
 Oil for greasing



### TIPS

- Add feta or avocado
- Use quinoa instead of rice
- Use a press dome to trap heat

## BROCCOLI TOFU STIR FRY

Simple, bold, and nourishing — this sizzling stir-fry is a plant-based griddle favorite.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
330 kcal	15 g	18 g	5 g	20 g	4 g



PREP TIME  
10 min



COOK TIME  
10 min



SERVINGS  
2

#### INGREDIENTS

½ block firm tofu, cubed  
1 cup broccoli florets  
1 tbsp soy sauce  
1 tsp sesame oil  
1 garlic clove, minced  
1 tbsp oil for griddle  
Sesame seeds (optional)

#### INSTRUCTIONS

1. Griddle tofu until golden, 3–4 min per side.
2. Add broccoli, and cook 4–5 minutes with garlic.
3. Drizzle with soy and sesame oil, toss to coat.
4. Sprinkle with sesame seeds.

#### TIPS

- Press tofu ahead of time
- Use tamari for gluten-free
- Add bell peppers or carrots



## LEMON HERB SALMON WRAP

Light, zesty, and satisfying — grilled salmon meets creamy sauce in a handheld wrap.

### NUTRITIONAL VALUES (PER WRAP)

Calories	Protein	Carbs	Sugar	Fat	Fiber
420 kcal	27 g	26 g	4 g	22 g	3 g



PREP TIME  
10 min



COOK TIME  
8-10 min



SERVINGS  
2 wraps

#### INGREDIENTS

2 salmon fillets (3–4 oz each)  
2 tbsp lemon juice  
1 tsp olive oil  
½ tsp dried dill or fresh herbs  
Salt & pepper  
2 whole wheat wraps  
¼ cup Greek yogurt (for sauce)  
Lettuce, cucumber slices

#### INSTRUCTIONS

1. Season salmon with lemon juice, herbs, salt, and pepper.
2. Grill 4–5 min per side until cooked through.
3. Mix yogurt with lemon juice for a quick sauce.
4. Assemble the wrap with veggies, salmon, and sauce.

#### TIPS

- Use smoked salmon for shortcut
- Add avocado for creaminess
- Wrap tightly and griddle for a warm finish



## CHAPTER 14: 😊 KID-FRIENDLY GRIDDLE MEALS

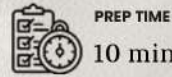
### 🍕 FUN-FACE MINI PIZZAS

Mini pizzas with playful toppings – a creative and delicious griddle treat for kids and adults alike.



#### NUTRITIONAL VALUES (PER 2 MINI PIZZAS)

Calories	Protein	Carbs	Sugar	Fat	Fiber
410 kcal	17 g	34 g	5 g	20 g	4 g



PREP TIME

10 min



COOK TIME

6-8 min



SERVINGS

2 serv

(4 mini pizzas)

#### INSTRUCTIONS

#### INGREDIENTS

#### TIPS

- Use whole wheat naan for extra fiber
- Let kids build their own pizza faces
- Pre-cook watery toppings like mushrooms to avoid soginess

1. Prep your “faces.” Lay out toppings to build facial features:

- Olives = eyes
- Bell peppers = smiles
- Tomatoes = cheeks or nose
- Corn = freckles or teeth

2. Assemble pizzas. Spread 1–2 tbsp pizza sauce on each naan or pita. Sprinkle with cheese and arrange toppings into fun faces.

3. Griddle cook. Place pizzas in the preheated medium zone. Cover loosely with a dome lid or metal bowl to melt cheese. Cook 5–6 min, or until the bottom is crisp and cheese is bubbly.

4. Serve warm. Remove from the griddle with a spatula, cool slightly, and serve hot!

4 mini naan breads or pita rounds  
 ½ cup pizza sauce  
 1 cup shredded mozzarella cheese  
 8–12 slices black olives  
 ¼ red bell pepper, thinly sliced  
 ¼ cup sweet corn kernels  
 4–6 cherry tomatoes, halved  
 Fresh basil leaves (optional)  
 Neutral oil or spray for greasing  
 Optional: turkey pepperoni or mushrooms

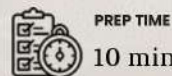
### 🍓 BERRY PANCAKES

Fluffy, golden pancakes bursting with juicy berries – a vibrant start to any day.



#### NUTRITIONAL VALUES (PER 3 PANCAKES)

Calories	Protein	Carbs	Sugar	Fat	Fiber
310 kcal	7 g	38 g	9 g	14 g	3 g



PREP TIME

10 min



COOK TIME

12-15 min



SERVINGS

4 serv

(12 pancakes)

#### INSTRUCTIONS

#### INGREDIENTS

#### TIPS

- Don't overmix the batter – airy texture depends on it
- If using frozen berries, thaw and drain before adding
- A wide spatula helps flip without tearing

1. Make the batter.

In a bowl, mix flour, sugar, baking powder, and salt.

In another bowl, whisk milk, egg, melted butter, and vanilla.

Combine wet and dry – mix gently until just combined (small lumps okay). Rest for 5 min.

2. Preheat and cook.

Spoon ¼ cup of batter per pancake onto a greased griddle.

Sprinkle a few berries on each one.

3. Flip.

Cook for 2–3 minutes or until bubbles form and edges are set.

Flip and cook another 2–3 minutes until golden. Transfer to the low zone to keep warm.

1 ½ cups (190g) all-purpose flour  
 1 tbsp sugar  
 3 ½ tsp baking powder  
 ½ tsp salt  
 1 ¼ cups (300ml) whole milk; 1 egg  
 3 tbsp melted butter  
 1 tsp vanilla extract  
 1 cup mixed berries (fresh or thawed)  
 Extra butter or oil for griddle

## GRIDDLE MAC-N-CHEESE

Crispy outside, creamy inside – the ultimate comfort food with a griddle twist.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
420 kcal	14 g	38 g	5 g	23 g	2 g



PREP TIME  
10 min



COOK TIME  
12-15 min



SERVINGS  
4

#### INGREDIENTS

2 cups cooked elbow macaroni  
1 ½ cups shredded cheddar  
½ cup milk (preferably whole)  
2 tbsp butter  
2 tbsp all-purpose flour  
½ tsp garlic powder  
¼ tsp paprika (optional)  
Salt & pepper to taste  
Neutral oil or butter for griddle  
Optional: breadcrumbs, chives

#### INSTRUCTIONS

1. Make cheese sauce (in a pan or griddle-safe skillet). In the medium zone, melt butter, and whisk in flour to make roux (1–2 min). Gradually add milk, stirring constantly until thickened. Add cheese, garlic powder, paprika, salt & pepper. Stir until smooth and creamy.
2. Mix with pasta. Fold in cooked macaroni. Mix gently until evenly coated. Transfer the mixture to a cooler zone to rest (or portion out directly).
3. Griddle crisp. Scoop small rounds (½ cup each) of mac-n-cheese onto a lightly oiled griddle. Flatten slightly into patties. Cook 2–3 min per side until golden brown and crispy edges form.

#### TIPS

- Pre-cook macaroni and chill for firmer patties
- Use a press lid for crispier crust
- Add bacon bits, jalapeños, or extra cheese for variety



## BANANA CINNAMON TOASTS

Golden toast, caramelized bananas, and a warm cinnamon kick – simple and irresistible.

### NUTRITIONAL VALUES (PER SERVING/2 SLICES)

Calories	Protein	Carbs	Sugar	Fat	Fiber
340 kcal	6 g	42 g	18 g	16 g	4 g



PREP TIME  
5 min



COOK TIME  
6-8 min



SERVINGS  
2 serv  
(2 slices each)

#### INGREDIENTS

4 slices thick bread (brioche or sourdough)  
2 ripe bananas, sliced  
2 tbsp butter  
1 tbsp brown sugar  
½ tsp ground cinnamon  
½ tsp vanilla extract  
Pinch of salt  
Butter/oil for griddle

#### INSTRUCTIONS

1. Toast the bread. Place bread slices on the preheated griddle. Cook 2–3 min per side until golden and crisp. Move to the cooler zone.
2. Caramelize the bananas. In a bowl, toss banana slices with brown sugar, cinnamon, vanilla, and a pinch of salt. Add butter to the griddle, then sauté bananas for 2–3 minutes until caramelized and soft.
3. Assemble. Top each toasted bread slice with a warm banana mixture. Optional: sprinkle more cinnamon or drizzle with maple syrup.

#### TIPS

- Use slightly overripe bananas for max flavor
- Toast both sides of the bread for crunch
- Serve immediately to keep toast crisp



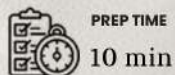


## MINI CORN DOGS

Golden, crispy bites on a stick – carnival vibes from the comfort of your griddle.

### NUTRITIONAL VALUES (PER 2 MINI DOGS)

Calories	Protein	Carbs	Sugar	Fat	Fiber
270 kcal	8 g	18 g	2 g	16 g	1 g



PREP TIME  
10 min



COOK TIME  
10 min



SERVINGS  
8 mini dogs

### INSTRUCTIONS

1. Mix batter ingredients until smooth.
2. Skewer hot dog halves and dip them into the batter.
3. Griddle 3–4 min per side until golden and cooked through.

### INGREDIENTS

4 hot dogs, halved  
 ½ cup cornmeal  
 ¼ cup flour  
 ½ tsp baking powder  
 1 egg  
 ⅓ cup milk  
 Pinch of salt  
 Oil or butter for greasing  
 Toothpicks or skewers

### TIPS

- Use cheese-stuffed hot dogs for extra fun
- Serve with ketchup or honey mustard
- Let kids decorate with toothpick flags

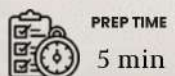


## CHEESE-STUFFED GRIDDLE TOAST

Goopy cheese hidden inside crispy toast – perfect for tiny hands and happy smiles.

### NUTRITIONAL VALUES (PER TOAST HALF)

Calories	Protein	Carbs	Sugar	Fat	Fiber
190 kcal	7 g	14 g	3 g	11 g	1 g



PREP TIME  
5 min



COOK TIME  
6–8 min



SERVINGS  
4 toast halves

### INSTRUCTIONS

1. Sandwich cheese between bread slices.
2. Whisk the egg and milk in a shallow bowl.
3. Dip sandwich in mixture, griddle 3–4 min per side.
4. Slice into halves or fun shapes.

### INGREDIENTS

2 slices sandwich bread  
 2 slices cheddar or mozzarella  
 1 egg  
 2 tbsp milk  
 1 tbsp butter

### TIPS

- Add ham or tomato slices
- Use cookie cutters for shapes
- Let kids choose their cheese

## DINO EGG PANCAKES

Fluffy mini pancakes hiding tiny surprises – edible fun for little explorers.

### NUTRITIONAL VALUES (PER 3 PANCAKES)

Calories	Protein	Carbs	Sugar	Fat	Fiber
230 kcal	5 g	25 g	9 g	11 g	2 g



PREP TIME

8 min



COOK TIME

6-8 min



SERVINGS

12 mini pancakes

#### INGREDIENTS

1 cup pancake batter  
 ¼ cup blueberries or mini chocolate chips  
 Butter or oil for greasing

#### INSTRUCTIONS

1. Scoop small circles of batter onto the griddle.
2. Add blueberries or chips in the center.
3. Cook 2–3 min per side until golden and puffy.

#### TIPS

- Let kids “discover” the eggs
- Use food coloring for colored batter
- Serve with fruit “nests”



## PB&J QUESADILLAS

Warm, melty peanut butter and jam in a crispy griddle pocket – a nostalgic twist for kids (and adults too).

### NUTRITIONAL VALUES (PER QUESADILLA)

Calories	Protein	Carbs	Sugar	Fat	Fiber
330 kcal	9 g	30 g	13 g	19 g	2 g



PREP TIME

3 min



COOK TIME

5 min



SERVINGS

2 quesadillas

#### INGREDIENTS

2 small flour tortillas  
 2 tbsp peanut butter  
 2 tbsp fruit jam (strawberry or grape)  
 Butter or oil for greasing

#### INSTRUCTIONS

1. Spread peanut butter on one tortilla and jam on the other.
2. Press them together and place them on the griddle.
3. Cook 2–3 min per side until golden and gooey inside.
4. Slice into wedges and serve warm.

#### TIPS

- Use almond or sunflower seed butter for allergies
- Add banana slices before grilling
- Cut into stars or triangles for fun

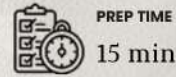


## 🍷 MAC & CHEESE NUGGETS

Crispy outside, creamy inside — these bite-sized nuggets are comfort food magic for little hands.

### NUTRITIONAL VALUES (PER 3 NUGGETS)

Calories	Protein	Carbs	Sugar	Fat	Fiber
290 kcal	8 g	24 g	2 g	18 g	1 g



PREP TIME

15 min



COOK TIME

8-10 min



SERVINGS

10-12 nuggets

### INSTRUCTIONS

1. Mix macaroni, cheese, egg, flour, and salt.
2. Form into nugget shapes, coat in breadcrumbs.
3. Griddle 3–4 min per side until crisp and golden.
4. Cool slightly and serve.

### INGREDIENTS

1 cup cooked macaroni  
 ½ cup shredded cheddar  
 1 egg  
 2 tbsp flour  
 ½ cup breadcrumbs  
 Salt to taste  
 Oil for greasing



### TIPS

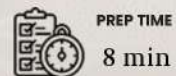
- Add a pinch of paprika for kick
- Chill mixture for easier shaping
- Serve with ketchup or ranch

## 🌈 RAINBOW SPRINKLE GRIDDLE CAKES

Fluffy, colorful, and fun to flip — these mini griddle cakes are packed with rainbow sprinkles and joy in every bite. A perfect treat for kids that feels like a party on the plate.

### NUTRITIONAL VALUES (PER SERVING)

Calories	Protein	Carbs	Sugar	Fat	Fiber
280 kcal	6 g	38 g	13 g	10 g	1 g



PREP TIME

8 min



COOK TIME

5 min



SERVINGS

4 small cakes

### INSTRUCTIONS

1. Make batter. Whisk pancake mix, milk, egg, and vanilla until smooth. Fold in sprinkles.
2. Cook cakes.
3. Spoon batter onto a greased griddle in small rounds. Cook 2–3 min per side until golden and bubbly. Flip gently.
4. Serve with flair. Stack, top with syrup, and more sprinkles for maximum fun.

### INGREDIENTS

1 cup pancake mix  
 ¾ cup milk  
 1 egg  
 1 tsp vanilla extract  
 ¼ cup rainbow sprinkles  
 (plus extra for topping)  
 Butter or oil for griddle



### TIPS

- Let kids sprinkle their own cakes before flipping
- Add mini chocolate chips for extra smiles
- Try shaped molds for themed fun

## GRIDDLE TEMPERATURE COOKING CHART

Master heat like a pro.

To cook like a real griddle, you don't just flip food – you manage heat with purpose. This chart helps you tune into temperature zones, ingredient behavior, and cooking outcomes.

### Temperature Zones & Food Types


Heat Setting	Temp Range (°F)	Best For	Example Dishes
Low	250–325°F	Warming, melting	PB&J Quesadillas, scrambled eggs, pancakes
Medium-Low	325–375°F	Toasting, soft sauté	Banana Cinnamon Toasts, veggie omelet wrap
Medium	375–400°F	Balanced cooking, surface browning	Tuna Melt, quesadillas, zucchini chips
Medium-High	400–450°F	Crisping, fast cooking	Smash Burgers, chicken thighs, hot dogs
High	450–500°F+	Fast searing, caramelizing	Philly Cheesesteak Roll, chili-lime drumsticks

#### Tips for Accurate Griddle Cooking

- **Create Cooking Zones:** Split the griddle surface into two zones – one hotter, one cooler. Great for holding or staging.
- **Give It Time:** Preheat your griddle for 8–10 minutes for even heat across the surface.
- **Use an Infrared Thermometer:** It takes out the guesswork, especially on multi-burner flat tops.
- **Watch the Smoke:**
  - Light shimmer = ready
  - Dark smoke = too hot or oil-burning

## QUICK REFERENCE BY INGREDIENT TYPE

Food Type	Best Temp	Notes
Pancakes & Toasts	350–375°F	Grease lightly, cook until golden, not dry
Eggs (any style)	300–325°F	Go slow – soft texture needs low heat
Burgers & Patties	400–425°F	Smash early, flip once
Chicken & Pork	375–400°F	Flip once, press lightly
Vegetables	350–400°F	Oil lightly, spread flat for crisp edges
Seafood & Fish	375–400°F	Don't overcook – just until opaque

 **Pro Insight:** Controlling the temperature is what separates a cook from a griddle artist. Don't just guess – feel the rhythm, watch the food, and know your zones.

## MEASUREMENT & CONVERSION TABLES

Accuracy matters – even on a flat-top.

When you're making batter, balancing sauces, or seasoning a burger just right, the difference between a dash and a tablespoon can make or break it. Use this section to convert confidently between U.S. and metric units or scale up recipes for a crowd.

### U.S. ↔ METRIC CONVERSIONS

U.S. → Metric	
1 teaspoon	≈ 5 ml
1 tablespoon	≈ 15 ml
1 cup	≈ 240 ml
1 fluid ounce (fl oz)	≈ 30 ml
1 pound (lb)	≈ 454 g
1 ounce (oz)	≈ 28 g

Metric → U.S.	
100 ml	≈ ⅓ cup + 1 tbsp
250 ml	≈ 1 cup + 2 tbsp
500 ml	≈ 2 cups
1 liter (L)	≈ 4 cups (1 quart)
100 g	≈ 3.5 oz
1 kg	≈ 2.2 lbs

## COMMON KITCHEN MEASUREMENTS

Measurement	Equivalent (US)
1 tablespoon (tbsp)	3 teaspoons (tsp)
1 cup	16 tablespoons
1 pint	2 cups
1 quart	2 pints / 4 cups
1 gallon	4 quarts / 16 cups
1 ounce (oz)	2 tablespoons
1 pound (lb)	16 ounces

## OVEN & GRIDDLE TEMPERATURE CONVERSION

Fahrenheit (°F)	Celsius (°C)	Use Case Example
250 °F	120 °C	Warming tortillas, gentle melting
325 °F	165 °C	Eggs, grilled veggies
375 °F	190 °C	Pancakes, sandwiches, sweet potatoes
425 °F	220 °C	Chicken thighs, burger patties
475 °F	245 °C	Searing steaks, crisping hash browns

### Pro Tip:

When switching between dry and liquid measurements (like oats vs. milk), don't eyeball it – grab a scale. Especially with baking-inspired recipes like Mini Griddle Donuts or Pancakes, precision = fluffiness.



# 4-WEEK GRIDDLE MEAL PLAN

Simple. Satisfying. Designed for real life.

This plan gives you structure without pressure. With 130 recipes in your toolkit, you can follow each week as-is or mix and match to suit your mood, appetite, and schedule.

## WEEK 1: COMFORT & CLASSICS

Kick off your griddle journey with cozy favorites and familiar flavors. These meals build confidence and deliver joy, one golden bite at a time.

### Breakfasts:

- Classic American Pancakes with Berries...11
- Cheesy Scrambled Egg Toast.....16
- Maple Glazed Bacon Strips.....15

### Lunches:

- Turkey & Feta Burgers.....29
- Griddled Chicken Caesar.....26
- Mac & Cheese Nuggets.....78

### Dinners:

- Chicken Alfredo Pasta.....49
- Classic Griddled Ribeye.....56
- BBQ Pulled Pork Sliders.....56

### Desserts:

- Mini Griddle Donuts.....68
- Apple Pie Quesadilla.....68

## WEEK 3: FRESH, LIGHT & PLANT-FORWARD

Perfect for a gentle reset or anyone leaning into wholesome eating. Fresh vegetables, grains, and vibrant seasonings take the lead.

### Breakfasts:

- French Toast with Berry Syrup.....13
- Ricotta & Lemon Pancakes.....15
- Dino Egg Pancakes.....77

### Lunches:

- Eggplant & Hummus Wrap.....72
- Spicy Chickpea Crunch Bowl.....28
- Grilled Veggie Quesadilla.....37

### Dinners:

- Zucchini Noodle Stir-Fry.....71
- Falafel Griddle Burger.....33
- Stuffed Bell Peppers.....72

### Desserts:

- Griddled Peaches with Honey.....65
- Peach Cobbler Skillet.....67

## WEEK 2: PROTEIN POWER & GLOBAL VIBES

Fuel your body with protein-packed dishes that draw inspiration from around the world. Think balance, boldness, and serious flavor.

### Breakfasts:

- Protein Banana Pancakes.....13
- Sheet Pan Breakfast Hash.....14
- Egg-White Veggie Omelet.....70

### Lunches:

- Tuna Melt.....63
- Thai Cabbage Slaw with Peanuts.....24
- Sweet Potato Nacho Skins.....18

### Dinners:

- Teriyaki Chicken Skewers.....57
- Chili-Lime Chicken Drumsticks.....58
- Pesto Veggie Noodles.....51

### Desserts:

- Chocolate-Stuffed Pancakes.....67
- Caramelized Banana Split.....66

## WEEK 4: DINER NIGHTS & FAMILY FAVORITES

Finish strong with nostalgic crowd-pleasers, big portions, and comforting meals that make you want seconds (and maybe thirds).

### Breakfasts:

- Griddled Breakfast Burrito.....14
- Bacon & Cheddar Hash Browns.....12
- Banana Cinnamon Toasts.....75

### Lunches:

- PB&J Quesadillas.....77
- Mushroom Swiss Burger.....30
- Goat Cheese & Fig Flatbread.....45

### Dinners:

- Garlic Herb Chicken Thighs.....54
- Shrimp & Mango Salad.....24
- Maple-Dijon Pork Medallions.....58

### Desserts:

- Griddle Brownies.....66
- Nutella Banana Quesadillas.....64

# **BONUS: 8 THEMATIC COOKING CYCLES**

Mini meal plans for every mood, season, and lifestyle.

Use these flexible cycles as standalone weekly menus, themed weekends, or sources of inspiration when you want to cook with more intention. Every recipe is taken from the final version of this book and thoughtfully grouped for simplicity and joy.

## **1. WEEKEND COMFORTS**

*Warm, cozy meals are perfect for slowing down and savoring the weekend. Classic breakfasts and indulgent desserts that bring back comfort food memories.*

Try:

Sheet Pan Breakfast Hash.....	14
French Toast with Berry Syrup.....	13
Mac & Cheese Nuggets.....	78
Nutella Banana Quesadillas.....	64
Griddle Brownies.....	66
Caramelized Banana Split.....	66

## **3. MEAL PREP SUNDAYS**

*Make ahead. Reheat easily. Eat well all week. These recipes are designed to keep you full, save time, and reduce decision fatigue.*

Try:

Garlic Herb Chicken Thighs.....	54
BBQ Chicken Quesadilla.....	36
Spinach Artichoke Dip.....	22
Sweet Potato Nacho Skins.....	18
Protein Banana Pancakes.....	13
Stir-Fried Pad Thai.....	53

## **5. MEATLESS MONDAYS**

*Plant-powered dishes to kick off the week with nutrition and creativity. Hearty, satisfying, and perfect for vegetarians or flexitarians.*

Try:

BBQ Cauliflower Bites.....	22
Spicy Chickpea Crunch Bowl.....	28
Grilled Veggie Quesadilla.....	37
Falafel Griddle Burger.....	33
Beet, Goat Cheese & Walnut Salad.....	26
Crispy Garlic Green Beans.....	20

## **7. SUMMER GRIDDLE PARTIES**

*Fresh, vibrant recipes perfect for outdoor gatherings or sunny solo meals. Summer-friendly flavors with minimal effort.*

Try:

Grilled Watermelon Salad.....	27
Baja Fish Tacos.....	36
Flatbread with Pesto & Chicken.....	46
Roasted Veggie Pizza.....	48
Coconut Shrimp.....	61
Peach Cobbler Skillet.....	67

## **2. LOW-CARB LIFESTYLE**

*Lower in carbs, rich in flavor. Ideal for lighter eating, blood sugar control, or those watching their intake without sacrificing taste.*

Try:

Griddled Chicken Caesar.....	26
Turkey Tacos with Slaw.....	38
Egg-White Veggie Omelet.....	70
Lemon Herb Salmon Wrap.....	73
Spicy Buffalo Tofu Bites.....	21
Shrimp & Mango Salad.....	24

## **4. FAMILY-STYLE DINNERS**

*Significant portions, comforting flavors, and shared table joy. These meals satisfy everyone, from picky kids to hungry adults.*

Try:

Classic Griddled Ribeye.....	56
Smash Burgers with Onion Jam.....	29
Griddled Lasagna Bites.....	53
Chicken Alfredo Pasta.....	49
Maple-Dijon Pork Medallions.....	58
Pesto Veggie Noodles.....	51

## **6. HIGH-PROTEIN POWER**

*Fuel up with protein-rich meals that support energy, muscle maintenance, and satiety. Perfect for active lifestyles or clean eating goals.*

Try:

Teriyaki Chicken Skewers.....	57
Griddled Salmon Quinoa Bowl.....	23
Chili-Lime Chicken Drumsticks.....	58
Tuna Melt.....	63
Cheesy Scrambled Egg Toast.....	16
Griddled Breakfast Burrito.....	14

## **8. ONE-PAN QUICK FIXES**

*When time is short but flavor still matters. Fast, satisfying meals – all made directly on your griddle with minimal cleanup.*

Try:

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Mushroom Swiss Burgers.....	30
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Eggplant & Hummus Wrap.....	72
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Veggie Omelet Wrap.....	12
Egg-White Veggie Omelet.....	70

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Vegan Chickpea Patties.....	30
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Griddled Romaine & Blue Cheese.....	27
Beet, Goat Cheese & Walnut.....	26
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Black Bean & Corn Burger.....	32
Bean & Cheese Street Tacos.....	38
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## HIGH PROTEIN > 9

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Ricotta & Lemon Pancakes   Protein: 15.....	15
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Cheesy Scrambled Egg Toast   Protein: 21.....	16
Cheese Quesadillas   Protein: 16.....	17
Spicy Buffalo Tofu Bites   Protein: 14.....	21
Protein Banana Pancakes   Protein: 18.....	13
Egg-White Veggie Omelet   Protein: 14.....	70
Peanut Noodles with Grilled Tofu   Protein: 12.....	50
Griddle Gnocchi with Spinach   Protein: 9.....	52
Griddled Mac-n-Cheese Balls   Protein: 10.....	51
Eggplant & Hummus Wrap   Protein: 9.....	72
Broccoli Tofu Stir Fry   Protein: 12.....	73
Vegan Chickpea Patties   Protein: 9.....	30
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Vegan Chickpea Patties (moderate) – lower in carbs than typical burgers.....	30
Peanut Noodles with Grilled Tofu (low-carb if using zucchini noodles).....	50



## VEGETARIAN RECIPES

- 11.....Avocado Toast with Poached Egg | Protein: 10g | Gluten-Free | [High Protein](#)
- 12.....Veggie Omelet Wrap | Protein: 17g | [High Protein](#)
- 11.....Classic American Pancakes with Berries | Protein: 6g
- 13.....French Toast with Berry Syrup | Protein: 8g
- 15.....Ricotta & Lemon Pancakes | Protein: 15g | [High Protein](#)
- 16.....Veggie Breakfast Bowl | Protein: 14g | [High Protein](#)
- 16.....Cheesy Scrambled Egg Toast | Protein: 21g | [High Protein](#)
- 17.....Cheese Quesadillas | Protein: 16g | [High Protein](#)
- 18.....Sweet Potato Nacho Skins | Protein: 7g
- 18.....Crispy Zucchini Chips | Protein: 3g | [Vegan](#) | [Gluten-Free](#)
- 20.....Griddled Sweet Corn Salad | Protein: 4g | [Vegan](#)
- 22.....Spinach Artichoke Dip | Protein: 6g
- 22.....BBQ Cauliflower Bites | Protein: 4g | [Vegan](#) | [Gluten-Free](#)
- 21.....Griddled Focaccia Slices | Protein: 4g
- 21.....Spicy Buffalo Tofu Bites | Protein: 14g | [Vegan](#) | [Gluten-Free](#) | [High Protein](#)
- 24.....Thai Cabbage Slaw with Peanuts | Protein: 4g | [Vegan](#) | [Gluten-Free](#)
- 25.....Greek Orzo Salad | Protein: 7g
- 26.....Beet, Goat Cheese & Walnut | Protein: 8g
- 27.....Grilled Watermelon Salad | Protein: 5g | [Gluten-Free](#)
- 27.....Griddled Romaine & Blue Cheese | Protein: 5g
- 13.....Protein Banana Pancakes | Protein: 18g | [High Protein](#)
- 70.....Egg-White Veggie Omelet | Protein: 14g | [High Protein](#)
- 50.....Zucchini Noodles with Tomato Sauce | Protein: 6g | [Gluten-Free](#)
- 50.....Peanut Noodles with Grilled Tofu | Protein: 12g | [High Protein](#)
- 51.....Pesto Veggie Noodles | Protein: 8g
- 52.....Griddle Gnocchi with Spinach | Protein: 9g | [High Protein](#)
- 51.....Griddled Mac-n-Cheese Balls | Protein: 10g | [High Protein](#)
- 72.....Eggplant & Hummus Wrap | Protein: 9g | [High Protein](#)
- 72.....Griddled Stuffed Peppers | Protein: 8g
- 73.....Broccoli Tofu Stir Fry | Protein: 12g | [Gluten-Free](#) | [High Protein](#)
- 30.....Vegan Chickpea Patties | Protein: 9g | [High Protein](#)
- 33.....Falafel Griddle Burger | Protein: 10g | [High Protein](#)
- 32.....Black Bean & Corn Burger | Protein: 11g | [High Protein](#)
- 37.....Grilled Veggie Quesadilla | Protein: 10g | [High Protein](#)

# MEAL PLAN SHOPPING LISTS BY DURATION

## WEEK 1: COMFORT & CLASSICS – SHOPPING LIST (FOR 2 PEOPLE) BASED ON ACTUAL RECIPES LISTED IN THE PLAN

### MEAT & PROTEIN

- Chicken breast – 300 g (10 oz)
- Chicken thighs (boneless, skinless) – 400 g (14 oz)
- Ribeye steak – 2 x 180 g (6–7 oz each)
- Ground turkey (lean) – 300 g (10 oz)
- Pulled pork (cooked or pre-prepared) – 300 g (10 oz)
- Bacon (thick-cut) – 200 g (7 oz)
- Eggs – 10–12 large

### CHEESE & DAIRY

- Feta cheese – 100 g (3.5 oz)
- Cheddar cheese (shredded) – 150 g (5 oz)
- Parmesan cheese – 50 g (2 oz)
- Colby Jack or mild cheese (for toast) – 100 g (3.5 oz)
- Whole milk – 500 ml (2 cups)
- Heavy cream – 250 ml (1 cup)
- Butter (unsalted) – 100 g (1 stick or ½ cup)
- Yogurt-based Caesar dressing – 100 ml (⅓ cup)

### VEGETABLES & FRESH PRODUCE

- Romaine lettuce – 1 small head
- Tomato – 1 medium
- Garlic – 2–3 cloves
- Onion – 1 medium
- Fresh parsley – 1 small bunch
- Fresh berries (blueberries, raspberries, etc.) – 1 cup (125 g)
- Apple – 1 large
- Lemon – 1 medium

### PANTRY & EXTRAS

- Tortillas (medium size) – 2 pcs
- Cooking spray or extra butter (for griddle use)
- Optional: caramel sauce or vanilla ice cream (for Apple Pie Quesadillas)

### BREADS & GRAINS

- Whole wheat buns – 2 pcs
- Artisan or rustic bread – 4 thick slices
- Slider buns or mini rolls – 4 pcs
- All-purpose flour – 300 g (2½ cups)
- Pasta (fettuccine or penne) – 200 g (7 oz)
- Breadcrumbs (plain) – 100 g (1 cup)
- Baking powder – 10 g (2 tsp)
- Sugar – 4 tbsp total (for pancakes, donuts)

### SPICES, SAUCES & OILS

- Olive oil – 100 ml (⅓ cup)
- Neutral oil (for frying) – 100 ml (⅓ cup)
- Maple syrup – 50 ml (3 tbsp)
- Brown sugar – 2 tbsp
- Salt – as needed
- Ground black pepper – as needed
- Cinnamon – 1 tsp
- Vanilla extract – 1 tsp
- BBQ sauce – ½ cup (120 ml)

✓ This list supports the following 11 dishes from Week 1:

Classic American Pancakes with Berries

Cheesy Scrambled Egg Toast

Maple Glazed Bacon Strips

Turkey & Feta Burgers

Griddled Chicken Caesar

Mac & Cheese Nuggets

Chicken Alfredo Pasta

Classic Griddled Ribeye

BBQ Pulled Pork Sliders

Mini Griddle Donuts

Apple Pie Quesadilla

**WEEK 2: PROTEIN POWER & GLOBAL VIBES – SHOPPING LIST (FOR 2 PEOPLE)  
BASED ON ACTUAL RECIPES LISTED IN THE PLAN**

**MEAT & PROTEIN**

- Chicken breast (for skewers) – 2 small breasts (~300 g / 10 oz total)
- Chicken thighs or drumsticks (for chili-lime dish) – 400 g (14 oz)
- Tuna (canned in oil or water) – 1 can (~160 g drained)
- Ground beef or steak strips (for teriyaki stir-fry) – 250-300 g (9-10 oz)
- Eggs – 8 large
- Egg whites – 150 ml (from 3-4 eggs or carton)

**CHEESE & DAIRY**

- Cheddar (shredded) – 150 g (5 oz)
- Parmesan – 50 g (2 oz)
- Yogurt (Greek, for slaw or sides) – 200 g (¾ cup)
- Butter (unsalted) – 100 g (½ cup / 1 stick)
- Cream cheese (for optional tuna melt spread) – 50 g (2 oz)

**BREADS & GRAINS**

- Whole wheat bread – 4 slices
- Burger buns or sandwich rolls – 2 pcs
- Pancake mix or flour + baking powder – 200 g (1½ cups total)
- Rice (jasmine or basmati) – 200 g (1 cup uncooked)
- Cooked quinoa – 150 g (¾ cup cooked)
- Tortilla (for wrap) – 1-2 medium

**PANTRY & EXTRAS**

- Canned chickpeas (for slaw base if needed) – 1 small can (~200 g drained)
- Pancake toppings (e.g., chocolate chips, syrup, optional)
- Toothpicks or skewers (for chicken)

**VEGETABLES & FRESH PRODUCE**

- Sweet potatoes – 2 medium (about 500 g total)
- Red bell pepper – 1 large
- Onion – 2 medium (1 for nachos, 1 for stir-fry)
- Zucchini – 1 small
- Carrots – 1 medium
- Cabbage (green or purple) – 150 g (shredded) / ~2 cups
- Fresh herbs (cilantro or parsley) – 1 small bunch
- Garlic – 3 cloves
- Ginger (fresh, optional) – 1 small piece (thumb-sized)
- Lemon or lime – 2 pcs
- Peaches – 2 ripe
- Banana – 1 ripe

**SPICES, SAUCES & OILS**

- Olive oil – 100 ml (⅓ cup)
- Sesame oil (for teriyaki & slaw) – 2 tbsp
- Soy sauce – 5 tbsp total
- Teriyaki sauce – ½ cup (120 ml)
- Maple syrup – 2 tbsp (for banana pancakes)
- Ground cinnamon – ½ tsp
- Salt & black pepper – to taste
- Chili flakes – ½ tsp (optional)
- Honey – 1 tbsp

✓ This list supports the following 11 dishes from Week 2:

Protein Banana Pancakes

Sheet Pan Breakfast Hash

Egg-White Veggie Omelet

Tuna Melt

Thai Cabbage Slaw with Peanuts

Sweet Potato Nacho Skins

Teriyaki Chicken Skewers

Chili-Lime Chicken Drumsticks

Pesto Veggie Noodles

Chocolate-Stuffed Pancakes

Griddled Peaches with Honey

**WEEK 3: FRESH, LIGHT & PLANT-FORWARD – SHOPPING LIST (FOR 2 PEOPLE)  
BASED ON ACTUAL RECIPES LISTED IN THE PLAN**

**FRESH VEGETABLES & GREENS**

- Zucchini – 2 small (~300 g / 10 oz total)
- Bell peppers – 2 medium (red or yellow)
- Eggplant – 1 small (~250 g / 9 oz)
- Cherry tomatoes – 150 g (1 cup halved)
- Onions – 2 medium
- Garlic – 3 cloves
- Spinach (fresh or baby) – 150 g (5 oz)
- Fresh basil or parsley – 1 small bunch
- Avocado – 1 ripe
- Mixed salad greens – 1 small bag (~100 g / 4 cups loosely packed)
- Mushrooms (for stir-fry or veggie mix) – 150 g (5 oz)
- Lemons – 2 pcs
- Mango – 1 ripe
- Peaches – 2 ripe
- Berries (fresh or frozen) – 1 cup

**BREADS & FLOUR-BASED**

- Flatbread or pita – 2 pieces
- Whole grain bread – 4 slices
- Pancake mix or ingredients (flour, baking powder) – 1½ cups dry mix (~200 g)

**GRAINS, BEANS & PLANT-BASED PROTEIN**

- Cooked quinoa – 1 cup (~150 g)
- Couscous (or bulgur) – 150 g (¾ cup dry)
- Chickpeas (cooked or canned) – 1 small can (~200 g drained)
- Lentils (cooked or canned) – 150 g (¾ cup cooked)
- Falafel mix or dry chickpeas (optional) – 100 g (½ cup dry)
- Tofu (firm or medium) – 1 block (~350 g / 12 oz)

**DAIRY & EGGS**

- Ricotta cheese – 100 g (3.5 oz)
- Eggs – 6 large
- Butter (unsalted) – 50 g (¼ cup)
- Milk (dairy or plant-based) – 200 ml (¾ cup)
- Greek yogurt (optional for wraps/dips) – 150 g (½ cup)

**SAUCES, OILS & SEASONING**

- Olive oil – 100 ml (⅓ cup)
- Soy sauce – 2 tbsp
- Balsamic vinegar – 1 tbsp (optional for salad)
- Maple syrup or honey – 2 tbsp
- Dijon mustard – 1 tsp (for vinaigrette)
- Salt, pepper, dried oregano, paprika – to taste
- Cinnamon (for peaches & pancakes) – ½ tsp

**EXTRAS & TOPPINGS**

- Nutella or chocolate spread – 2 tbsp (optional)
- Nuts (e.g., walnuts or almonds) – 30 g (¼ cup)
- Croutons (for salad) – optional

✓ **This list supports the following 11 dishes from Week 3:**

French Toast with Berry Syrup  
Ricotta & Lemon Pancakes  
Dino Egg Pancakes  
Eggplant & Hummus Wrap  
Spicy Chickpea Crunch Bowl  
Grilled Veggie Quesadilla  
Zucchini Noodle Stir-Fry  
Falafel Griddle Burger  
Stuffed Bell Peppers  
Griddled Peaches with Honey  
Peach Cobbler Skillet

**WEEK 4: DINER NIGHTS & FAMILY FAVORITES – SHOPPING LIST (FOR 2 PEOPLE)  
BASED ON ACTUAL RECIPES LISTED IN THE PLAN**

**FRESH PRODUCE**

- Potatoes – 2 medium (~400 g / 14 oz)
- Mixed lettuce or salad greens – 100 g (3–4 cups loosely packed)
- Onion – 2 medium
- Garlic – 3 cloves
- Bell pepper – 1 medium
- Fresh parsley or chives – a small bunch
- Tomatoes – 2 medium
- Ripe banana – 1
- Lemon – 1
- Mango – 1 ripe
- Berries (fresh or frozen) – 1 cup

**DAIRY & EGGS**

- Eggs – 6 large
- Cheddar cheese – 100 g (1 cup shredded)
- Goat cheese or feta – 80 g (3 oz)
- Butter (unsalted) – 50 g (¼ cup)
- Milk (or plant-based) – 150 ml (⅔ cup)
- Cream or half & half – optional, 100 ml

**MEAT, FISH & PROTEIN**

- Bacon – 4 slices
- Ground beef or mushroom patty – 1 large patty
- Chicken thighs – 2 pcs (boneless)
- Pork medallions – 2 pcs (~150–200 g total)
- Salmon fillet – 1 medium (~150 g / 5 oz)
- Shrimp (peeled) – 150 g (5 oz)

**BREADS, WRAPS & GRAINS**

- Tortilla – 2 large or 4 small
- Flatbread – 1–2 pcs
- Brioche or sandwich bun – 2 pcs
- Whole grain bread – 2 slices
- Oats – ½ cup (optional for dessert crust)
- Flour (for batter or coating) – ½ cup (~60 g)

**DESSERTS & TOPPINGS**

- Nutella or chocolate spread – 2 tbsp
- Brown sugar – 1 tbsp
- Honey or maple syrup – 2 tbsp
- Vanilla extract – ½ tsp
- Cinnamon – ½ tsp
- Chocolate chips – 2 tbsp
- Ice cream (vanilla or banana) – optional, 2 scoops

**CONDIMENTS & PANTRY**

- Olive oil – 3 tbsp
- Dijon mustard – 1 tsp
- Salt, black pepper, paprika, chili flakes – to taste

✓ This shopping list covers the following 11 recipes from Week 4:

Griddled Breakfast Burrito  
Bacon & Cheddar Hash Browns  
Banana Cinnamon Toasts  
PB&J Quesadillas  
Mushroom Swiss Burger  
Goat Cheese & Fig Flatbread  
Garlic Herb Chicken Thighs  
Shrimp & Mango Salad  
Maple-Dijon Pork Medallions  
Griddle Brownies  
Nutella Banana Quesadillas

## THEMATIC CYCLE 1: WEEKEND COMFORTS

### Shopping List (for 2 people)

#### FRESH PRODUCE

- Potatoes – 2 medium (~400 g)
- Berries (fresh or frozen) – 1 cup
- Banana – 1 ripe
- Onion – 1 small
- Garlic – 2 cloves

#### DAIRY & EGGS

- Eggs – 6 large
- Milk – ½ cup (120 ml)
- Butter – 50 g (¼ cup)
- Cheddar or other cheese – 100 g (1 cup shredded)

#### MEAT & PROTEIN

- Bacon – 4 slices

#### PANTRY & DESSERT

- Flour – ½ cup (~60 g)
- Brown sugar – 2 tbsp
- Maple syrup or honey – 3 tbsp
- Nutella or chocolate spread – 2 tbsp
- Cocoa powder – 2 tbsp
- Chocolate chips – 3 tbsp
- Cinnamon – ½ tsp
- Vanilla extract – ½ tsp
- Baking powder – 1 tsp

## THEMATIC CYCLE 3: MEAL PREP SUNDAYS

### Shopping List (for 2 people)

#### FRESH PRODUCE

- Spinach – 2 cups (about 100 g)
- Onion – 2 medium
- Bell pepper – 1 large
- Sweet potato – 2 medium
- Garlic – 3 cloves
- Scallions or green onions – optional, 2 stalks
- Lemon – 1

#### DAIRY & EGGS

- Eggs – 6 large
- Cheese (cheddar or mozzarella) – 150 g (1½ cups shredded)
- Greek yogurt – 100 g (½ cup)

#### MEAT & PROTEIN

- Chicken breast – 2 fillets (~300–350 g)
- Ground beef or chicken – 200 g

#### PANTRY STAPLES

- Tortillas – 4 small (6-inch)
- Peanut butter – 2 tbsp
- Pad Thai noodles or rice noodles – 100–120 g
- Soy sauce – 2 tbsp
- Cooking oil (olive/sesame) – 3 tbsp
- Dried herbs & spices – to taste

## THEMATIC CYCLE 2: LOW-CARB LIFESTYLE

### Shopping List (for 2 people)

#### FRESH PRODUCE

- Romaine or iceberg lettuce – 1 head
- Tomatoes – 2 medium
- Bell pepper – 1 large
- Cabbage or slaw mix – 150 g (2–3 cups)
- Garlic – 2 cloves
- Lemon – 1
- Mango – 1 small (for salad)
- Avocado – 1

#### DAIRY & EGGS

- Eggs – 4 large
- Feta cheese or hard cheese – 80 g (3 oz)

#### MEAT & PROTEIN

- Chicken thighs – 2 pcs (~300 g)
- Salmon – 1 fillet (~150–200 g)
- Ground turkey or chicken – 200 g (7 oz)
- Shrimp – 150 g (5 oz)
- Tofu – optional, 100 g firm

#### CONDIMENTS

- Olive oil – 3 tbsp
- Greek yogurt – optional, 100 g
- Dijon mustard – 1 tsp
- Salt, black pepper, chili flakes – to taste

## THEMATIC CYCLE 4: FAMILY-STYLE DINNERS

### Shopping List (for 2 people)

#### FRESH PRODUCE

- Onion – 2 large
- Garlic – 4 cloves
- Potatoes – 3 medium
- Tomato – 2 medium
- Bell pepper – 1

#### DAIRY

- Mozzarella or cheddar cheese – 150–200 g
- Cream or milk – ½ cup (120 ml)

#### MEAT & PROTEIN

- Ribeye steak – 1 large (250 g / 9 oz)
- Chicken breast – 2 pcs (300–350 g)
- Ground beef – 250 g
- Pork medallions – 2 pcs (~200 g)

#### PANTRY & BREAD

- Pasta – 150–200 g
- Flatbread or pita – 2 pieces
- Tomato sauce or marinara – 150 ml (½ cup)
- Olive oil, mustard, herbs – to taste

## **🌿 THEMATIC CYCLE 5: MEATLESS MONDAYS**

### **🛒 Shopping List (for 2 people)**

#### **🌿 FRESH PRODUCE**

- Cauliflower – 1 small head (500 g)
- Bell pepper – 1 large
- Onion – 1 large
- Zucchini – 1 medium
- Beetroot – 1 small (150 g)
- Lettuce or mixed greens – 100 g
- Garlic – 2 cloves
- Lemon – 1

#### **🌿 PLANT-BASED PROTEIN**

- Chickpeas – 1 can (400 g) or 200 g cooked
- Tofu – 200–250 g (firm)
- Falafel mix or pre-cooked falafel – 150 g
- Walnuts – 30 g (small handful)

#### **🧀 DAIRY**

- Goat cheese – 60–80 g
- Butter or plant-based spread – optional, for sautéing

#### **🍲 PANTRY & SEASONINGS**

- Olive oil – 2 tbsp
- Pita or flatbread – 2 small pieces
- Pesto (for veggies) – 2 tbsp
- Salt, pepper, chili flakes, herbs – to taste

## **⚡ THEMATIC CYCLE 8: ONE-PAN QUICK FIXES**

### **🛒 Shopping List (for 2 people)**

#### **🌿 PROTEIN**

- Ground turkey or beef – 150 g
- Turkey slices – 100 g
- Shredded cheese (cheddar or Mexican blend) – 150 g
- Tofu – 150 g (firm)

#### **🥚 DAIRY & EGGS**

- Eggs – 4 large
- Sour cream (optional for topping) – 2 tbsp

#### **🌿 FRESH PRODUCE**

- Onion – 1 large
- Bell pepper – 1 large
- Garlic – 2 cloves
- Cucumber (for wraps or side) – 1 small

#### **🍞 BREAD & WRAPS**

- Tortillas – 4 medium (6-inch)
- Flatbread or naan – 1 piece

#### **🍲 PANTRY**

- Canned beans (black or pinto) – 1 can (400 g)
- Peanut sauce or soy sauce – 1–2 tbsp
- Olive oil – 1 tbsp
- Salt, pepper, spices – to taste

## **🍗 THEMATIC CYCLE 6: HIGH-PROTEIN POWER**

### **🛒 Shopping List (for 2 people)**

#### **🍗 MEAT & FISH**

- Chicken breast – 2 pieces (~350 g)
- Salmon fillet – 2 small (~300 g total)
- Tuna (can or fresh steak) – 150 g

#### **🥚 DAIRY & EGGS**

- Eggs – 6 large
- Cheese (cheddar or feta) – 150 g
- Greek yogurt – 1 cup (240 ml)

#### **🌿 FRESH PRODUCE**

- Romaine or mixed greens – 150 g
- Onion – 1 large
- Bell pepper – 1 medium
- Lemon – 1

#### **🌿 OTHER**

- Quinoa – 100 g (½ cup uncooked)
- Olive oil – 2 tbsp
- Seasoning (soy sauce, garlic powder, pepper) – to taste

## **☀️ THEMATIC CYCLE 7: SUMMER GRIDDLE PARTIES**

### **🛒 Shopping List (for 2 people)**

#### **🍷 FRESH PRODUCE**

- Watermelon – ½ small (~500 g)
- Corn on the cob – 2 ears or 1 can (~300 g)
- Mixed salad greens – 100 g
- Tomatoes (cherry or regular) – 2 medium
- Avocado – 1
- Basil (fresh or dried) – a few leaves
- Peach – 1 large
- Mango – 1 medium

#### **🧀 DAIRY & EGGS**

- Mozzarella – 120 g (shredded or sliced)
- Parmesan – optional for garnish

#### **🍗 PROTEIN & SEAFOOD**

- Chicken breast or thighs – 1 piece (~180 g)
- Shrimp – 150 g (peeled, deveined)

#### **🍞 BREAD & BASES**

- Flatbread or pita – 2 pieces
- Pizza dough or crust – 1 small base

#### **🍲 PANTRY & EXTRAS**

- Olive oil – 2 tbsp
- Honey – 1 tbsp (for glazing)
- Salt, pepper, chili flakes – to taste



### **ABOUT THE AUTHOR – ECHO SALAZAR**

Echo Salazar is a passionate home cook with Latin American roots and a deep love for the art of flat-top cooking. Growing up in a family where food brought everyone together, Echo learned early that great meals don't require fancy techniques – just heat, rhythm, and heart.

With years of self-taught experience, Echo specializes in simple, flavorful, and balanced meals designed for real life. His focus on health-conscious, flexible cooking shines through every recipe. Whether it's a 10-minute weekday dinner or a nostalgic weekend brunch, he believes cooking should nourish the body and the spirit, without stress.

Echo's style blends retro diner soul with modern well-being. He's not just teaching you to use a griddle – he's helping you build confidence in the kitchen and cook with joy, intention, and ease.



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- Every flip, every sizzle, every shared bite counts.

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