



LIVE WELL FOR LESS®

NuWave Oven Pro Recipe Conversion Guide

NUWAVE PRO POWER LEVEL	NUWAVE OVEN TEMPERATURE	
	FAHRENHEIT	CELSIUS
10 (HI)	342°F	(172°C)
9	325°F	(163°C)
8	300°F	(149°C)
7	275°F	(135°C)
6	250°F	(121°C)
5	225°F	(107°C)
4	175°F	(79°C)
3	150°F	(66°C)
2	116°F	(47°C)
1	106°F	(41°C)

Note: Images used in this book show the NuWave Oven with a transparent Extender Ring and 4" rack. The instructions still apply for the stainless steel Extender Rings and 3" cooking racks.