

FT01

# Solis Smart Food Thermometer

## User Manual

Read This Manual Before Using  
And Save For Future References

Item Number: 59132

# **THANK YOU FOR YOUR PURCHASE**

Please contact us directly if you have any questions or need any technical support!

Phone: (510) 687-0388 ext 281

Email: [service@tenergy.com](mailto:service@tenergy.com)

# Included Contents



1x Thermometer



6x Probe  
w/ Cable

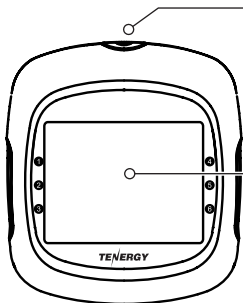


6x Plastic  
Cable Wraps



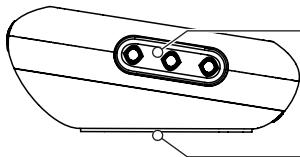
2x AA  
Battery

**\*REMOVE BEFORE  
USING PROBES**



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

LCD Screen



Probe Sockets

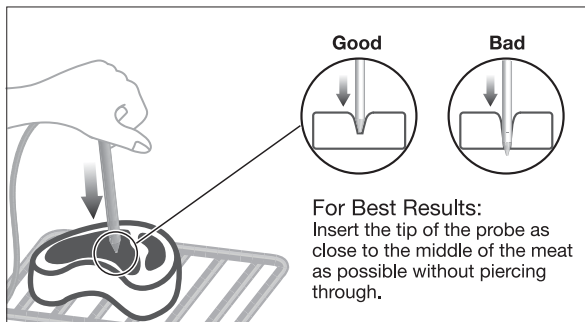
Battery Chamber

# Setting Up The Thermometer

- 1) Install batteries into the thermometer.
- 2) Remove the plastic cable wraps.
- 3) Connect probe(s) to the probe sockets.

## Using The Thermometer Without App

- 1) Turn on the thermometer by holding down the Power Button.
- 2) Insert the tip of probe into the middle of meat.
- 3) Check temperature on the LCD screen. If multiple probes are connected, LCD will display each channel's temperature in an automatic cycle sequence.
- 4) Tap the power button to use backlit on LCD.



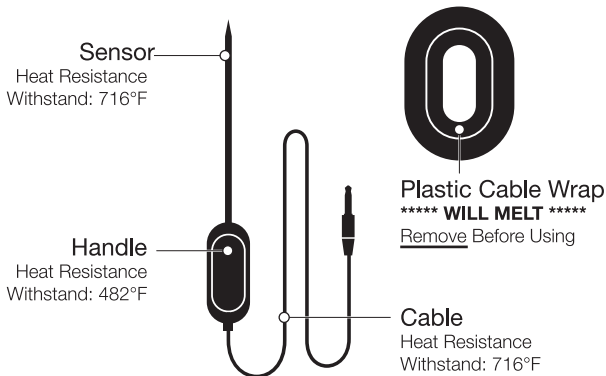
# Temperatures & Doneness Reference

The following chart is a guide to internal temperatures for your preferred doneness. Please note that food continues cooking when first removed from an oven. We recommend you remove your meat/poultry/fish at "remove" and let rest to reach "ideal".

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

\* N/A: Not Applicable

## Know Your Probes



### WARNING:

Please note that the handle of the probe comes with a lower heat resistance than the sensor or cable, do not use it at places with high temperatures than it's able to withstand to prevent damage.

# Using The Thermometer With App

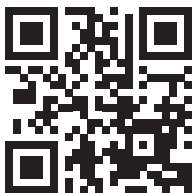
Download and install the App “Solis Thermo” from Appstore or Google Play.



Solis Thermo

Search the keyword "Solis Thermo", or scan the following QR Code with your phone to find the App.

For iPhones:



For Android:



## Note

In order to use this product properly, your device needs to fully support Bluetooth 4.0 or later; which means the following devices or its later models:

**Apple:** iPhone 4s or later

**Samsung Galaxy:** S3 or later

**Samsung Galaxy Note:** Note 2 or later

**For other Android devices:** Android OS 4.3 with Bluetooth 4.0 or later

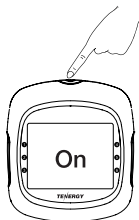
# Pairing The Thermometer

After installing the app, use the following steps to pair the thermometer.

- 1) Enable Bluetooth on smart device



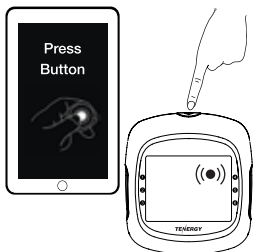
- 2) Turn on thermometer



- 3) Open the app and press Start on-screen



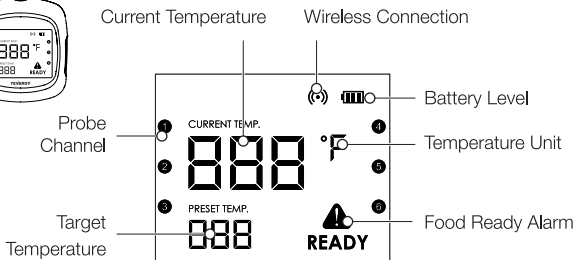
- 4) Press button atop the thermometer



- 5) Done



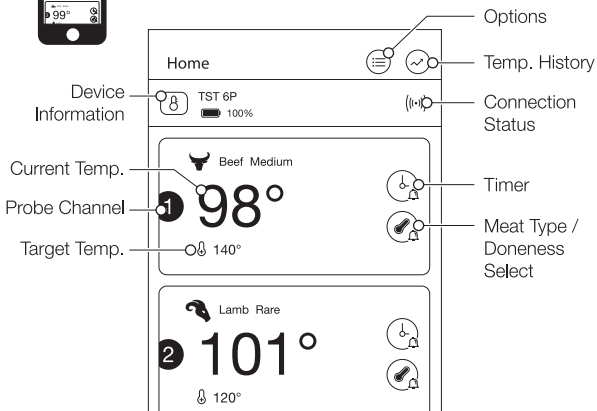
# LCD Display



# App Screen



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





## FAQs

Q: Is this thermometer or probe waterproof?

A: Both parts are not waterproof. Please do not use in a dishwasher or submerge the thermometer or probes in water.

Q: How can I check if my probe is accurate?

A: Perform an Ice Water or Boiling Water test

Ice water test

1. Fill a glass with ice, add cold water to the top
2. Stir the cup for 20 secs, then insert the probe
3. An accurate thermometer should read 32°F or 0°C

Boiling water test

1. Boil water in a pot
2. Insert probe about an inch into the boiling water
3. An accurate thermometer should read 212°F or 100°C

\*Boiling point can vary depending on location and weather. Please review your location's boiling point before using the boiling water test.

Q: Does the thermometer have an alarm?

A: YES, both the thermometer and the Solis Thermo app have alarm features.

Q: Can I leave the probes in an oven, grill, or smoker?

A: As the heat does not go over 482°F and not in direct contact with flames.

Q: Can you change from Fahrenheit to Celsius?

A: Yes, you can use the Solis Thermo app to change the units of measurement.

## Maintenance and Warning

- To clean up the probes, use a damp cloth to wipe off.
- Do not immerse the probe in water.
- Do not use dishwasher to clean up the probes or the thermometer.
- Do not place thermometer on any hot surfaces.
- Do not place probe in direct fire/flames.
- Always remove the plastic cable wrap before using.

Thank You

Scan for more  
product information



[www.TenergyLife.com](http://www.TenergyLife.com)



FC

CE



RoHS

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