



Omega...
A Legendary
Name In
Fresh Juice
Extraction.



INSTRUCTION MANUAL FOR THE OMEGA 8003/8005 NUTRITION CENTER



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HOUSEHOLD AND COMMERCIAL USE



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

- Read all instructions.
- To protect against risk of electrical shock, do not put the motor base in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use, before putting on or taking off parts and before cleaning.
- Avoid contact with moving parts.
- DO NOT operate any appliances with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner.
- Return appliance to the nearest authorized service facility for examination, repair or electrical adjustment.
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
- DO NOT use outdoors.
- DO NOT let cord hang over edge of table or counter, or touch hot surfaces.
- DO NOT place on or near a hot gas or electric burner or in a heated oven.
- DO NOT use appliance for other than intended use.
- Be sure to switch to off position after each use of your juicer.
- DO NOT put your fingers or other objects into the juicer opening while it is in operation. If food becomes lodged in the opening, use the plunger or another piece of fruit to push it down. When this method is not possible, turn the motor off and disassemble juicer to remove the remaining food.
- DO NOT plug in until familiar with all the instructions and operating procedures.
- DO NOT unplug from electrical outlet by pulling on the cord. To unplug, grasp the plug, not the cord, and pull.
- Turn off all controls before unplugging from or plugging into an electrical outlet.

WARNING: This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electrical shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

SAVE THESE INSTRUCTIONS.

OMEGA MODEL 8003/8005 NUTRITION CENTER

This heavy-duty juicer features a patented, stone mill-like auger, made of hygienic U.S. FDA-approved melamine, which prevents poisonous heavy metals from mixing with your fresh juices.

The Omega 8003/8005 Nutrition Center's low speed of 80 RPMs ensures full taste and the highest nutritional value.

The Omega 8003/8005 Nutrition Center is easy to assemble and disassemble for quick cleaning.

The Omega 8003/8005 Nutrition Center assures you many years of trouble-free, dependable service. Ten-year warranty on all parts and labor.

MULTI-PURPOSE JUICER/FOOD PROCESSOR

- **FRUIT JUICE EXTRACTOR** Omega 8003/8005 Nutrition Center efficiently juices hard and soft fruits: even citrus fruits, usually one of the hardest fruits to juice.
- **VEGETABLE JUICE** The Omega 8003/8005 Nutrition Center juices all kinds of vegetables including carrots, beets, celery, peppers, and radishes without destroying the natural flavor and nutritional benefits. Fresh taste and full nutrition are guaranteed with this unique extraction process.
- **WHEATGRASS AND LEAFY GREENS** Wheatgrasses, kale, cabbage, spinach, and pine tree needles are just some of the natural products that can be juiced with the Omega 8003/8005 Nutrition Center. Enjoy the best that nature offers in raw foods of all kinds and juice them for full nutritional benefits.
- **FOOD PROCESSOR** The Omega 8003/8005 Nutrition Center chops and minces, providing natural flavor and nutrition from garlic, scallions, red pepper, ginger, and most other foods, including herbs and seasonings. Soft foods for special diets for babies are quick and easy to prepare with the mincing set-up.
- **PASTA EXTRUDER** Homemade spaghetti, linguini, or breadsticks can be extruded in just minutes with the included pasta nozzles.
- **HOMOGENIZER** Make fresh frozen desserts, natural baby food, and nut butters using your fresh fruit and vegetables.
- **GRINDER** Grind coffee beans and flour.

SPECIFICATIONS

Model Name	Omega 8003/8005 Nutrition Center	
Dimensions	Height: 8 1/2"	Width: 7"
	Length: 15 1/2"	
Weight	16 lbs.	
Voltage	120V/60Hz	
Motor	1/3 HP single-phase induction	
Auger RPM	75 to 85	

ASSEMBLY INSTRUCTIONS

For Juicing

STEP 1 Place the auger into the drum. Insert the juicing screen into the drum with the protruding tab at the bottom. Place the drum cap onto the drum end and turn it counterclockwise until it is firmly in place.

STEP 2 Connect assembled drum set with main body by inserting the visible part of the metal shaft into the hex area on the main body. Secure by turning the locking clip clockwise. Place the hopper onto the drum.

STEP 3 Place juice bowl and waste bowl under drum set. Plug power cord into wall outlet. Press the power switch down on the ON side of the switch.

For All Non-Juicing Functions

STEP 1 Place the auger into the drum. Insert the blank into the drum with the protruding tab at the bottom. Insert the appropriate nozzle into the inside of the Drum Cap. Place the drum cap onto the drum end and turn it counterclockwise until it is firmly in place.

STEP 2 Connect assembled drum set with main body by inserting the visible part of the metal shaft into the hex area on the main body. Secure by turning the locking clip clockwise. Place the hopper onto the drum.

STEP 3 Place the two bowls under the drum set. Plug the power cord into wall outlet. Press the power switch down on the ON side of the switch.

Congratulations!

You are ready to use your Omega 8003/8005 Nutrition Center.

All items will be placed down the feed chute. Use the plunger to press the items into the chute. Leave the machine running while you process the items. When juicing, the juice will exit the bottom of the drum and the pulp will exit out the end of the drum cap. For all other functions, everything will exit through the end of the drum cap.

STEP 4 DO NOT place any metal objects into the hopper. If drum set is clogged or the machine stops operating, press the reverse button 2 to 3 times and press the ON button again to resume normal operation.

STEP 5 Switch the juicer OFF before changing or touching any moving parts. Remove the drum set from the main body by turning the locking clip counterclockwise. Pull the auger forward to disassemble it from the drum set. After each juicing session, wash all parts in warm soapy water.

All of the removable parts are dishwasher safe. Do **NOT** place the motor housing into the dishwasher.

Do **NOT** run juicer more than 30 minutes continuously at any one time.

Choosing the Correct Cones

Juicing Screen This is the cone with the stainless steel mesh. It is used for all juicing functions and *only juicing functions*.

Blank Cone This is the cone constructed of solid polycarbonate with a stainless steel rim on the inside. It is used for all functions *except juicing*.

All six nozzles may be used with the blank cone.

Choosing the Correct Nozzles

Oval Nozzle

- Mincing and chopping vegetables
- Making nut butters
- Homogenizing frozen fruit, milk or yogurt
- Extruding breadsticks

Round Nozzle

- Mincing and chopping vegetables
- Making nut butters
- Homogenizing frozen fruit, milk or yogurt
- Extruding breadsticks

Four Remaining Nozzles

- Extrusion of various sized pastas.

Sieve

The included sieve, which fits on both of the bowls, should only be needed after processing items that seem to have too much pulp in the juice or foam on the top of the juice. It is best to use the sieve at the end of the juicing process by pouring all of the prepared juice through the sieve.

FRUIT AND VEGETABLE JUICER

Cone: Juicing Screen
Nozzle: No Nozzle Needed

HELPFUL HINTS

- The included sieve, which fits on both of the bowls, should be needed after processing items that have more pulp or foam for your taste. It should not be used during the juicing process. It should be used at the end of the juicing process by pouring all of the prepared juice through the sieve.
- While the **Omega 8003/8005 Nutrition Center** can extract juice from unpeeled fruits and vegetables, we recommend you thoroughly wash and peel your fresh ingredients to remove accumulated chemicals.
- Cut fruit or vegetables into small pieces so that juice may be extracted more thoroughly.
- Turn on the machine and let it run without interruption until all the juice has been extracted.
- When using a combination of soft and firm produce, alternate the items. It is best to start with the softer items and to finish with the firmer items.
- If the pulp in the drum starts to clog or the juicer starts to vibrate slightly during operation, turn off the machine and empty the drum set. Reassemble and resume normal operation.
- Do not juice anything that will change the taste in a negative way. (Example: orange rind)
- Items that are traditionally thrown away for meals may be juiced. (Example: carrot or beet stems)
- Soft produce will process more easily if refrigerated.
- Items like ginger, lemon and beet may be added for taste. They should all be used according to your taste. Although they are listed in many of our recipes, they are optional. Make drinks that suit your personal taste or health needs.
- After placing the last piece of fruit or vegetable into the hopper, keep the machine running for a few seconds longer to ensure the machine has extracted the last drops of juice.
- Clean all parts that come into contact with juice after each use of the **Omega 8003/8005 Nutrition Center**.

WHEATGRASS AND GREENS JUICER

Cone: Juicing Screen
Nozzle: No Nozzle Needed

HELPFUL HINTS

- Small quantities of wheatgrass/greens will process quicker than larger amounts. Do not overfill the feed chute.
- Allow most of the juice to exit before pushing the next item in.
- When using a small item or piece of an item for taste, insert that item during the first half of the juicing process. If inserted at the end, the full taste may not come through.
- Various green drinks may be too strong for some people. If so, it is advised to add carrots or beets, which will sweeten or mask the taste of the greens so you may still enjoy its benefits and nutrients.
- The included sieve fits on both of the bowls. It should only be needed when processing items that seem to have too much pulp in the juice or excessive foam on the top of the juice. The sieve should not be on any of the bowls during the juicing process. It should be used at the end of the juicing process by pouring all of the prepared juice through the sieve.



GROUND COFFEE BEANS

Cone: Blank
Nozzle: No Nozzle Needed

To grind, gather needed quantity of coffee beans. Place the items in the chute at a steady pace. The items will come out finely ground. There should be no need to run the items through twice. Some coffee beans may have a higher oil content than others, especially gourmet coffee beans. These should be dried out overnight in order to process easier.

HOMOGENIZING - NUT BUTTERS, FROZEN DESSERTS, ETC.

Cone: Blank
Nozzle: No Nozzle Needed

HELPFUL HINTS

- Nut butters are an all-natural version of peanut butter.
- Most nuts need additional oil added.
- Remove all skins and shells from nuts.
- Fruits can be cut into pieces and then frozen prior to juicing them.
- Juice can be frozen in ice cube trays and those cubes can be put through the machine.
- You may try to add milk, yogurt, syrups, or sugar to change the taste or consistency.

MINCING AND CHOPPING

Cone: Blank
Nozzle: Round Hole / Oval Hole

HELPFUL HINTS

- The mincing/chopping function can be used in many “food processor” type ways.
- Seed and peel any part of the fruit or vegetable that you do not want in the finished product.
- Remove any fat from meat or poultry if not desired in the finished product.
- Bone and scale fish before processing.
- You can chop or grind meat, fish, fruit, vegetables, herbs, soaked rice and beans.
- Uses include marinades, salsas, soups and sauces.

PASTA EXTRUSION

Cone: Blank
Nozzle: Desired Nozzle

HELPFUL HINTS

- Water may be added if the dough becomes too dry.
- Sprinkle a small amount of flour on the holding dish before making pasta. This will prevent sticking.
- Sprinkle a small amount of flour on the pasta as it piles up. This will prevent sticking.
- Pasta may be cut with scissors or knife to desired length.
- Decide which styles of noodle you would like to make and place the appropriate nozzle on the Omega 8003/8005 Nutrition Center. Make the pasta dough into the shape of balls or tubes (slightly smaller than the opening).
- A consistent motion without any gaps will give you longer noodles as the pasta exits.
- The freshly made pasta should be put into boiling water. Fresh pasta cooks faster than packaged pasta. Keep checking in order to remove the pasta at the desired consistency.
- If you would like to get more creative, you can make any flavorful additions you'd like. Spinach, basil, or sundried tomatoes may be added to the pasta dough.
- Leftover vegetable juice or pulp may be mixed into dough for extra flavor.
- The pasta function of the Omega 8003/8005 Nutrition Center is to only extrude pasta. The unit is not designed to make pasta. The following recipe can be done by hand or in a mixer.
- If you would like to attempt the full process of making the pasta in the Omega 8003/8005 Nutrition Center, try the following: after the ingredients are mixed enough that you now have a ball of dough, run the dough through the Omega 8003/8005 Nutrition Center several times to knead the dough. **Do not** use any nozzle when doing this.



RECIPES

WHEATGRASS AND GREEN RECIPES

Wheatgrass

5 or 6 handfuls of wheat grass

Wheatgrass regimens should be started slowly. This natural anti-oxidant can make people nauseous until their body gets used to it. Only an ounce or so is suggested until your body acclimates. Mixing with carrots can soften the taste.

Carrot Parsley

A handful of parsley

4 or 5 carrots

Inserting the parsley first, followed by the carrots.

Wheatgrass Carrot

Handful of wheatgrass

5 or 6 carrots

Insert the wheatgrass, followed by the carrots.

HOMOGENIZING RECIPES

Nut Butter

2 or 3 cups of nuts
Peanut oil (or other nut oil)
Salt (optional/to taste)

Place small handfuls of nuts in the juicer. Allow the nuts to process before placing the next handful in the chute. Most nuts will need small amounts of oil added at times to keep the moisture level higher. Most nuts will need to be processed multiple times to gain a smoother consistency.

Banana - Banana Berry

2 or 3 bananas (peeled)
6 to 12 berries (no stems or seeds)

Place items in a zip-lock style bag. Place the items in the freezer overnight. It is helpful to cut the bananas into smaller pieces before freezing. Place the frozen pieces into the juicer. The result is an ice cream or frozen yogurt-type dessert. You may run the item through multiple times to increase creaminess.

Baby Food

Fruits and/or vegetables (cleaned, no stems, rinds or seeds)

Place fruits or vegetables into the chute. Most items should be processed twice. Most baby food should be diluted with water due to strength of straight juice. For taste or softness, some items may be cooked prior to processing.

MINCING AND CHOPPING RECIPES

Salsa

1 1/2 cups tomatoes (seeded)
1/4 cup red onions (peeled)
1 tbsp. garlic
1 tbsp. jalapeno
1 to 2 tbsp. cilantro - to taste (optional)
2 limes
Salt (to taste)
Freshly ground pepper (to taste)

The two limes are needed for the juice only. You may juice them first or squeeze them for the juice. Process the first five items while alternating. If the mixture seems too wet, some juice may be drained. Add the lime juice. Stir. Salt and pepper to taste.

PASTA EXTRUSION RECIPES

Pasta Dough

3 cups semolina flour (most flours may be substituted)
3 eggs
1/8 tsp. salt
Water (as needed)

Place the flour on a large, flat surface. Make a bowl or well-type shape in the pile of flour to hold the other ingredients. Beat the eggs. Add the eggs and salt into the bowl of flour. Use fork to slowly incorporate the eggs into the inner layers of flour. Once the eggs become incorporated into the flour, begin kneading. Continue kneading until the dough becomes very firm.

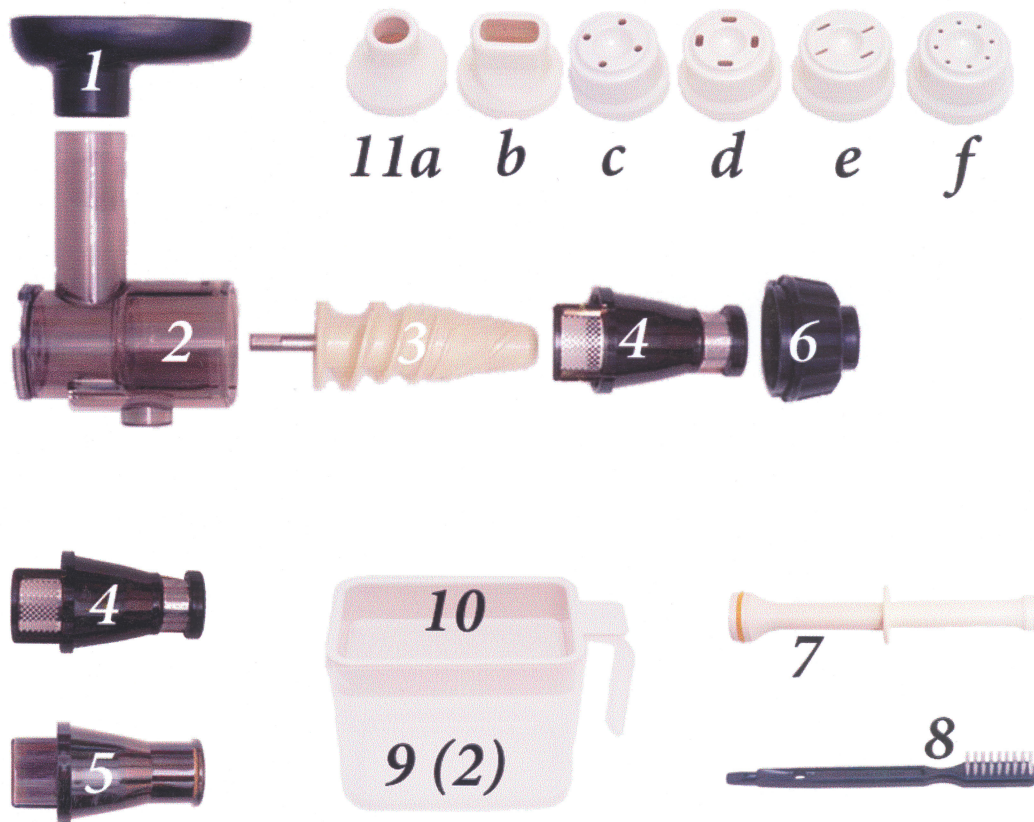
If the dough does not feel dry enough, knead it by hand – adding semolina to the dough as you knead. Start by dusting a non-porous surface with semolina and place the dough on the dusted surface. Sprinkle some more of the semolina over the top of the dough, then knead the dough until it is smooth and very firm.

When you can set the dough on a clean countertop (without a dusting of flour underneath it) and trust that it won't stick, the dough is ready. Because of the size of the semolina grain, the dough may not be as smooth as it would be with a flour-based dough.

Wrap the pasta dough into an airtight plastic-wrapped ball. Set dough in a clean, dry area. Let it sit at room temperature for about an hour to give the gluten inside the flour a chance to relax. If the dough isn't given a chance to relax, it will be too stiff to work with and will yield tough noodles. Once your dough has had a chance to rest, unwrap it and make noodles.

SPECIFICATIONS

Model	Omega 8003/8005 Nutrition Center	Height	11 1/4" (Assembled)
Width	7 inches	Weight	15 lbs.
Length	10 1/4" (Base Only) 15 3/8" (Assembled)	Voltage	120V/60Hz
Height	7 3/8" (Base Only)	Motor	1/3 HP single-phase induction
		Auger RPM	75 to 85



Parts

- | | |
|-------------------------|-------------------|
| 1 Hopper | 7 Plunger |
| 2 Drum | 8 Brush |
| 3 Auger | 9 Bowl (2) |
| 4 Juicing Screen | 10 Sieve |
| 5 Blank Cone | 11 Nozzles |
| 6 Drum Cap | |