



PBJ 3000 User's Guide

Version 1.0

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Introduction

The PBJ 3000 is a complete peanut butter and jelly sandwich and is fully compliant with current PBJ standards.

This document, herein referred to as the *PBJ 3000 User's Guide*, is intended to cover the preliminary requirements, setup procedures, and use of the PBJ 3000 peanut butter and jelly sandwich.

PBJ 3000 Setup Requirements

The following components are required to assemble the PBJ 3000:

- Bread, 2 slices — The PBJ 3000 is compatible with sliced white, whole wheat, whole grain, and potato breads of at least 1/3-inch depth.
WARNING: Use of sliced bread of less than 1/3-inch depth can cause structural failure in the PBJ 3000, resulting in catastrophic ejection of the jelly component.
- Peanut Butter, approximately 1 to 2 ounces — Both crunchy- and smooth-style peanut butter are supported for the PBJ 3000.
- Jelly, approximately 1 to 2 ounces — The PBJ 3000 supports all varieties of fruit jelly as defined in 2001 San Diego meeting of the Jelly and Jam Standards Consortium (JJSC01).
- Knife — The PBJK 3000 Assembly Tool is recommended. However, all knives capable of cutting PBJ 3000-grade sliced breads are supported for the PBJ 3000.
- Clean Surface — Any standard clean surface, such as a plate, a counter top, or paper napkin can be used as a platform to assemble the PBJ 3000.



Figure 1 - PBJ 3000 components shown before assembly with PBJK 3000 Assembly Tool in foreground and optional plate.

Setting up the PBJ 3000

Follow the steps below to set up the PBJ 3000:

NOTE: It is recommended that you wash your hands before setting up the PBJ 3000.

1. Make sure that you have all necessary components, setup tools, and accessories before beginning the PBJ 3000 setup procedures. For more information, see PBJ 3000 Setup Requirements.
2. Lay the two slices of bread side-by-side on a clean surface, such as a plate or counter top.



3. Use the PBJK 3000 Assembly Tool or other supported knife to scoop approximately 1 to 2 ounces of peanut butter on one of the slices of bread. Spread the peanut butter evenly with the Assembly Tool to cover the surface of the bread.



4. Wipe any excess peanut butter remaining on the Assembly Tool onto the other slice of bread. Optionally, you can also rinse off the Assembly Tool.
5. Use the Assembly Tool to scoop approximately 1 to 2 ounces of jelly on the remaining slice of bread. Spread the jelly evenly with the Assembly Tool to cover the surface of the bread.



6. Very carefully, lift the bread with the peanut butter and place it on top of the bread with the jelly, jelly side towards peanut butter side. The PBJ 3000 bread slices should be firmly stuck together when assembled correctly.



7. Rinse off the Assembly Tool and place it in the sink to be washed or, if applicable, place it in a dishwasher.

For information on optional PBJ 3000 configuration settings, see Setup Options.

For information on using the PBJ 3000, see Using the PBJ 3000.

Setup Options

The PBJ 3000 allows several optional setup modes:

- Diagonal Slice (shown in figure 2).
- Double Diagonal Slice (shown in figure 3).
- Clipped Crusts (not shown)

Diagonal Slice Setup



Double Diagonal Slice Setup



Clipped Crusts Setup

The PBJ 3000 can also be configured with clipped crusts by cutting off the exterior bread crusts with the PBJK 3000 Assembly Tool or other supported knife. Clip the crusts off gently, being careful not to damage the structural integrity of the PBJ 3000.

WARNING: Do NOT crimp the edges of the PBJ 3000 in Clipped Crust mode. The “sealed crustless sandwich” is patented by Menusaver, Inc. (Patent No. 6,004,596). Crimping the edges of the PBJ 3000 in Clipped Crust mode is punishable by a Court of Law.

Patent No. 6,004,596 states: "The sandwich includes a lower bread portion, an upper bread portion, an upper filling and a lower filling between the lower and upper bread portions, a center filling sealed between the upper and lower fillings, and a crimped edge along an outer perimeter of the bread portions for sealing the fillings therebetween."

Using the PBJ 3000

The PBJ 3000 can be used in most environments without any additional equipment or changes in configuration.

To use the PBJ 3000, grasp it in either hand, raise it to your mouth, and take a bite of appropriate size for your model mouth. Continue until you have completely consumed the PBJ 3000. Optionally, you can grasp the PBJ 3000 with both hands when raising it to the mouth.

Milk is supported for the PBJ 3000, as well as all previous PBJ models.

Using the PBJ 3000 in Formal Mode

The PBJ 3000 is most often used manually in informal environments, but advanced PBJ 3000 features allow it to be used in environments that are more formal as well. The PBJ 3000 is automatically configured during assembly to operate in formal mode and is knife-and-fork-ready.

To use the PBJ 3000 in formal mode, follow these steps:

1. Pick up the knife and fork.

NOTE: Both the knife and fork can be held with either hand, depending on the handedness of the user.

2. Manually interface the knife and fork with the PBJ 3000 to neatly sever a bite-size piece from the PBJ 3000. There is no intrinsic order to PBJ 3000 piece.
3. After the piece has been separated from the PBJ 3000 chassis, spear the separated piece with the tines of the fork.
4. Using either hand, use the fork to lift the speared PBJ 3000 piece to your mouth.
5. Close mouth gently, being careful not to impact your teeth on the tines of the fork.
6. Remove the fork, leaving the PBJ 3000 piece inside your mouth.
7. Chew the PBJ 3000 piece thoroughly and swallow. Optionally, you can take a sip of milk or some other refreshing beverage after swallowing a PBJ 3000 piece.
8. Place the knife and fork on the edges of your plate. Grasp your napkin with either hand, gently wipe any excess peanut butter or jelly from the side of your mouth, and then return your napkin to your lap.

Repeat steps 2 through 8 until all PBJ 3000 pieces are consumed.

Appendix A – PBJ 3000 Parts Specifications

The following sections contain a list of the parts used to manufacture the PBJ 3000's components and a table showing the PBJ 3000's nutritional characteristics.

PBJ 3000 Parts List

The PBJ 3000 components contain some or all of the following parts:

Protein Blend (contains: whey protein isolate, whey protein hydrolysate, soy protein isolate, milk protein isolate), glycerine, maltitol syrup, water, fractionated palm kernel oil, high fructose corn syrup, natural and artificial flavors, rice flour, lactitol, cocoa powder, polydextrose, raspberry paste (contains: corn syrup, red raspberry puree, dextrose, cellulose gum, citric acid, artificial flavor, pectin, sodium citrate, sodium benzoate [added as a preservative], and red 40), natural peanut butter, peanut flour, citric acid, non fat dry milk, vitamin and mineral blend (contains: vitamin A palmitate, ascorbic acid, d-alpha tocopheryl acetate, niacinamide, zinc oxide, d-calcium pantothenate, pyridoxine hydrochloride, copper gluconate, riboflavin, thiamine mononitrate, folic acid, biotin, potassium iodide, cyanocobalamin), distilled monoglycerides, potassium sorbate, sodium chloride, soy lecithin, dietary fiber, sucralose, soy extract, potato starch.

PBJ 3000 Nutritional Specifications

Serving Size	1 PBJ 3000
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Amount Per Serving

Calories	236
Calories from Fat	70

	% Daily Value *
Total Fat 7.8g	12 %
Saturated Fat 1.4g	7 %
Cholesterol 0mg	0 %
Sodium 253mg	10 %
Potassium 156mg	4 %
Total Carbohydrates 36.3g	12 %
Dietary Fiber 2.5g	10 %
Protein 7g	14 %
** Sugars 6g	
** Vitamin A	< 1 %
Vitamin C	< 1 %
Calcium	1 %
Iron	17 %
** Thiamin	25 %
** Niacin	31 %
** Vitamin B6	6 %
** Magnesium	13 %
** Folate	33 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** Nutrient information is not available for all ingredients. Amount is based on available nutrient data.

(-) Information is not currently available for this nutrient. If you are following a medically restrictive diet, please consult your doctor or registered dietitian before preparing this recipe for personal consumption.