

Anna's Cooking Arts

June Schedule 2012

<p>6 Jun Wed 2 pm / 7 pm \$80</p> <p>Mrs Lim</p>	<p><u>商业课程</u></p> <p>特制马六甲鸡球饭 白斩鸡 蒜茸辣椒酱 芫茜姜茸 亚渣制作</p>	<p><u>Commercial Class</u></p> <p>Melaka Chicken Ball Rice Poached Chicken Garlic Chilli Sauce Chopped Coriander with Ginger Dipping Sauce Acha Making</p>
<p>7 Jun Thur 2 pm / 7 pm \$65</p> <p>Anna Phua</p>	<p><u>日本最新高纤寒天果冻(1)(红色海藻)</u></p> <p>寒天奶酪(抹茶口味) 东京杏仁豆腐 焦糖布丁 巧克力卡诺酒布丁</p> <p>如果学过23/4课程,则学费\$55</p>	<p><u>Japanese High Fiber Kanten Jelly (1)</u></p> <p>Kanten Mocha Pudding Tokyo Almond Tofu Caramel Egg Pudding Chocolate Kahlua Pudding</p> <p>Learned 23-April, class fee: \$55</p>
<p>8 Jun Fri 2 pm / 7 pm \$50</p> <p>Anna Phua</p> <p>已买调理机学生,学费:\$25 Students with purchase of Juice Blender, class fee: \$25</p>	<p><u>体内肠,肝胆排毒法 & 咖啡灌肠法</u></p> <p>功效:改善便秘,净化肠道 二周内让小腹平坦,水肿消失 减重,并且不复胖,让心情轻松开朗 净化血液,促进血液循环,淋巴腺循环 让皮肤更靓丽 排除体内毒素,改善慢性疲劳,头疚,肩膀疼痛等 改善皮肤过敏症</p> <p><u>灌肠后,DIY 蔬果汁做法</u></p> <p>净肠蔬果汁 排宿便蔬果汁 现成益生菌吃法</p>	<p><u>Coffee Enema & Colon, Liver, Gallbladder Cleanse Protocol</u></p> <p>Benefits: Improve constipation, clear intestines, flatten stomach, remove water retention, improve mood, cleanse blood, improve blood circulation, lymphatic drainage, improve skin, removed toxins in the body, improve chronic fatigue, headache, shoulder aches. Improve skin problems</p> <p><u>DIY fruits & vegetable juice (after coffee enema)</u></p> <p>Colon Cleansing Vege Fruit Juice Clear Compacted Waste Vege Fruit Juice The correct way to eat good bacteria</p>
<p>9 Jun Sat 2 pm \$80</p> <p>Mrs Lim</p>	<p><u>素粽子制作</u></p> <p>斋娘惹粽 斋五香粽</p>	<p><u>Vegetarian Dumpling Making</u></p> <p>Vegetarian Nonya Dumpling Hokkien Spice Vegetarian Pork Dumpling</p>
<p>11 Jun Mon \$25</p> <p>何声乐咨询师</p>	<p>检测您的身体状况 (详情请看最后一页)</p>	<p>Discover Your Body's True Condition (Details on the last page)</p>

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12 Jun Tue \$25 何声乐咨询师	检测您的身体状况 (详情请看最后一页)	Discover Your Body's True Condition (Details on the last page)
13 Jun Wed 2 pm / 7 pm \$70 Mrs Lim	<u>本地印度美食</u> 印度煎饼 查巴地(麦饼) 咖哩鸡 豆咖哩	<u>Local Indian Delights</u> Roti Prata Chapati (Oatmeal Pancake) Curry Chicken Dhal Curry
14 Jun Thur \$25 何声乐咨询师	检测您的身体状况 (详情请看最后一页)	Discover Your Body's True Condition (Details on the last page)
15 Jun Fri 2 pm / 7 pm \$75 Mrs Lim	<u>传统小吃</u> 传统咖椰制作 传统面煎粿(花生,椰丝) 香煎香兰木薯粿 香兰烘糕	<u>Traditional Delicades</u> Traditional Kaya Making Traditional Mee Cheng Kueh (Peanut & Coconut) Fried Pandan Tapioca Pancake Pandan Waffle
16 Jun Sat 2 pm \$85 Anna Phua	<u>香浓乳酪蛋糕</u> 芒果双色乳酪慕斯蛋糕 纽约乳酪蛋糕	<u>Rich Cheese Cake</u> New Mango Mousse Cake New York Cheese Cake
18 Jun Mon 2 pm / 7 pm \$80 Anna Phua	<u>优格 DIY</u> 自制豆奶优格&牛奶优格 阳光疗法: 1)优格亚麻油 DIY(可用于打果汁,沙拉淋酱)-改善您体质15种症状,让您靓丽健康!防癌,抗癌,防三高 2)超级排毒蔬果优格奶昔 饭后:瘦身清肠啤酒酵母优格 P.S: 已买调理机学生,学费:\$40	<u>DIY Yogurt</u> Yogurt Fermentation Method (Milk & Soya Milk) Sunshine Therapy 1) High Quality Flaxeed Oil DIY (Used in Blend & salad dressing) – Improve your body constitution and 15 symptoms! Bring you to good health and beauty! 2)Super Detox Vege Fruit Yogurt After Food: Slimming Effect - cleanses intestines P.S: Students with purchase of Juice Blender, class fee: \$40

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Blk 47 Sims Place #01-173 Singapore 380047
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<p>19 Jun Tue 2 pm / 7 pm \$80</p> <p>Anna Phua</p>	<p>香港包点 黄金流沙包 香滑麻溶包 播沙黑芝麻包 芝麻爆浆包</p>	<p>H.K Delicious Pau Making Volcano Salted Egg Custard Pau White Sesame Paste Pau Black Sesame Paste Pau Sesame Volcano Pau</p>
<p>20 Jun Wed 2 pm / 7 pm \$70</p> <p>Mrs Lim</p>	<p>千层派糕点 基本酥皮制作 咖哩角 鸡肉派 榴槿派</p>	<p>Delicious Pie Series Flaky Pastry Making Baked Curry Puff Chicken Pie Durian Pie</p>
<p>22 Jun Fri 2 pm / 7 pm \$80</p> <p>Anna Phua</p>	<p>商业玛芬蛋糕 自己调粉(新配方) 乳酪玛芬 合桃香蕉玛芬 特浓巧克力豆玛芬 桂皮苹果玛芬</p>	<p>Commercial Muffin Homemade Pre-mix Flour Cheese Muffin Walnut Banana Muffin Double Chocolate Chip Muffin Cinnamon Apple Muffin</p>
<p>23 Jun Sat 2 pm \$100</p> <p>Mrs Lim</p>	<p>商业咖哩粉制作 肉类咖哩粉制作 海鲜咖哩粉制作 砂煲咖哩鱼头 咖哩虾 木薯咖哩排骨</p>	<p>Commercial Curry Powder Making Meat Curry Powder Making Seafood Curry Powder Making Clay Pot Curry Fish Head Curry Prawns Spare Ribs Tapioca Curry</p>
<p>25 Jun Mon 2 pm / 7 pm \$50</p> <p>Anna Phua 已买调理机学生,学费:\$25 Students with purchase of Juice Blender, class fee: \$25</p>	<p>排毒养颜果汁 润肺精力果汁 (保护肺部气管,改善抽烟不良影响) 顺畅果汁 (排尿,排毒更舒畅) 燕麦奶绿豆冰沙 (利尿,排毒,降胆固醇) 红枣珊瑚苹果汁 (天然补钙,预防骨质疏松) 南杏糙米薏仁浆 (降血压,补钙,止咳,美白,抑制癌细胞)</p>	<p>Detox Fruit Juice Energy Fruit Juice (nourishes lungs) Digestive Fruit Juice (helps digestion and eases water retention) Ice Blended Oats Milk Green Bean (detoxifies, relieves water relation, helps lower cholesterol) Red Dates Coral Apple Juice (nourishes bones, helps prevent osteoporosis) Almond Brown Rice Barley (helps lower blood pressure, increase calcium content, lightens skin and</p>

helps prevent cancer)

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27 Jun Wed 2 pm / 7 pm \$70 Mrs Lim	美味蛋糕系列 商业式牛油蛋糕 特式香浓巧克力牛油蛋糕 黑枣杯蛋糕	Delicious Cake Series Commercial Butter Cake Special Chocolate Sliced Butter Cake Prune Cupcake
29 Jun Fri 2 pm / 7 pm \$55 Mdm Chee	美味小吃 幼滑果酸豆腐花 客家菜板(筍粿) 木薯发糕	Delicious Delicades Silky Smooth Tofu Hakka Vegetable Kueh Tapioca Huat Kueh
30 Jun Sat 2 pm \$70 Mrs Lim	著名香港点心 蜡味萝卜糕 炸香脆萝卜糕 (炸粗条状) 炒黑萝卜糕 炒白萝卜糕	Famous H.K Delights Cantonese Radish Cake Deep Fried Carrot Cake Fried Black Carrot Cake Fried White Carrot Cake

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Date: 11-June (Mon); 12-June (Tue); 14-June(Thur);

日期: 11/6 (拜一); 12/6 (拜二); 14/6 (拜四)

Time: 11 am-6.30 pm (30 minutes / person)

时间: 11点 - 6点30分 (每人检测时间 ½ 小时)

Fees: \$25

检查费: \$25

Certified and authorized Practitioner Ho Teng Loke conducts health checks

合格虹膜全息技术何声乐咨询师

Check for

虹膜检测您的身体健康状况

- 1. Cholesterol 胆固醇是否偏高**
- 2. Blood condition 血液循环状况**
- 3. Body toxic level 体内的毒素多或少**
- 4. Intestinal health 肠道是否干净**
- 5. Acidic / Alkaline body condition 体质呈酸性或碱性**
- 6. Weak inner organs 体内哪个器官最弱**

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