

May 2014 CLASS SCHEDULE

(Tel: 67470069, 62943588)

请提前三天报名感兴趣的课程 *Please book 3 days before your preferred classes!**

<p>05/05/14 Mon/星期一 2pm-4pm 7pm-9pm \$80 Anna Phua 调理机会员 \$40</p>	<p>健康三通 (气通,肠通,血脉通) 好处: 减重,肌肤有弹性,精神好,有活力 净血果汁 排宿便蔬果汁 日式四色蔬菜汤(减肥,疾风,降低血糖,血压,皮肤发炎,便秘) 气通蜂蜜米浆 P.S:调理机学生,学费:\$40</p>	<p>Triple Detox Series Respiration + Digestion + Blood Circulation Benefits:Weight Loss, Supple Skin, Good Mental Concentration, More Energy Blood Detox Juice Cleansing Vege Fruit Juice Japanese 4-colour Vege Soup Honey Brown Rice Beverage P.S:Students with purchase of Juice Blender, class fee: \$40</p>
<p>07/05/14 Wed/星期三 2pm-4pm 7pm-9pm \$120 Anna Phua</p>	<p>Anna's 私房咖喱(配馒头) (首十位报名\$80) K.L 蒲种砂煲鱼头 砂煲咖喱海鲜(虾,鱿鱼,豆卜等)</p>	<p>Anna Commercial Curry(Secret Recipe) (first ten to sign up special price \$80) K.L Pu Chong Claypot Curry(serve Buns) Claypot Curry Seafood(with Prawns/Cuttle Fish/Tau Pok etc...)</p>
<p>09/05/14 Fri/星期五 2pm-4pm 7pm-9pm \$80 Anna Phua 调理机会员 \$40</p>	<p>秘制港式煲仔胚芽饭 豉汁鱼头煲仔胚芽饭、香港腊味煲仔胚芽饭(冬奄辣酱) 冬菇鸡球煲仔胚芽饭、秘制老火汤: 莲藕珍珠豆腐软骨 调理机会员\$40</p>	<p>Top Secret Claypot Embryo Rice Fermented Salted Bean Fish Head Claypot Embryo Rice H.K Double Flavored Sausage and Chicken Ball Claypot Embryo Rice Mushroom Chicken Claypot Embryo Rice Long-Brew Soup Stock: Pearl Bean Lotus Root and Pork Ribs Students with purchase of Juice Blender, class fees: \$40</p>
<p>10/05/14 Sat/星期六 3-5pm 1 workshop \$50 2 workshops \$80 (save \$20)! Valerie Teo</p>	<p>GFH's 食品便当系列课程: 4 个健康目标供您选择! 2 套便当 6 个食谱,每个课程 2 个小时。 <input type="checkbox"/> 你知道什么是实现每个健康目标的关键营养物质么? *这些营养物质是什么食物? <input type="checkbox"/> 怎样最好的结合利用食物更好的吸收? 学了这些课程即使你没有变成制作自己的午餐便当的高手。你也会学习到如何选择最好的食物来达到健康饮食的目标。 1 课程\$50 2 课程\$80 (节省\$20)! 10/05/14 日星期六 3-5pm *轻松睡美人便当 减压+睡眠成功</p>	<p>GFH's signature Smart Food Combi Bento Series workshops 4 health-goals themed workshops for you to choose! 2 bento sets, 6 recipes, 2 hours of FUN per workshop. <input type="checkbox"/> Do you know what are the key nutrients you need to achieve each health goal? *What are the scientifically proven Top Foods for those nutrients? <input type="checkbox"/> How to prepare and combine those foods for maximum absorption? These workshops are great even if you're not into making your own lunch boxes. You'll learn how to choose the best foods for your health goal when you eat out <input type="checkbox"/> 1 workshop \$50 2 workshops \$80 (save \$20)! 10 May Sat *WELL BEING for stress relief + sleep success</p>

	24/05/14 星期六 3-5pm ☀清爽排毒便当 改善便秘，净化肠胃	24 May Sat ☀DETOX for ultimate inner cleanse
12/05/14 Mon/星期一 2pm-4pm 7pm-9pm \$80 Anna Phua	潘老师经典娘惹糕 双色糯米达能（香兰/椰浆味） 糯米加椰糕（香兰汁，用兰花，香兰汁制作） 烤虾米辣糯米卷（用香蕉叶制作）	<u>Anna's Classic Nonya Kueh</u> Double Colour Kueh Talam（pandan/coconut taste） Kueh Salat（pandan juice） Bake Rempah Udang Pulut（with banana leaves）
24/05/14 Sat/星期六 3-5pm 1 workshop \$50 Valerie Teo	GFH's 食品便当系列课程: ☀清爽排毒便当 改善便秘，净化肠胃	<u>GFH's signature Smart Food Combi Bento Series workshops</u> ☀DETOX for ultimate inner cleanse
26/05/14 Mon/星期一 2pm-4pm 7pm-9pm Anna Phua \$80 调理机会员 \$40	9天瘦 3kg 饮食法（新） 每天运动 15 分钟-世界上最轻松的运动 （一边看电视一边做）想瘦哪里就瘦哪里 (1) 早上第一杯清肠平坦小腹蔬果汁 (2) 营养及让精神充沛综合梅子奶昔 (3) 午餐：综合菇荞麦面沙拉 (4) 晚餐：蔬果南瓜汤（新） (5) 瘦身豆浆 调理机会员\$40	9 Days Minus 3 kg Diet (New) Exercise 15 minutes a day – the world's most easily (do) while you're watching TV is thin where you want to thin (1) Colon Cleansing Breakfast Smoothie (2) Energizer Plum Shake (3) Lunch: Mushroom Buckwheat Salad (4) Dinner: Fruit And Vegetable Pumpkin Soup (new) (5) Slimming Soya-Bean Milk Students with purchase of Juice Blender, class fees: \$40
27/05/14 Tue/星期二 3pm-5pm 7pm-9pm Valerie Teo \$59	营养早安好（1） 不需要煮·营养·美味 无麸质、无糖、无奶制品 * 2种超级早餐(燕麦+鼠尾草籽) 巧克力Marcella布丁 夏日浓郁早餐碗 * 3种日常基础早餐必需品 浓郁香草杏仁奶 黑芝麻美人豆奶 超级简单酸奶	<u>GOOD MORNING BEAUTIFULL(1)</u> • NO-COOK • NOURISHING • DELICIOUS Free from GLUTEN、SUGAR、DAIRY *2 Super Food Breakfast Bowl (oats+chia seed) Chocolate Marcella Pudding Bowl Summer Berries & Cream Bowl *3 Everyday Basics Creamy Vanilla Almond Milk Black Sesame Soy Beauty Milk Super easy Creamy Yogurt
29/05/14 Thurs/星期四 2pm-4pm 7pm-9pm Anna Phua \$100 首十位报名 \$80	商业咖椰班 (首十位报名\$80) 海南焦糖咖椰 娘惹香兰咖椰 泰式香兰咖椰 香港'法兰西'面包(夹心:香蕉,草莓) 配枫糖浆 牛油香脆咖椰面包 烤杏仁咖椰"家把打"面包 蒸方块面包沾热咖椰	<u>Popular Kaya Business Class</u> (first ten to sign up special price \$80) Hainanese Caramel Kaya Nonya Pandan Kaya Thai Style Kaya H.K French Toast (egg & butter ; Banana / Strawberry Filling) with Maple Syrup Grilled Crispy Bread with Kaya and Butter Thai Grilled Ciabatta Bread Almond Kaya Thai Steamed Bread with Thai Kaya

<p>30/05/14 Fri/星期五 2pm-4pm 7pm-9pm</p> <p>Anna Phua \$40</p> <p>调理机会员 \$20</p>	<p>养生水疗法</p> <ul style="list-style-type: none"> • 喝水排毒最佳时间 • 水要怎样喝才能减肥 • 重要喝水时机 • 黑糖姜茶 (消水肿) • 牛蒡茶 • 红豆茯苓莲子汤 • 有料减肥水 • 您家里的水是酸性? 碱性? 可带家里的水来验! <p>调理机会员\$20</p>	<p><u>Delicious Beverage Therapy</u></p> <ul style="list-style-type: none"> • The Best Time To Drink Water For Detoxification • How To Drink Water To Lose Weight • Important Drinking Water Timings • Black Sugar Ginger Tea (anti-dropsy) • Burdock Tea • Anti-Water-Retention Dessert • Bring Water From Your Home To Check Whether It Is Acid Or Alkaline? <p>Students with purchase of Juice Blender, class fees: \$20</p>
<p>31/05/14 Sat/星期六 3pm-5pm</p> <p>Valerie Teo \$59</p>	<p>营养早安好(2)</p> <p>美式人气[超方便又可爱的隔夜燕麦无煮燕麦] 浪漫巧克力草莓燕麦 甜蜜蜜苹果肉桂燕麦 夏威夷凤梨椰子燕麦</p> <p>日常基础美食: 高纤维草莓酱 无奶高钙 'Cheese' 面包酱</p>	<p><u>GOOD MORNING BEAUTIFULL(2)</u></p> <p>Chocolate Strawberry Ripple Oat Jar Apple &Cinnamon Oat Jar Pineapple &Coconut Oat Jar</p> <p>Everyday Basics: High Fiber Strawberry Jam High Calcium Creamy Cheese Spread</p>

Enjoy \$5 discount for early booking. Call us at 6747 0069 or 6294 3588 now!!!

好消息/Good News!

我们要搬新地址了! 您会更容易更方便找到我们!

Re: Change of address Fr: 15 May 2014

Atrix at Aljunied MRT

82 Lorong 23 Geylang #01-03 Singapore:388409

How to get there?

MRT:Aljunied

Bus: 40、62、63、80、100、125、158

Anna's Cooking Arts /Coyaku Food Products Pte Ltd

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