

<p>12/12/14 Fri/星期五 2pm 特价：<b>\$15</b> 嘉文老师(马来西亚家常菜烹饪专家)</p>	<p><u>家常菜 (简单, 快速, 养生)</u>  DIY幼滑金瓜汤圆(可变化番薯,芋头)  十谷米金瓜羹 (排毒, 降三高)  福州薄饼 (自制薄饼皮)  杏仁薄脆片</p>	<p><u><b>Deli (Easy, fast, healthy)</b></u> DIY Smooth Pumpkin Dumpling(can change into sweet potato or yam) Whole Grain Rice Pumpking Soup(detox, lowers blood pressure, cholesterol, blood sugar) Fuzhou Poh Piah(homemade skin) Almond Slices cookies</p>
<p>13/12/14 Sat/星期六 2pm Fee:\$55 <b>Mdm Chee</b></p>	<p><u>中国新年饼干</u>  杏仁核桃曲奇脆饼  咸香蒜味牛油饼  炸蜂窝饼</p>	<p><u><b>Chinese New Year Cookies</b></u>  Almond walnut cookies  Salted Garlic flavor cookies  Deep Fried Hive Bee Biscuit</p>
<p>16/12/14 Tues/星期二 2pm/7pm  Fee:\$50 特价：<b>\$18</b>  <b>Anna Phua</b></p>	<p><u>有益于骨质的健康饮料</u> <u>每天摄取2杯不让骨质流失</u> 每天简单的运动15分钟, 让你的骨质年轻15岁。 钙不够, 骨骼支撑力不够, 脸部、颈部会产生很多皱纹, 骨质疏松。 <u>什么是高钙的食物?</u> 浓郁的香草杏仁奶 黑芝麻杏仁美人奶 巧克力牛油果布丁 很好吃的高钙黑芝麻面包抹酱 (瘦身, 增加好胆固醇)</p>	<p><u><b>Healthy Beverages for Bone- 2 Cups a Day to prevent bone loss</b></u> Simple exercises 15 minutes a day, let your bone 15 years younger Lack of calcium will cause bone support, face, neck with wrinkles and osteoporosis <u><b>What is the high calcium food?</b></u> Creamy Vanilla Almond Milk Black Sesame Almond Smoothie Chocolate Avocado Pudding High Calcium Black Sesame paste for Bread (slimming, increase good cholesterol)</p>
<p>17/12/14 Wed/星期三 2pm Fee:\$85 <b>Anna Phua</b></p>	<p><u><b>Anna私房年菜 (新)</b></u>  招牌药膳京都包菜鸡 客家炸南乳脆肉 避风塘虾碌</p>	<p><u><b>Anna's Secret recipes for New Year Cooking ( New)</b></u> Habel Cabbage Chicken Hakka Deep Fried Crispy Meat Panfried Prawns</p>
<p>18/12/14 Thurs/星期四 2pm Fee:\$65 <b>Anna Phua</b></p>	<p><u><b>日本最新高纤寒天果冻(1)(红色海藻)</b></u>  寒天奶酪(抹茶口味) 东京杏仁豆腐(自磨杏仁浆) 焦糖布丁</p>	<p><u><b>Japanese High Fiber Kanten Jelly (1)</b></u>  Kanten Mocha Pudding Tokyo Almond Tofu Caramel Egg Pudding Chocolate Kahlua Pudding</p>

	巧克力卡诺酒布丁	
19/12/14 Fri/星期五 2pm Fee:\$100 前十位报名： <b>\$80</b> <b>Anna Phua</b>	<b>商业咖椰班</b> 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	<b>Popular Kaya Business Class</b> 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
20/12/14 Sat/星期六 2pm Fee:\$55 <b>Mdm Chee</b>	<b>新年饼干</b> 芝士薯粉饼(粿万吉) 咖啡椰丝香饼 苏格兰牛油酥饼	<b>New Year Cookies</b> Cheese Kueh Bungkit Coffee desiccated coconut biscuit Scottish shortbread
27/12/14 Sat/星期六 2pm Fee:\$80 <b>Anna Phua</b>	<b>香港商业养生甜品</b> (抗老化,让您皮肤有光泽,亮丽) 杏仁糊 合桃糊 花生糊 芝麻糊	<b>Popular H.K Healthy Dessert</b> (Anti-Aging & Skin-Brightening) Almond Paste Walnut Paste Peanut Paste Black Sesame Paste
29/12/14 Mon/星期一 2pm/7pm Fee:\$60 调理机会员：\$30 <b>Anna Phua</b>	<b>全营养活力早餐 (1)</b> <b>(30天减重, 平小腹, 降三高)</b> 巧克力草莓燕麦 夏威夷凤梨椰子燕麦 草莓香蕉燕麦奶昔 苹果肉桂燕麦奶昔 DIY瘦身巧克力 DIY高纤草莓果酱	<b>Wholesome Vitality Breakfast (1)</b> <b>(30days slimming, lower waist line, help to control blood glucose and pressure, lower cholesterol)</b> Chocolate Strawberry Oatmeal Hawaiian Pineapple Coconut Oatmeal Strawberry Banana Oat milkshake Apple Cinnamon Oatmeal milkshake DIY Slimming Chocolate DIY High fiber strawberry jam
30/12/14 Tue/星期二 2pm Fee:\$85 <b>Anna Phua</b>	<b>传统新年菜 (潘老师名佳菜)</b> 妈妈福建五香 古早味福建虾枣 腌萝卜泡菜(消脂,消胃胀气)	<b>Anna's Traditional New Year food (signature dishes)</b> Mum's Hokkien "Ngor Heang " Hokkien Prawns Ball / Pickled Radish Fermented carrot pickles (helps in digestion and reduce flatulence)

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**The above benefits are by no means intended as a self-guide. Always require a physician**