

**Atrix Blg ( opp Aljunied MRT)**

82 Lorong 23 Geylang #01-03 Singapore 388409 tel:6747 0069 or 6294 3588 or 90605747  
coyaku@yahoo.com.sg 欢迎登陆我们的网站 : [www.annascookingarts.com.sg](http://www.annascookingarts.com.sg)

<p>06/07/15 星期一/Mon 2pm Fees: \$75 牟荣秋老师</p>	<p><u>北方点心</u> 小笼包 三鲜锅贴 葱油饼</p>	<p><u>Northern Tim-Sum</u> Xiao Long Pau "Wa Tia"/Fried Seafood Dumpling Fried Crispy Onion Pancake</p>
<p>06/07/15 星期一/Mon 7pm 特价: \$10 詹玉珍</p>	<p><u>解读验血报告培训</u> 教您如何看验血报告指标 通过验血报告分析您的身体状况 可带验血报告来为您分析 **可之前到潘老师学校购买特价验血券 **每次课程内容不同</p>	<p><u>Learn how to read Blood test training</u> Analyze blood test report indicators Analyze your physical conditions bring your own report for analyzing **Can purchase the blood test coupon before training. ** Course content is new</p>
<p>07/07/15 星期二/Tue 2pm Fee:\$80 调理机会员 特价: \$30 潘秀霞老师 Anna Phua</p>	<p><u>活力早餐</u> QQ综合坚果燕麦糕(降三高, 减重) 养生台南碗粿(简单, 美味) 瘦下半身十谷米浆(降三高, 补钙, 清宿便) 美白薏仁浆(浅化斑, 利尿, 消除肝火)</p>	<p><u>Energy Breakfast</u> QQ Mixed Nuts Oat Kueh Healthy Taiwan Wa Kueh Whole Grain Drink (Easy, delicious, slimming for lower half of your body, Lower blood sugar, blood cholesterol and blood pressure, enrich calcium ,help digestion) Whitening Barley Paste ( helps liver, skin pigmentation and urinary tract)</p>
<p>08/07/15 星期三/Wed 2pm Fee:\$60 调理机会员 特价: \$30 潘秀霞老师 Anna Phua</p>	<p><u>日本最In排毒法(新)</u> ·排毒蔬菜汤 ·抗氧化蔬果汁 ·保肝蔬果汁 ·怎样清洗蔬果菜、肉类方法。 排毒功效: 帮助排出身体有毒物质, 包括添加物、残留农药、重金属等具有抗氧化作用、改善异位性皮炎、血液循环、肠道菌相、骨质疏松症、抑制失智症发展</p>	<p><u>Latest Japan Detoxification Series (New)</u> ·Detoxification Vegetable Soup ·Antioxidant Vegetable Fruit Smoothie ·Protect Liver Vegetable Fruit Smoothie ·How to wash fruits &amp; vegetables &amp; meat correctly Detoxification Efficacy: Helps excrete toxic substances, including additives, residues of pesticides, heavy metals, etc antioxidant effect, improves skin, blood circulation, intestinal bacteria, osteoporosis, inhibits the development of Alzheimer's disease</p>

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<p>13/07/15 星期一/Mon 2pm Fees: 50 岁以上 \$60 50 岁以下 \$90 Chef Sharma</p>	<p><u>马来失传鸡饭 SG50</u>  (a) 香蒜饭 (b) 烤鸡 (c) 秘制辣椒酱 (d) 上汤</p>	<p><u>LOST RECIPIES OF MALAY HERITAGE SG50</u> <u>NASI AYAM SINGAPURA Melayu</u> (a) Fragrant Rice (b) Bar-B-Q Chicken (c) Secret Chilli (d) Delicious Soup</p>
<p>14/07/15 星期二/Tue 2pm 特价: \$18 嘉雯老师</p>	<p><u>嘉雯老师私房菜</u> 双味蛋酥 (甜咸 2 种口味) 豆腐花 宫保鸡丁 黑糖姜水</p>	<p><u>Teacher Jiawen's Secret Recipes</u> Double flavor Crisp Egg (sweet and salty) Bean Curd Kung Pao Chicken Black Sugar Ginger Juice</p>
<p>15/07/15 星期三/Wed 2pm/7pm 特价: \$15 前 30 位: \$10 王荣沛医生 Dr. Ram Wang</p>	<p><u>美国航太医学—王荣沛医生养生讲座</u> 荣幸再次邀请到王医生来潘老师学校举办讲座, 王医生的每次到来, 都会为学员分享不一样的讲座内容, 让学员了解更多的健康知识。机会难得, 不要错过! <u>潘老师示范:</u> 奇异果青梅汁(减压, 淡斑美白, 助消化) 红枣黑豆浆(补气血, 补钙, 提升新陈代谢)</p>	<p><u>U.S AEROSPACE MEDICINE—Dr. Ram Wang</u> It is honored that he coming again. He will share different healthy knowledge, so that you can learn to benefit your health . Rare opportunity, do not miss! <u>Teacher Anna will demonstrate.</u> Kiwi Ome Juice(reduce pressure, beauty, help for digestion) Dates Black Bean Drink(enrich blood, Calcium. Help for metabolism)</p>
<p>16/07/15 星期四/Thur 2pm Fees: \$120 (1)&amp;(2): \$200 潘秀霞老师 Anna Phua</p>	<p><u>著名巴东咖喱 (1)</u> 招牌咖喱鸡 咖喱什菜 脆皮酿豆腐配酸甜辣椒酱 多用途脆浆调法</p>	<p><u>Famous Padang Curry (1)</u> Signature Curry Chicken Curry Mixed Vegetables Crispy Stuffed Tofu with Sour &amp; Sweet Chilli Sauce Multi-purpose crispy skin mixing method</p>
<p>18/07/15 星期六/Sat 2pm Fees: \$55 Mdm Chee</p>	<p><u>经典糕点</u> 牛油芝士蛋糕 黑枣蛋糕 香蕉椰汁蛋糕</p>	<p><u>Classic Cake-Making</u> Butter Cheese Cake Prunes Cake Banana Coconut Milk Cake</p>

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<p>20/07/15 星期一/Mon 2pm Fees. \$75 牟荣秋老师</p>	<p><b><u>北方名点</u></b> 生煎包 手抓饼 打卤面</p>	<p><b><u>Famous North Pasta Making</u></b> Pan Fried "Pau" Grasping Pie Sauced noodles</p>
<p>21/07/15 星期二/Tue 2pm 特价: \$38 彬师傅</p>	<p><b><u>彬师傅拿手好菜</u></b> 琵琶芝麻鸡 客家焖炸肉 古城猪脚醋 花雕姜茸鱼 养心十谷米</p>	<p><b><u>Chef Bin's Special Dishes</u></b> Pipa Sesame Chicken Hakka Steam Fry Meat Malacca Vinegar Pork Trotter Hua Diao Ginger Fish Heart Nourishing Soup</p>
<p>22/07/15 星期三/Wed 2pm/7pm Fees. \$50 调理机会员 特价: \$25 潘秀霞老师 (Anna Phua)</p>	<p><b><u>有益于骨质的健康饮料-每天摄取 2 杯不 让骨质流失</u></b> 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。 <b><u>什么是高钙的食物?</u></b> 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><b><u>Healthy Beverages for Bone- 2 Cups a Day to prevent bone loss</u></b> Simple excercises 15 minutes a day, let your bone 15 years younger Lack of calcium will cause bone support, face, neck with wrinkles and osteoporosis <b><u>What is the high calcium food?</u></b> Creamy Vanilla Almond Milk Black Sesame Almond Smoothie Chocolate Avocado Pudding High Calcium Black Sesame paste for Bread</p>
<p>23/07/15 星期四/Thur 2pm Fees. \$120 (1)&amp;(2). \$200 潘秀霞老师 Anna Phua</p>	<p><b><u>著名巴东咖喱(2)</u></b> 炸鸡配参峇青色辣椒 三峇苏东 "伯拉罗"辣椒酱煮法(可用于淋茄子, 鱼饼, 羊角豆, 豆干, 炸鱼)</p>	<p><b><u>Famous Padang Curry (2)</u></b> Ayam Goreng with Special Green Chilli Sambal Sotong Famous Belado Chilli Sauce Making (suitable for vegetables, lady fingers, beancurd and fish cake, fish)</p>

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<p>24/07/15 星期五/Fri 2pm Fees: \$55 Mdm Chee</p>	<p><u>经典糕点</u> 香港豆腐花 榴莲菜燕月饼 炸萝卜糕</p>	<p><u>Classic Cake</u> H.K Bean Curd Durian Jelly Moon Cake Fried Carrot Cake</p>
<p>25/07/15 星期六/Sat 2pm Fees: \$120 首 10 位: \$99 沈希师父</p>	<p><u>14 间连锁店麻辣香锅名师</u> 麻辣香锅 麻辣白菜 (泡菜) 酸辣玻璃粉</p>	<p><u>Franchise 14 Outlets -Mala Pot Masters</u> Spicy Pot Mala Cabbage Spicy Crystal Noodle</p>
<p>27/07/15 星期一/Mon 2pm/7pm Fees: 80 调理机会员 特价: \$40 潘秀霞老师 Anna Phua</p>	<p><u>神奇青汁 (美容减肥,提升免疫力,消除活性氧,消除慢性病,抗癌防癌)</u> ·优盾草青苹果青汁 ·五蔬菜汁(五汁) ·芦荟柠檬青汁 ·油菜青汁 ·荷兰芹青汁 ·胡萝卜高丽菜青汁麦草 ·用小麦草搭配美味果汁 3 种 ·高 C 三种青汁配法 喝 30 cc 小麦草汁=吃 1 公斤蔬菜 麦绿素中维他命 C 是橙的 6 倍,矿物质是菠菜的 18 倍</p>	<p><u>Miracle Green Juice (for slimming, immunity system building,combats common illnesses and free radicals)</u>  Five Green Vege Juice Aloevera Lemon &amp; Kale Green Vegetable Parsley Carrot Cabbage Wheatgrass + 3 flavours Vitamin C Kale + 3 fruits</p>
<p>28/07/15 星期二/Tue 2pm/7pm Fees: 80 调理机会员 特价: \$40 潘秀霞老师 Anna Phua</p>	<p><u>高纤养生餐</u> 高丽菜南瓜浓汤  马铃薯红萝卜浓汤  意大利香草伏卡夏面包  蕃茄燕麦面包</p>	<p><u>HIGH FIBER WHOLESOME MEAL</u> Cabbage Pumpkin Chowder  Potato Carrot Chowder  Italian Herbs Focaccia Bread  Tomato Oatmeal Bread</p>

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<p>29/07/15 星期三/Wed 2pm Fees: \$75 牟荣秋老师</p>	<p><u>北方招牌菜</u> 春饼(薄饼) 枕头香肉卷 三鲜盒子</p>	<p><u>North Signatruue Dishes</u> Poh Piang Pillow Fragrant Meat Roll Fried Sam Sun Pie</p>
<p>31/07/15 星期五/Fri 2pm/7pm Fees. 80 调理机会员 特价: \$38 潘秀霞老师 Anna Phua</p>	<p><u>活力精力汤</u> 黑五宝(热)(补气血, 增加抗病能力) 超级排毒豆浆(加4种纤维素, 含B17坚果, 抗癌防癌, 消除疲劳, 预防心血管疾病) 火龙果活力果汁(分解脂肪, 预防便秘, 帮助消化) 莲藕苹果汁(降血糖, 血脂, 血压)</p>	<p><u>Energy Soup</u> Black Five Treasures(hot)(enrich blood,enhance immunity) Super Detox Soya Bean Milk(add 4 kinds Celluloses, Nuts with B17, prevent cancer, reduce tired, prevent heart and artery disease) Dragon Fruit Energy Juice(Break down fat, prevent constipation, help digestion) Lotus Apple Juice(Lower blood sugar, blood cholesterol and blood pressure)</p>
<p>01/08/15 星期六/Sat 2pm Fees.80 调理机会员 特价: \$38 潘秀霞老师 (Anna Phua)</p>	<p><u>高酵素美人美肤蔬果汁</u> 1)草莓柠檬汁(祛斑, 祛暗沉) 2)高丽菜优格(抗皱纹和皮肤松弛) 3)番茄奇异果汁(防晒黑, 美白) 4)香蕉南瓜汁(改善浮肿) 5)红萝卜橙青汁(改善皮肤干燥粗糙)</p>	<p><u>High Enzyme Beauty Skin Juice</u> 1)Strawberry Lemon Juice(prevent spots and dull skin) 2)Cabbage Yogurt(Anti-wrinkle and skin relaxation) 3)Tomato Kiwi Juice(Sunscreen and whitening ) 4)Banana Pumpkin Juice(Improve edema) 5)Carrot Orange Juice(Improve dry and rough skin)</p>

提前三天报名者享有\$5折扣 (特价除外) Enjoy\$5 discount for early booking (not for discounted fees) Book your course early . As our phone line can be busy, please email or SMS to book the course

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## LOST RECIPIES OF MALAY HERITAGE SG50



### **NASI AYAM SINGAPURA Melayu**

**Making of (a) Rice (b) Chicken (c) chilli (d) Soup**

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## 好消息/Good News!

潘老师现开设与学员一对一咨询指导班，针对个人的身体情况或病情，在日常饮食上给予科学全面的指导,为您开养生食谱。欢迎有需要的学员来电找小艳预约时间。

(收费：\$100/1.5 小时)

Teacher Anna does 1 to 1 consultancy on your health problems. Based on your body conditions, she guides you in terms on the types of fruit and food to take daily and those to avoid. Thus to achieve progressing healing inside and nice complexion. ( Fees. \$100/1.5hr)  
Call Carol to make an appointment. Thank you!

**把健康知识分享给朋友**——越来越多的学员已经感受到调理机带来的益处，为了把健康知识分享给更多的人，潘老师鼓励学员：

- 调理机会员，带一位新学员，前来学习应用调理机的课程，只需要还学费 \$15(材料费)，新学员第一节课免费！
- 介绍新学生购买调理机或者律动机，和新学员一样赠送 2 堂免费课程！（潘老师的养生调理课程）(限量 30 位新学员)

***Share Healthy Knowledge with Others***—Many students have enjoyed the benefits from the Juice blender and courses by Anna . To help more people, teacher encourages

- Blender members who introduces a First timer new student to learn Juice Class by teacher Anna will pay \$15 only for the \*\*class. The new student can enjoy one free course only.
- Students who introduce a new student to buy blender or bodygreen, enjoy 2 free \*\*classes. Limited to 30 news students)

(\*\*Only Juice class by Anna)