

Atrix Bldg (opp Aljunied MRT)

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<p>10.12.15 星期四/ Thu 2pm Fees: \$90 Mrs Chee</p>	<p><u>受欢迎的圣诞蛋糕</u> 圣诞什果面包 圣诞布丁 圣诞杂果蛋糕</p>	<p><u>Christmas Popular Cake</u> Mix-fruit Christmas Stollen Christmas Pudding Christmas Fruits Cake</p>
<p>10.12.15 星期四/ Thu 7pm Fees: \$10 詹玉珍&林弘瑜</p>	<p><u>解读验血报告培训课</u> 教您如何看验血报告数字指 验血报告与耳鸣 细胞缺氧导致的五种慢性病 细胞健康存活的四大条件 *如果有验血报告, 请带来分析 *也可之前到潘老师学校买特价验血券</p>	<p><u>Learn how to read Blood Test</u> Analysize blood test report indicators Blood test report with tinnitus 5 Chronic disease due to Cell Hypoxia 4 conditions to ensure Healthy cells **Can bring your own report for analyzing * Purchase of blood analysis test voucher</p>
<p>11.12.15 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>健康是磨出来的</u> DIY 研磨芝麻粉、杏仁粉、青仁黑豆粉、薏仁粉、糙米粉、五谷粉、莲子粉 <u>DIY 如何配搭养生糊的黄金比例</u></p> <ul style="list-style-type: none"> • 降低胆固醇, 预防高血脂, 脑中风养生糊 • 美白, 祛斑, 抗老化养生糊 • 高钙养生糊 • 减肥代餐糊 	<p><u>Delicious Nut Pastes For Great Health</u> DIY Nut Powder Making: black sesame, almond, barley, wholegrain, five-grains and lotus seed. <u>DIY Nut Paste Making Techniques</u> - lower risks of high cholesterol, high fat content in blood vessels and rheumatism - achieve clearer and youthful skin - stronger bones - meal replacement for body-slimming</p>
<p>12.12.15 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>每天一杯疗愈蔬果汁</u> 胡萝卜番茄柳橙汁 (美肌抗癌) 苹果山药汁 (抗辐射) 青汁-秋葵高丽菜汁 (预防慢性病) 番茄芹菜醋汁 (瘦小腹) 葡萄紫高丽菜黑枣汁 (强大抗氧化力)</p>	<p><u>“Must drink” Everyday Juice therapy</u> Carrot Tomato Orange Juice (beauty, anti-cancer) Apple Yam Juice (anti-radiation) Green Juice-Okra Cabbage Juice (prevent chronic) Tomato Celery Vinegar Juice (slimming) Grape Purple Cabbage Prune Juice (strong anti-aging effect)</p>

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<p>14.12.15 星期一/ Mon 2pm Fees:\$65 潘秀霞老师 Anna Phua</p>	<p>娘惹粿 生炒糯米饭 椰汁发粿 软 Q 粿各瑞</p>	<p><u>Nonya Kueh</u> Glutinous Rice Coconut Huat Kueh Nonya Kuey-Ko-Swee</p>
<p>15.12.15 星期二/Tue 2pm 特价：\$18 嘉雯老师</p>	<p>嘉雯老师拿手好菜 自制磨米汤圆 三菇咸菜汤圆 白玉凤凰 (鸡) 芋头扣肉 椰香黑糯米糖水</p>	<p><u>Popular Dishes by Chef Jia Wen</u> Homemade Grind Rice Ball Three Mushroom Salted Vegetable Rice Ball Jade Phoenix (Chicken) Yam Stewed Pork Coconut Black Glutinous Rice Syrup</p>
<p>16.12.15 星期三/ Wed 2pm Fees:\$80 潘秀霞老师 Anna Phua</p>	<p>新年必备年糕 桂花 杞子茼蒿果冻 桂花马蹄年糕 紫米椰汁年糕 红豆糕</p>	<p><u>New Year Cake</u> Osmanthus Wolfberry Crystal Connyaku Osmanthus Watercheatnut cake Purple Rice Coconut Milk “Nian Gao” Steamed Red Bean Cake</p>
<p>17.12.15 星期四/ Thu 2pm Fees: \$100 Mrs Chee</p>	<p>新年蛋糕 印尼千层蛋糕 千层蛋白蜜糖蛋糕 核桃巧克力米蛋糕</p>	<p><u>Popular Lapis Cake</u> Indonesian Lapis Cake Egg White Lapis Cake Walnut Chocolate Cake</p>
<p>18.12.15 星期五/ Fri 2pm Fees:\$120 首十位：\$99 潘秀霞老师 Anna Phua</p>	<p>Anna's 私房咖喱 K.L 蒲种砂煲鱼头 砂煲咖喱海鲜(虾,鱿鱼,豆卜等) 配炸馒头 秘方咖喱配料</p>	<p><u>Anna Commercial Curry(Secret Recipe)</u> K.L Pu Chong Claypot Curry(serve Buns) Claypot Curry Seafood(with Prawns/Cuttle Fish/Tau Pok etc...) Serve with Fried “Man Tou” Secret Curry Paste</p>

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<p>19.12.15 星期六/Sat 2pm Fees: \$80 调理机会员 特价 : \$35</p> <p>潘秀霞老师 Anna Phua</p>	<p>养生课-体内大扫除 饮食排毒法 : (1)清宿便蔬果汁 (2)超级排毒水 身体表面排毒法 : 干刷身体法, 刮舌苔</p> <p>功效 : 清除淋巴系统粘液及废物, 促进新陈代谢, 清除皮肤表面的死细胞, 恢复皮肤原有弹性, 增加血液循环</p> <p>十天排毒水</p> <p>油拔法 : 排出体内毒素/排出淋巴毒/美齿</p> <p>油拔法功效:对各种疾病如:偏头痛, 肺炎, 牙痛, 血管堵塞, 湿疹, 溃疡, 胃痛, 脑膜炎, 心, 白血病, 风湿, 肾, 肝, 肺, 妇科, 神经系统, 中风, 治愈伤口, 也治愈长期失眠, 对癌症也有显著效果</p>	<p><u>Ultimate Detox Nutrition Class</u> 1.Colon Cleansing Green 2.SmoothieSuper Detox Water</p> <p><u>Skin Brushing Detox Method</u> Function : Remove mucus lymphatic system and waste, promote metabolism, remove dead cells on the surface of the skin, restore the elasticity of the skin, increase blood circulation.</p> <p><u>Ten Days Liver Detox Water</u> Oil Pulling Method-efficacy : for a variety of diseases such as migraine, pneumonia, toothache, blood clots, eczema, meningitis, ulcers, stomach, heart, leukemia, rheumatism, kidney, liver, lung, gynecology, and nervous system, stroke, heal wounds, and cure insomnia for a long time, also has significant effect for cancer.</p>
<p>28.12.15 星期一/ Mon 2pm Fees: \$90 Mrs Chee</p>	<p><u>新年蛋糕</u> 黑枣千层蛋糕 黑枣巧克力蛋糕 蔓越莓蛋白千层蛋糕</p>	<p><u>New Year Cake</u> Prunes Lapis Prunes Chocolate Cake Cranberry Egg White Lapis</p>
<p>29.12.15 星期二/ Tue 2pm Fees:\$85 潘秀霞老师 Anna Phua</p>	<p><u>新年招牌菜 (新)</u></p> <ul style="list-style-type: none"> • 特味泰式蒸虾/龙虾 • 炆螃蟹米粉 	<p><u>Delicious New Year Dishes (new)</u></p> <ul style="list-style-type: none"> • Special Thai-style Steam Prawn/ Lobster • Stew Crab Bee Hoon

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2016 年 1 月 课程

<p>02.01.16 星期六/ Sat 2pm Fees:\$80 调理机会员\$40 潘秀霞老师 Anna Phua</p>	<p>香港商业养生甜品 (抗老化,让您皮肤有光泽,亮丽)</p> <ul style="list-style-type: none"> • 杏仁糊 • 合桃糊 • 花生糊 • 芝麻糊 	<p><u>Popular H.K Healthy Dessert</u> (Anti-Aging & Skin-Brightening)</p> <ul style="list-style-type: none"> • Almond Paste • Walnut Paste • Peanut Paste • Black Sesame Paste
<p>07.01.16 星期四/Thu 2pm 特价: \$18 嘉雯老师</p>	<p>健康年菜 新春养生盆菜 小小米生锅汤 八方财宝 (八宝菜)</p>	<p><u>Healthy New Year Dishes</u> Healthy Pun-Choi Set Healthy Quinoa Seed Soup Eight Treasures Dish</p>
<p>13.01.16 星期三 / Wed 2pm Fees:\$90 潘秀霞老师 Anna Phua</p>	<p>私房菜 XO 鱼头米粉 秘制三峇辣椒 三峇番薯叶 铁板蚝蛋</p>	<p><u>Secret Dishes</u> XO Fish Head Bee Hoon Secret Sambal Chili Sambal Sweet Potato Leaves Oyster Egg on Hotplate</p>
<p>15.01.16 星期五/Fri 2pm Fees: \$65 潘秀霞老师 Anna Phua</p>	<p>传统蛋糕 (很好吃) 娘惹式香蕉蛋糕 著名沙巴蒸黑奴奴蛋糕 杏仁万蓝池麦心蛋糕</p>	<p><u>Exclusive Traditional Cakes [too good to miss!]</u> Nonya Traditional Banana Cake Sabah Famous Steam Seri Kaya (Black Steamed Brownies) Almond Brandy Sugee Cake</p>
<p>19.01.16 星期二/ Tue 2pm/7pm Fees:\$80 调理机会员\$35 潘秀霞老师 Anna Phua</p>	<p>2天蔬果清肠法 (净化肠道, 排宿便, 瘦小腹)</p> <ol style="list-style-type: none"> 1.潘老师早上精力蔬果汁 2.双莓活菌能量饮料 (抗自由基) 3.牛油果奶昔(肠道大清除) 4.菠菜香蕉汁 5.南瓜糙米豆浆 (復食) 	<p><u>2 days of fruits and vegetables cleaning</u> (Purification of intestinal, discharge of impurities)</p> <ol style="list-style-type: none"> 1.Chef Anna' s Breakfast Juice 2. Berries Energy drink (against free radicals) 3. Avocado shake (Clean intestinal) 4.Spinach banana smoothie 5.Pumpkin brown rice soya bean milk

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<p>20.01.16 星期三/ Wed 2pm Fees:\$65 潘秀霞老师 Anna Phua</p>	<p>古早味(妈妈的味道) 软Q 椰汁蕃薯发糕 (紫蕃薯/红蕃薯/椰糖蕃薯三种) 传统开花鸡蛋糕</p>	<p><u>Retro Local Favourites</u> Soft Coconut Sweet Potato Huat Kueh (Purple Sweet Potato / Red Sweet Potato / Gula Malacca Sweet Potato) Traditional Steamed Flower Egg Cake</p>
<p>21.01.16 星期四/Thu 2pm Fees:\$95 Mrs Lim (奇奇)</p>	<p>新年菜肴 杞子参汤鲜贝虾 泰式辣味烧猪手 鲍翅蟹肉瑶柱羹</p>	<p><u>New Year Dishes</u> Prawn and Scallops in Ginseng & Medlar Seeds Broth Thai Style Simmered Roasted Pig's Trotter with Chilli Shark's Fin with Crab Meat and Scallops</p>
<p>23.01.16 星期六/ Sat 2pm Fees:\$90 Chef Lee (韩国师傅)</p>	<p>韩式招牌 最夯韩式炸鸡 海鲜煎饼 石锅拌饭</p>	<p><u>Korea Popular Dishes</u> Popular Korea Fried Chicken Fried Seafood Pan Cake Stone Pot Mixed Rice</p>
<p>26.01.16 星期二/ Tue 2pm Fees:\$85 潘秀霞老师 Anna Phua</p>	<p>潮州鱼头炉全套 火锅煮汤用料 特制辣椒酱 新金瓜芋头甜品</p>	<p><u>Fish Head Steamboat Course</u> Steamboat Soup Special Peanut Sauce New Pumpkin Yam Paste Dessert</p>
<p>27.01.16 星期三/ Wed 2pm Fees:\$85 潘秀霞老师 Anna Phua</p>	<p>潘老师私房菜 (福州名菜) 红糟酒制作 红糟鸡面线 福清锅边面粉粿汤</p>	<p><u>Hock Chew Tradition Cooking</u> Red Braised Meat Gravy Wine Making Red Braised Chicken Mee Sua Hock Ching Stick Pan Mee-Hoon Kueh</p>
<p>28.01.16 星期四/Thu 2pm Fees: \$85 潘秀霞老师 Anna Phua</p>	<p>经典新年年糕 娘惹金瓜糕 (超好吃) 软Q 芋头糕 三峇辣椒 香煎萝卜糕 赠送讲义：H.K “碗仔” 萝卜糕</p>	<p><u>New Year Cake</u> Nonya Pumpkin Kueh Soft Q Yam Cake Sambal Chilli Sauce Dried Scollop Radish Cake H.K "Bowl Radish Cake (Bonus recipe)</p>

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