

Atrix Blg (opp Aljunied MRT)

82 Lorong 23 Geylang #01-03 Singapore 388409 tel:**6747 0069 or 6294 3588 or 90605747**

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| <p>19.2.16 星期五/ Fri 2pm 特价: \$18 嘉雯老师</p> | <p>嘉雯老师拿手好菜 鸡蛋发糕 七彩捞鱼生 龙马精神 (酸辣羹) 皇帝鸡</p> | <p>Chef Jia Wen's Special Dishes Steamed Egg Cake Colorful Raw Fish Salad Sour and Spicy soup King Chicken</p> |
| <p>20.2.16 星期六/ Sat 2pm Fees: \$80 特价:\$38 潘秀霞老师</p> | <p>瘦身·美容·抗癌·防癌 巴德维好油、优格、泡菜、蔬果汁 ·DIY 豆浆/牛奶优格做法 (5种好味道的吃法) ·ABC 蔬果汁 (最新) ·高酵素泡菜做法 (帮助消化、增加肠道有益菌) ·健康饮食守则 功效：关节炎、心血管疾病、皮肤疾病、糖尿病、肺、肝、前列腺、中风、动脉硬化等 阳光疗法： 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 饭后:瘦身清肠啤酒酵母优格</p> | <p>Thin Body·Beauty·Anti-cancer Dr.Budwing Diet:-Good Oil、Yogurt、Pickled Vegetables、Vegetable & Fruit Juices ·DIY Soya-Bean Milk, Milk Yogurt (5 kind of good taste) ·ABC Vegetable &Fruit Juices (latest) ·High Enzyme Kimchi Approach (help digestion, increase the intestinal bacteria) ·Healthy Diet Efficacy: arthritis, cardiovascular diseases, skin diseases, diabetes, lung, liver, prostate, stroke, atherosclerosis, and so on Sunshine Therapy : High Quality Flaxseed Oil DIY (Used in & salad dressing) - Improve your body constitution and recover from 15 common health symptoms. Prevent high blood pressure/sugar/fat! After Food: Slimming Effect - Cleanses Intestines</p> |
| <p>24.2.16 星期三/ Wed 2pm / 7pm Fees: \$50 特价: \$18 潘秀霞老师</p> | <p>养生水疗法 喝水排毒最佳时间 水要怎样喝才能减肥 餐前喝水 6 大好处 怎样清洗蔬果, 肉类 重金属农药的残留 1.黑糖姜茶 (淡斑、去皱纹) 2.牛蒡茶 (排毒、降三高、抗老化) 3.红豆茯苓莲子甜点 (高钙、补血、利尿消水肿) 4.冷热柠檬汁减肥法(可带家里水化验)</p> | <p>Delicious Beverage & Water Therapy The Best Time To Drink Water For Detox How to drink Water To Lose Weight Six Benefits of drink before meals Correct washing fruits, vegetables and meat Pesticide residues of heavy metals 1.Black Sugar Ginger Tea (Pale spot, anti-wrinkle) 2.Burdock Tea 3.Red Bean Fu ling Lotus Seeds dessert, 4.Hot / Cold lemon juices for slimming (Pl bring drinking water for acid and alkaline testing)</p> |

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| <p>26.2.16 星期五/ Fri 2pm Fees: \$120 半价: \$60 潘秀霞老师</p> | <p>潘老师私房菜 (一) 好味道炒米粉 (不一样的炒法) 香滑黄金鸡粥 (超好味上汤底煮法) *煮出来的粥是金黄色 XO 金蚝酱</p> | <p>Anna Classic Cooking Series (1) Special Fried Bee Hoon (unique frying method) Golden Chicken Porridge (super good taste soup cooking method) XO Golden Oyster Sauce</p> |
| <p>27.2.16 星期六/ Sat 2pm Fees: \$80 特价:\$30 潘秀霞老师</p> | <p>活力早餐 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>Energy Breakfast 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>29.2.16 星期一/ Mon 2pm Fees: \$90 特价:\$75 潘秀霞老师</p> | <p>新春元宵佳肴 (新) 白胡椒螃蟹 虾米鬆干煸四季豆 咸蛋虾 (可用于炒茄子/苦瓜等)</p> | <p>Delicious "Chap Goh Mei " Dishes (New) White Pepper Crab Dry-Fried French Beans with Dried Shrimp Salted Egg Prawn(to fry eggplant /Bitter)</p> |
| <p>3.3.16 星期四/Thur 2pm/7pm Fees: \$80 调理机会员:\$40 潘秀霞老师</p> | <p>无负担轻食减肥 DIY 什么食物是越吃越瘦? 什么食物是使人容易变胖? <ul style="list-style-type: none"> • 水果蔬菜薄饼 • 香肠蛋蔬菜薄饼 • 无奶无蛋沙拉酱(用腰果松子材料) • 柳橙葡萄汁 (利尿,消水肿,适合下半身肥胖的人) </p> | <p>Zero-Fuss Light Meals DIY Diet Eat more + Weigh Less Knowing types of foods that make you fat <ul style="list-style-type: none"> • Fruit Vegetable Roll • Sausage Egg & Vege Roll • Vegan Salad Sauce (no eggs / dairy) • Grapefruit Juice (diuretic effect, edema elimination) </p> |
| <p>7.3.16 星期一/ Mon 2pm 特价:\$38 彬师傅</p> | <p>彬师傅拿手好菜 <ul style="list-style-type: none"> • 即做烧肉 • 平平安安(猪肉) • 展翅高飞 (鸡) • 家家好意头 (鱼头) • 年年益寿 (十谷米核桃) </p> | <p>Special Dishes by Chef Bin Rosted Crisp Pork Belly Peaceful Pork Delicacy Great Heights Chicken Good Omen Fish Head Longevity Whole Grains Walnut</p> |

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| <p>8.3.16 星期二/ Tue 2pm/7pm Fees: \$60 调理机会员\$30 潘秀霞老师</p> | <p><u>瘦身美人餐 (午餐)</u> 芦笋浓汤(高纤瘦身,增加肠道有益菌) 彩虹蔬菜沙拉饭(高能量,有助于新陈代谢) 高酵素甜菜苹果泡菜 (帮助消化, 保肝, 降血脂血糖,助消化)</p> | <p><u>Slimming Beauty meal (Lunch)</u> Asparagus shoot soup (helps high fiber,weight loss, increase intestinal bacteria) Rainbow vegetable salad rice(High energy, helps metabolism) High enzyme beet root apple (help digestion,protect liver, lower fat and blood sugar, help digestion)</p> |
| <p>10.3.16 星期四/ Thur 2pm Fees: \$90 (1)(2)都学\$150 潘秀霞老师</p> | <p><u>新老火汤 VS 蒸钵仔饭 (1) (新)</u> 蚝土梅菜肉钵仔饭 青红萝卜章鱼汤 (健脾祛湿, 通便利尿, 护肝益眠) 咸鱼蒸鸡饭</p> | <p><u>New Old Fire Soup VS Steamed Bowl Rice (1)(new)</u> Oyster Preserved Vegetables Meat Bowl Rice Carrot Octopus Soup(strengthening spleen, eliminating water retention ,diuretic ,benefit digestion and sleep. Protect liver) Salted Fish Steam Chicken Rice</p> |
| <p>12.3.16 星期六/ Sat 2pm Fees: \$80 调理机会员:\$40 潘秀霞老师</p> | <p><u>台湾最 IN 地瓜祛病减肥法</u> 地瓜的营养成份 地瓜基本吃法 地瓜减肥法 (一个月瘦 5 公斤) 地瓜断食法 地瓜改善以下症状 1.便秘 2.使血液循环变好 3.消除腰痛 4.促进新陈代谢 5.降血糖/血压 6.提高肝功能 7.排出体内的老旧废物 日式金瓜/地瓜优格沙拉 地瓜苹果凤梨奶昔 烤地瓜 蜂蜜芝麻 黄金地瓜豆浆</p> | <p><u>Popular Taiwan Sweet potato lose weight</u> Nutrition facts about sweet Basic Diet Method Potato Sweet Potato Diet Method Sweet Potato Fasting Method Sweet Potato Supports the Healing of These Helps in 1.Constipation 2.Poor Blood Circulation 3.Back Pain 4.Metabolism 5.Blood Sugar/Pressure 6.Liver Detox 7.Detox Japanese Pumpkin/Yogurt salad Sweet Potato Apple Pineapple smoothie Roasted Sweet Potato Honey Seaame Drink Golden Sweet Potato Soy Milk</p> |

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| <p>15.3.16 星期二/ Tue 2pm/7pm Fees: \$80 调理机会员:\$35 潘秀霞老师</p> | <p>活力养生产品 莲子芝麻糊 小米金瓜粟米糊 燕麦芋头糊 红豆山药露</p> | <p>Energy Healthy Dessert Louts Seed Sesame Paste Pumpkin Sweet Corn Millet Paste Oatmeal Yam Paste Red Bean Mountain Yam Paste</p> |
| <p>16.3.16 星期三/ Wed 2pm 特价:\$10 詹玉珍老师</p> | <p>健康密码 365-解毒验血报告 教您如何看验血报告数字指 验血报告与便秘及免疫力 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>Health Code 365-Learn how to read Blood Test Analyze blood test report indicators Blood test report with constipation and immunity 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>17.3.16 星期四/ Thur 2pm 特价:\$18 嘉雯老师</p> | <p>嘉雯老师拿手好菜</p> <ul style="list-style-type: none"> • 擂茶 • 芒果蒸凤凰 • 九层塔香饭 • 苦瓜蜜枣茶 | <p>Special Dishes by Chef Jiawen</p> <ul style="list-style-type: none"> • Lei-Cha • Mango Steamed Phoenix • Basil Leaves Fragrant Rice • Bitter Candied Date Tea |
| <p>18.3.16 星期五/ Fri 2pm/7pm Fees: \$80 调理机会员:\$40 潘秀霞老师</p> | <p>生食(1)(新) 生食可以帮助清除体内毒素, 找回健康, 同时又可以减脂, 瘦身</p> <ul style="list-style-type: none"> • 菠菜沙拉 DIY • 小黄瓜蔬果西班牙冷汤 • 杏仁可可奶 • 鲔鱼海苔卷配特制核桃酱 | <p>Raw Food (1) (New) Raw food can help to detox and restore health. At the same time, can achieve slimming effect.</p> <ul style="list-style-type: none"> • DIY spinach salad • Cucumber Vegetables Fruits Spanish Cold Soup • Almond Cocoa Milk • Tuna Seaweed Roll serve with special Walnut Paste |

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| <p>19.3.16 星期六/ Sat 2pm Fees: \$75 韩国老师 Mdm Lee</p> | <p><u>韩国经典料理</u></p> <ul style="list-style-type: none"> • 韩国卤肉 • 招牌泡菜汤 | <p><u>Korean Classic Cuisine</u></p> <ul style="list-style-type: none"> • Korea Braised Pork • Signature Kimchi Soup |
| <p>22.3.16 星期二/ Tue 2pm/7pm Fees: \$80 调理机会员:\$40 潘秀霞老师</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> |
| <p>24.3.16 星期四/Thur 2pm/7pm Fees: \$80 调理机会员:\$40 潘秀霞老师</p> | <p><u>生食 (2) (新)</u> 巧克力奇亚籽布丁 (保护心脏) 苹果肉桂燕麦片 (降三高) 高C草莓香蕉果昔 绿色精力浓汤</p> | <p><u>Raw Food (2) (New)</u> Chocolate Chia Seed Pudding(benefit for heart) Apple cinnamon Oats (lower 3 high) High Vitamin C Strawberry Banana Smoothie Green Energy Soup</p> |
| <p>29.3.16 星期二/ Tue 2pm Fees: \$85 潘秀霞老师</p> | <p><u>古早味</u> 虾米辣炒芡粉粿 秘制虾米辣 福建碗粿(栗子/冬菇/虾米馅) (特制豆酱汁/辣椒酱)</p> | <p><u>Tradition Hakka Tim Xin</u> Sambal Prawn Fry Tapioca Kueh Special Sambal Prawn Hokkien "Wa Kueh" (Chestnut / Mushroom / Dried Shrimp filling)</p> |
| <p>31.3.16 星期四/ Thur 2pm Fees: \$90 (1)(2)都学\$150 潘秀霞老师</p> | <p><u>新老火汤 VS 蒸砵仔饭(2)(新)</u> 元气竹笼鸡 霸王花木瓜汤 (清热解毒, 化痰止咳, 润肠通便) 莲藕珍珠豆粉葛软骨 (清热降火, 健脾, 补气)</p> | <p><u>New Old Fire Soup VS Steamed Bowl Rice (2)(new)</u> Bamboo Vitality Chicken Flower Papaya Soup (clearing away heat and toxin,relieving cough and eliminating phlegm, help for digestion) Lotus Pearl Beans Fen Ge Pork Ribs (clearing away heat and abating fever, strengthening spleen,supplying energy)</p> |

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| <p>2.4.16 星期六/ Sat 2pm Fees:\$50 特价：\$18 潘秀霞老师</p> | <p>有益于骨质的健康饮料 每天摄取 2 杯不让骨质流失 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。 什么是高钙的食物？ 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>Healthy Beverages for Bone- 2 Cups a Day to prevent bone loss 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 What is the high calcium food? Creamy Vanilla Almond Milk Black Sesame Almond Smoothie Chocolate Avocado Pudding High Calcium Black Sesame paste for Bread(slimming,increase good cholesterol)</p> |
| <p>7.4.16 星期四/ Thur 2pm Fees:\$85 潘秀霞老师</p> | <p>香港新派烧腊 香茅野菌豉油鸡 香茅黑椒义烧 烧烤秘汁排骨配蜜黄豆</p> | <p>The New Hongkong Roast Lemon Grass Raw Mushroom Soy Sauce Chicken Lemon Grass Black Pepper Char Siew Secret Sauce BBQ Pork Rib serve with Honey Soybean</p> |

以上课程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 so that teacher got enough time to prepare the ingredients.As our phone line can be busy, please email or SMS to book the course **Call 6747 0069 or 6294 3588 SMS or What's app 90605747**
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早晨第一杯黄金水

- 200 毫升 60°C 温水
- 2 汤匙 (30cc) 日本冲绳果汁 100
- 1 茶匙 黄姜粉
- ½ 汤匙 蜂蜜

*用木勺或塑料勺搅匀，不要用铁匙

好处：抗发炎，减轻关节炎，抗氧化，抗溃疡，对肝脏排毒，发炎，降三高，瘦身，高免疫力有很好的功效。



日本冲绳果汁 100
(OKINAWA SHIKWASA JUICE 100)

10% OFF
(2 瓶以上)