

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

<p>5.4.16 星期二/Tue 2pm/7pm Fees: \$80 调理机会员 特价：\$38 潘秀霞老师 Anna Phua</p>	<p>活力精力汤 黑五宝(热)(补气血，增加抗病能力)</p> <p>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)</p> <p>火龙果活力果汁(分解脂肪，预防便秘，帮助消化)</p> <p>莲藕苹果汁(降血糖，血脂，血压)</p>	<p>Energy Soup Black Five Treasures(hot)(enrich blood,enhance immunity) Super Detox Soya Bean Milk(add 4 kinds Celluloses, Nuts with B17, prevent cancer, reduce tiredness , prevent heart and arteries disease) Dragon Fruit Energy Juice(breaks down fat, prevents constipation, helps digestion) Lotus Apple Juice(lower blood sugar, blood cholesterol and blood pressure)</p>
<p>7.4.16 星期四/Thu 2pm Fees: \$85 潘秀霞老师</p>	<p>香港新派烧腊 香茅野菌豉油鸡 香茅黑椒叉烧 烧烤秘汁排骨配蜜黄豆</p>	<p>The New Hongkong Roast Lemon Grass Mushroom Soy Sauce Chicken Lemon Grass Black Pepper Char Siew Secret Sauce BBQ Pork Rib with Honey Soybean</p>
<p>8.4.16 星期五/Fri 2pm 特价: \$38 彬师傅</p>	<p>彬师傅拿手好菜 脆皮圆蹄 十谷米芝麻糊 萝卜饼 番薯煎蛋 泰式辣椒</p>	<p>Special Dishes by Chef Bin Crispy Trotters Whole Grains Sesame Paste Carrot Pastry Sweet Potato Fry Egg Thai-style Chilli</p>
<p>9.4.16 星期六/Sat 2pm Fees: \$80 调理机会员 特价：\$38 潘秀霞老师 Anna Phua</p>	<p>七色蔬果汁 (瘦身,养生) 紫色蔬果汁 (延缓老化,增加记忆力) 红色蔬果汁 (促进血液循环,抗衰老) 绿色蔬果汁 (强化骨骼,加强造血) 黑褐色蔬果汁 (提升视力,加强免疫力) 白色蔬果汁 (抗肿瘤) 黄色蔬果汁 (保护心血管,预防癌症) 橙色蔬果汁 (保护视力,降低胆固醇)</p>	<p>7-Color Fruit Vegetable Juice (helps slimming & promotes healthy lifestyle) Purple Vegetable Fruit Juice (anti-aging,enhance memory) Red Vegetable Fruit Juice (anti-aging, promote blood circulation) Green Vegetable Fruit Juice (strengthening bones, strengthen haematogenous) Black and Brown Fruit Juice (improve eyesight, strengthen immune system) White Fruit Juice (protect cardiovascular, prevent cancer) Yellow Fruit Juice (anti-tumor) Orange Fruit Juice (lower cholesterol,protect vision)</p>

Atrix Bld (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

<p>12.4.16 星期二/Tue 2pm Fees: \$85 Mrs Chee</p>	<p><u>Mrs Chee 老师经典蛋糕</u> 芋头摩士蛋糕 台湾芋头蛋糕 芋头牛油蛋糕</p>	<p><u>Classic Cake by Mrs Chee</u> Yam Moist Cake Taiwan Yam Cake Yam Butter Cake</p>
<p>13.4.16 星期三/Wed 2pm 特价: \$18 嘉雯老师</p>	<p><u>嘉雯老师拿手好菜</u> 黄酒药材鸡 姜蛋炒饭 泰式炸香蕉 绿豆粟米羹</p>	<p><u>Special Dishes by Chef Jiawen</u> Yellow Wine Heabs Chicken Ginger Egg Fried Rice Thai-style Fried Banana Green Bean Corn Soup</p>
<p>14.4.16 星期四/ Thur 2pm 特价:\$10 詹玉珍老师</p>	<p><u>解读验血报告培训</u> 细胞营养与肝脏保护 教您如何看验血报告数字指 *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> Cell nutrition and liver protection Analyze blood test report indicators *Can bring your own report for analyzing * Can purchase of blood analysis test voucher at Anna's Cooking Arts</p>
<p>16.4.16 星期六/Sat 2pm 特价:\$18 原价\$80 潘秀霞老师 Anna Phua</p>	<p><u>养生水疗法 (新)</u> 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</p> <p>1)西瓜煮汁 (帮助肝脏分解有害物质, 帮助肾脏扩张血管,使血液顺畅流通,促进尿液的生成,有顺利排尿的功效) 2)七日消脂茶 (降压修身, 消除疲劳) 3)蒟蒻薏仁绿豆甜点 (美白淡斑, 将三酸甘油酯) 4)紫苏酵素水 (提高免疫力, 抗发炎) *可以带自家水来检测</p>	<p><u>Delicious Beverage & Water Therapy</u> Best Time To Drink Water For Detox. How To Drink Water To Lose Weight Six Benefits drinking water before meals How to wash fruits, vegetables and meat to get rid pesticide residues of heavy metals</p> <p>1)cooked Watermelon Juice (helps detoxification of liver and kidney. Promotes blood circulation and diuretic) 2) 7 days Cellulite Tea (lower blood pressure and reduce tiredness) 3)Konjac Barley Green Bean Dessert (helps whitening. Lower triglycerides) 4)Basil Enzyme Water (improves immunity ,anti-inflammatory) * Pl bring drinking water for testing</p>

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

<p>19.4.16 星期二/Tue 2pm Fee:\$100 首十位 : \$80 潘秀霞老师 Anna Phua</p>	<p><u>商业咖椰班</u> 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</p>	<p><u>Popular Kaya Business Class</u> 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>
<p>20.4.16 星期三/Wed 2pm 学费:\$85 材料费:\$15 潘秀霞老师 Anna Phua</p>	<p><u>韩国泡菜 DIY (一)</u></p> <ul style="list-style-type: none"> • 美味天然 100分 • 营养健康 100分 • 方便省时 100分 <p>发酵食物含纤维质, 维生素和矿物质, 增加肠胃有益菌, 每餐餐中摄取, 帮助消化, 去油脂, 促进新陈代谢, 提升免疫力, 预防肥胖, 老化, 疾病</p> <p>1)醋酱油蒜头(每日 2 颗, 提高免疫力) 2)包菜大葱青椒泡菜 3)黄瓜/白萝卜泡菜 (辣椒) P.S. 每人做 3 瓶泡菜</p>	<p><u>Korea Kimchi DIY (1)</u></p> <ul style="list-style-type: none"> • Delicious 100% • Nutrition 100% • Covenient 100% <p>Fermented food is rich in fiber, vitamin and minerals. Increase beneficial bacterias in intestine. Helps digestion, reduce fat, promote metabolism, improve immunity, prevent obesity, aging and diseases.</p> <p>1)Vinegar Soy Sauce Garlic (2 pcs everyday, improve immunity) 2)Cabbage Spring Onion Green Pepper Kimchi 3)Cucumber/Radish Kimchi P.S. Everyone will make 3 bottles of kimchi</p>
<p>21.4.16 星期四/Thu 2pm Fees:\$45 Jenny 老师</p>	<p><u>健康抗氧化</u> 浓情香郁腰豆牛油果沙拉酱配玉米饼(抗氧化,维护心血管,含丰富植化素) 高钙奇异籽蓝莓布丁 (高纤, 高钙, 高蛋白质, 抗氧化, 增强骨密度)</p>	<p><u>Healthy and Anti-aging</u> Cashew Nuts Avocado Salad Sauce (anti-aging, protect cardiovascular , rich in enzyme) High-calcium Chia Seeds Blueberry Pudding(rich in fiber, calcium and protein. Anti-aging and enhance bone density)</p>
<p>25.4.16 星期一/Mon 2pm Fees:\$70 Mrs Chee</p>	<p><u>Mrs Chee 老师经典蛋糕</u> 香兰咖椰蛋糕 芒果摩士蛋糕 原味牛油蛋糕</p>	<p><u>Classic Cake by Mrs Chee</u> Pandan Kaya Cake Mango Moist Cake Original Butter Cake</p>

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

<p>26.4.16 星期二/Tue 2pm/7pm 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>27.4.16 星期三/Wed 2pm Fees:\$80 潘秀霞老师 Anna Phua</p>	<p>娘惹名菜 (潘老师家传菜) 妈妈香来咖哩鸡(金枕头) 娘惹蟹肉丸汤</p>	<p><u>Famous Nonya Cuisine (Popular demand)</u> Mum's Curry Chicken Golden Pillow Bawang Kapiting (Crab Ball Soup)</p>
<p>28.4.16 星期四/Thu 2pm/7pm Fees:\$80 调理机会员\$40 潘秀霞老师 Anna Phua</p>	<p>养生早午晚餐 (新) 生菜凤梨汁 (排宿便, 平小腹) 养生黄金米粉汤 高钙松子腰果黑糖豆浆 DIY 杏仁花生豆腐</p>	<p><u>Healthy Meals-Breakfast, Lunch and Dinner (New)</u> Lettuce Pineapple Juice (helps for digestion and slimming) Healthy Golden Mee Hoon Soup High Calcium Pine Nuts Cashew Nuts Brown Sugar Soy Bean Milk DIY Almond Peanut Tofu</p>
<p>30.4.16 星期六/Sat 1pm-4pm Fees:\$120 调理机会员\$60 潘秀霞老师 Anna Phua</p>	<p>一天血液解毒生活 3周排毒法祛除慢性病,美肤,消除疲劳 提升新陈代谢,改善手脚冰冷,提升免疫力, 清除体内老旧废物,消除水肿,瘦身,气色红润</p> <p>降三高蔬果汁 红萝卜凤梨小黄瓜果汁 (身体发热,消水肿) 抗癌, 防癌蔬果汁 清血蔬果汁 纳豆小黄瓜豆腐凉拌</p>	<p><u>One Day Blood Detox Life</u> 3 Weeks Detox to Improve Chronic Disease, Help for Beauty, Reduce Tiredness , Enhance Metabolism, Improve cold hands and feet, Improve immunity, Detox, Eliminate edema, Help for slimming and beauty.</p> <p>Vegetable & Fruit Juice(lower blood pressure, blood sugar and cholesterol) Carrot Pineapple Cucumber Juice (Warm body and eliminate edema) Vegetable & Fruit Juice(helps prevent cancer) Blood Detox Juice Natto Cucumber Tofu Salad</p>

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

7.5.16 星期六/Sat 2pm Fees:\$85 韩国老师 Mdm Lee	<u>经典韩国料理</u> 韩国泡菜汤 韩国泡菜炒饭 韩国泡菜制作	<u>Classic Korean Cuisine</u> Korea Kimchi Soup Korea Kimchi Fried Rice Korea Kimchi Method
---	---	---

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

coyaku@yahoo.com.sg (pl write your handphone no.)

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
- 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。

*日本冲绳果汁和黄姜粉可到潘秀霞烹饪剧场购买。

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

2 天断毒净食营

日期：2 July - 3 July

时间：10:30 am – 5 pm

地点：潘秀霞烹饪剧场/Anna's Cooking Arts

收费：\$580 (18 Jun 之前交款, 享受 **特价 \$480**)

***仅限 40 位报名！**

特邀台湾著名生机饮食专家 – **欧阳英老师**, 拥有 30 多年的食疗辅导经验, 教您如何改善体质, 净化断毒, 提高自愈能力。如何对症排毒饮食, 有效防癌和抗病。

与欧阳英老师预约

7 月 1 日, 欧阳英老师在潘秀霞烹饪剧场, 开展一对一看诊活动, 针对个人身体状况, 为您量身开具食疗方案。

时间：1.5-2 小时

收费：\$200

***仅限 5 位报名！预约从速！**