

<p>07.09.16 星期三/Wed 2pm Fees: \$120 特价 首十位报名者 \$80</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>商业槟城虾面</u></p> <p>如何煲虾汤? 如何煲大骨汤? 秘制叁峇辣椒酱 炒万用叁拉煎粉 炸香脆葱头片 (耐收, 不吸油)</p>	<p><u>Commercial Penang Prawn Mee</u></p> <p>How to boil Prawn soup? How to boil Pork Rib soup? Prepare Sambal Chili Sauce Fry "all usage" - Belachan powder Crispy Fried Onion (can storage, no absorbing of oil)</p>
<p>09.09.16 星期五/Fri 2pm/7pm Fees: \$80 调理机会员 特价: \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>健康是磨出来的</u></p> <p>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> <ol style="list-style-type: none"> 1. 降低胆固醇, 预防高血脂, 脑中 风养生糊 2. 美白, 祛斑, 抗老化养生糊 3. 高钙养生糊 4. 减肥代餐糊 	<p><u>Delicious Nut Pastes For Great Health</u></p> <p>DIY Nut Powder Making: black sesame, almond, barley, wholegrain, five-grains and lotus seed.</p> <p><u>DIY Nut Paste Making Technique</u></p> <ul style="list-style-type: none"> - lower high cholesterol, high fat and stroke paste - whitening and beautiful skin paste - stronger bones calcium paste - body-slimming paste
<p>10.09.16 星期六/Sat 2pm Fees : \$80 特价 : \$38 潘秀霞老师 Anna Phua</p>	<p><u>这样吃一定瘦</u> (全营养丰盛饱足吃不胖) 日式三文鱼牛油果沙拉 DIY 味增沙拉酱 增肌减脂沙拉 (促进新陈代谢)</p> <p>营养满满番茄浓汤 白椰菜花浓汤</p>	<p><u>Correct eating to a slimming body</u> (Nutritional rich and not fattening diet) Japanese-style Salmon Avocado Salad DIY Miso Salad Sauce Increases Muscle & Reduces Fat Salad (promote metabolism) Nutrition Tomato Soup White Cauliflower Soup</p>
<p>13.09.16 星期二/Tue 2pm Fees : \$75</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>客家名点心</u></p> <p>传统水晶芋头皮笏粿 炒算盘子 秘制叁峇辣椒酱</p>	<p><u>Hakka Tim Xim</u></p> <p>Traditional Yam Skin Soon Kueh Hakka Abacus Sambal Chilli Sauce</p>

<p>14.09.16 星期三/Wed 2pm Special offer: \$10</p> <p>嘉雯老师</p>	<p><u>嘉雯老师拿手好菜</u></p> <p>冬炎凤梨炒饭 黄金鸡球 青木瓜排骨汤 十谷米番薯 龙珠果冰皮月饼</p>	<p><u>Good Dishes by Chef Jiawen</u></p> <p>Tom Yam Pineapple Fried Rice Golden Chicken Green Papaya Soup Ten Grains Sweet Potato Dragon Fruit Snowy Moon Cake</p>
<p>15.09.16 星期四/Thur 2pm/7pm 学费 : \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>经典泰式料理 (1)</u></p> <p>峇拉煎饭套餐 泰式"乌达" 砂煲冬粉虾/蟹</p>	<p><u>Classic Thai Cuisine (1)</u></p> <p>Belachan Rice Set Thai style Otak Clay Pot " Tang Hoon" Prawn / Crab</p>
<p>17.09.16 星期六/Sat 2pm Fees: \$80 调理机会员 特价:\$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>开启健康密码,喝出强大免疫力 (新)</u></p> <p>姜黄坚果奶 (帮助好睡眠) 碱性蔬果汁 (提神、排毒) 木瓜果昔 (唤回青春) 活力早餐 : 橄榄酱 DIY 佐无麸质法国长棍面包 (好吃、降三高)</p>	<p><u>A Healthy Secret code- Diet for Strong Immunity (New)</u></p> <p>Turmeric Nut Milk (helps sleeping) Alkaline Vegetable Juice (energetic, detox) Papaya Juice (renews youth) Vitality Breakfast: Olive paste DIY non- gluten French Baguettes (delicious, lower three highs)</p>
<p>20.09.16 星期二/Tue 2pm 学费 : \$28</p> <p>彬师傅</p>	<p><u>彬师傅拿手好菜</u></p> <p>手工鱼丸 辣椒蛋 潮州咸菜 特快 ABC 汤 黑椒鸡扒</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Hand-made Fish Ball Chili Egg Teochew Pickles Special Fast ABC Soup Black Pepper Chicken</p>

Atrix Blg (opp Aljunied MRT)

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The above benefits are by no means intended as a self-guide. Always require a physician to establish their cause and to help in deciding on the right treatment .All Rights Reserved .

Flora September 课程表

<p>16.09.16 星期五/Fri 2pm/7pm 原价 : \$60 特价 : \$15</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>超强排毒果汁</u></p> <p>特别排毒汁 莓果雪泡 排毒三果冰砂 哈密瓜味噌</p>	<p><u>Super Juice Detox Series</u></p> <p>Detox Special Juice Berries Detox Smoothie Ice Blended Creamy Triple Detox Honeydew Miso</p>
<p>26.09.16 星期一/Mon 2pm Fee: \$60 特价:\$15</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>降三高饮食法</u></p> <p>早晨第一杯黄金水 (降血糖) 净血蔬果汁 纳豆清血酱</p>	<p><u>Lower Three Highs' Diet</u></p> <p>First Vital Morning Drink (lowers blood sugar) Cleansing Blood Vegetable Juice Natto Cleanses Blood Sauce</p>
<p>28.09.16 星期三/Wed 2pm Fee: \$60 特价:\$15</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>美肠美肌小菜</u> (清肠、排毒)</p> <p>羊栖菜黄豆沙拉 山药梅子凉菜 台湾海带芽凉菜</p>	<p><u>Beautiful Intestinal and Skin Vegetable set</u></p> <p>(Cleanses intestinal and detox) Hijiki Bean salad Plum Yam Taiwan seaweed</p>

请预先报名，每班限 **30** 人！

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