

**November 2013 CLASS SCHEDULE**

(Tel: [67470069](tel:67470069), 62943588)

<p>9 Nov Sat 3:00PM</p> <p><b>Valerie Teo</b> \$59</p> <p><u>上第 1 课+</u> <u>第 2 课学</u> <u>费:\$98</u></p>	<p><b><u>早清晚润美容班[第 1 课]</u></b></p> <p>超简单 5 分钟高酵素沙拉, 浓汤, 果汁 洁净内体, 滋润营养你的内到外在美, 在这冷季节保暖的美容餐。</p> <p><b>学习:</b> — 为什么酵素对你的健康和美容那么 重要 — 什么食物能洁净我们体内的‘脏’</p> <p>— 什么食物能最佳地滋润与保暖你的 肌肤与身体</p> <p><b>— 为什么早‘清’晚‘润’</b> 细胞修复爽口果汁 金银剔透美白果汁 水果萝佳与特制无糖‘焦糖’萝佳酱 日本清爽苹果海带沙拉与浓郁酱</p>	<p><b><u>DAY &amp; NIGHT CLEANSE &amp; NOURISH BEAUTY WORKSHOP [PART 1]</u></b></p> <p>Supereasy 5 Minute High Enzyme Salads, Soups &amp; Smoothies to cleanse your body inside-out and help you glow with health and beauty, and help you keep warm this cold season</p> <p><b>LEARN:</b> - Why Enzymes are very important for your health and beauty - Top super foods for cleansing your inner health - Top super foods for nourishing your skin and body - Why cleanse in the day and nourish at night</p> <p><b>DAY: CLEANSE</b> Cell Regenerating Smoothie Skin Brightening Beauty Shake Fruit Rojak with Homemade Sugar-free Healthy Caramel Sauce Shaved Apple Wakame Salad with Creamy Yoghurt Dressing</p>
<p>12 Nov Tue 3:00PM</p> <p><b>Valerie Teo</b> \$59</p> <p><u>上第 1 课+</u> <u>第 2 课学</u> <u>费:\$98</u></p>	<p><b><u>早清晚润美容班[第 2 课]</u></b></p> <p>Supereasy 5 分钟高酵素沙拉、汤、 果汁来净化由内而外你的身体, 帮助 你焕发健康和美容, 帮助你在这个寒 冷的季节保持温暖</p> <p><b>晚: 滋润营养</b> 桂皮萝卜苹果汤/日本番薯黑枣汤 法国温暖苹果桂皮布丁 [无糖无奶甜 品] 法国传统‘拉特土移’慢烤跟菜 [高贵美丽的法式名菜; 一家大小朋 友都会赞美]</p>	<p><b><u>DAY CLEANSE + NIGHT NOURISH BEAUTY WORKSHOP [PART 2]</u></b></p> <p>Supereasy 5 Minute High Enzyme Salads, Soups &amp; Smoothies to cleanse your body inside-out and help you glow with health and beauty, and help you keep warm this cold season.</p> <p><b>NIGHT: NOURISH</b> Cinnamon Carrot Apple Soup Kabocha Prune Potage Warm Apple Cinnamon Brulee [sugar and dairy free dessert] Colorful Slow Roasted Ratatouille [an elegant and beautiful French roasted vegetable dish that will impress your family and friends]</p>
<p>15 Nov Fri 2:00PM 7:00PM</p> <p><b>Anna Phua</b> \$80</p> <p>购买胚芽 米机免费 上 2 次课 程</p>	<p><b><u>日式盖饭(大碗瓮饭)</u></b></p> <p>黑猪肉盖饭 鳗鱼盖饭 鸡肉盖饭 白萝卜, 黄瓜, 梅肉泡菜 滑子菇豆腐味噌汤</p> <p>购买胚芽米机免费上 2 次课程</p>	<p><b><u>Japanese Cuisine (Embryo Rice)</u></b></p> <p>Kurobuta (Black Pork) Donburi Unagi (eel) Donburi Oyako (chicken) Donburi Radish, Cucumber, Plum Pickle Slider Mushroom Tofu Miso Soup</p> <p><b>Buy Embryo Rice Machine Two Courses For Free</b></p>

<p>16 Nov Sat 3:00PM</p> <p><b>Valerie Teo</b></p> <p>\$59</p> <p><u>上系列 1 课</u> <u>+系列 2 课</u> <u>学费:\$98</u></p>	<p><b>超级简单高蛋白系列 1:</b> <b>每天早餐&amp;盒饭(便当)</b> <b>学习:</b> —如何计算你需要多少蛋白质 —除了肉的超级食物蛋白质 —为什么植物性蛋白质比肉类蛋白质更健康 —如何为您的用餐准备足够的蛋白质 —当你在吃蛋白质时会发生什么 —如何提高蛋白质吸收与果汁</p> <p>奶油黑芝麻高蛋白奶昔 清爽高蛋白奶昔 亚洲奎奴亚藜毛豆沙拉餐 清新日本豆腐纳豆沙拉 Supereasy 蛋饼糕和马芬</p>	<p><b><u>SUPEREASY HIGH PROTEIN SERIES:</u></b> <b><u>EVERYDAY BREAKFAST &amp; BENTO</u></b> <b><u>[LUNCHBOX]</u></b> <b><u>LEARN:</u></b> - How to calculate how much protein you need - Top Super Foods for protein besides meat - Why plant-based proteins are healthier than meat proteins - How to eat enough protein - What happens when you under eat and over eat proteins - How to increase protein absorption Creamy Goma Avo Protein Shake Refreshing High Protein Shake Asian Quinoa Edamame Salad Meal Refreshing Japanese Tofu Natto Salad Supereasy Egg Frittata Loaf &amp; Muffin</p>
<p>19 Nov Tue 2:00 PM 7:00PM</p> <p><b>Anna Phua</b></p> <p>\$85</p> <p>已买调理 机会会员\$45</p>	<p><b><u>Anna's 新养生餐-意大利料理</u></b></p> <p>菠菜千层面 菠菜青酱 (超好吃! 抗三高, 净化血液) 有机菠菜水果汁 (清除辐射污染, 排毒) 香脆松子、核桃、腰果、烘焙法 (吃了不胀气, 不胖哦!)</p>	<p><b><u>Anna 's New Health Food -Italian Cuisine</u></b></p> <p>Spinach Lasagna Spinach Green Sauce (<b>super delicious! anti top3 high's, purify the blood</b>) Organic Spinach Juice (<b>remove contamination, detoxification</b>) Crispy Pine nut, Walnut, Cashew, Baking Method (<b>no bloating or weight gain!</b>) Students with purchase of Juice Blender, class fees: \$45</p>
<p>20 Nov Wed 2:00PM</p> <p><b>Anna Phua</b></p> <p>\$75</p>	<p><b><u>商业台湾礼饼</u></b></p> <p>绿豆凸 (馅: 绿豆沙、卤肉) 三 Q 酥饼 (馅: 红豆沙、麻糬、肉松、咸蛋黄)</p>	<p><b><u>Taiwan Business Cake</u></b></p> <p>Green Bean Paste Cookie (fillings: green bean paste, stewed meat) 3 Q Crisp (fillings: red bean paste, mochi, pork floss, salted egg)</p>
<p>21 Nov Thur 3:00PM</p> <p><b>Valerie Teo</b></p> <p>\$59</p>	<p><b><u>无罪冰淇淋甜点</u></b> 满足你的甜食、降低血胆固醇、血糖和血压、自制美味和健康的甜点是从糖、蛋白和乳制品中制成</p> <p><b><u>如何制作自己早餐点心</u></b> 紫色:清新葡萄冰淇淋奶昔[美化+抗衰老] 红色:奶油西瓜 Avo 冰淇淋奶昔[缓解水肿]</p> <p><b><u>日常最爱</u></b> 薄荷黑巧克力冰淇淋 香蕉圣代</p>	<p><b><u>GUILT-FREE ICE CREAM DESSERTS</u></b> <b>Satisfy your sweet tooth and lower blood cholesterol, blood sugar, and blood pressure with homemade delicious and healthy desserts that are free from sugar, gluten, and dairy!</b></p> <p><b><u>HOW TO CREATE YOUR OWN BREAKFAST DESSERT BOWLS</u></b> Purple: Refreshing Grape Ice Cream Smoothie Bowl [beautifying + anti-aging] Red: Creamy Watermelon Avo Ice Cream Smoothie Bowl [relieve water retention]</p> <p><b><u>EVERYDAY FAVORITES</u></b> Mint &amp; Chunky Dark Chocolate Ice Cream Banana Split</p>

<p>22 Nov Fri 2:00PM <b>Anna Phua</b> \$80</p>	<p><b>泰式粿汁</b> 卤猪脚、大肠、粉肠 豆卜、鱼饼、卤蛋、咸菜 特制粿汁辣椒酱</p>	<p><b>Tai Style “ Kueh Chap”</b> Stewed Pig’s Trotter, Intestines(2 types) Tau Pok, Fish Cake, Egg, Kiam Chye, Belly Pork Special “Kueh Chap” Chilli Sauce</p>
<p>25 Nov Mon 3:00PM <b>Valerie Teo</b>  \$59  <b>上系列 1课 +系列 2课 学费:\$98</b></p>	<p><b>SUPEREASY 高蛋白系列 2: 周末汉堡大餐</b> 学习: —如何计算你需要多少蛋白质 —超级食物蛋白质除了肉 —为什么植物性蛋白质比肉类蛋白质更 健康 —如何为您的用餐准备足够的蛋白质食 物 —当你在吃蛋白质会发生什么 —如何提高蛋白质吸收与果汁 金枪鱼红烧汉堡 豆腐核桃无肉汉堡 低碳健康烤土豆 高蛋白奶油巧克力布丁[不加糖和牛奶!]</p>	<p><b>SUPEREASY HIGH PROTEIN SERIES: WEEKEND BURGER FEAST</b> LEARN: - How to calculate how much protein you need - Top Super Foods for protein besides meat - Why plant-based proteins are healthier than meat proteins - How to prepare enough protein foods for your meal - What happens when you under eat and over eat proteins - How to increase protein absorption with juices Tuna Teriyaki Burger Tofu Walnut Meatless Burger Low Carb Healthy Baked Fries High Protein Creamy Chocolate Pudding [no sugar and milk!]</p>
<p>28 Nov Thur 2:00PM <b>Chef Patrick</b> \$65</p>	<p><b>日本招牌菜</b>  超人气日式焖煮猪软骨 韩式山药樱花虾泡菜煎饼 烤西京味噌鲑鱼（特别秘方）</p>	<p><b>Chef Patrick Signature Japanese Cooking</b> Japanese Delicious Simmer Pork Soft Bone Mountain Yam With Sakura Prawn Kimchee (Pancake Korea Style) Gindara Saikyo Miso Yaki (Grilled Cold Fish Miso Flavor – secretrecipe)</p>
<p>29 Nov Fri 2:00PM <b>Anna Phua</b> \$85</p>	<p><b>Anna 老师最新蛋糕制作</b> 法国焦糖玛德莲（贝壳型很湿软!） 新法核桃香蕉牛油蛋糕 日本横滨蜂蜜蛋糕</p>	<p><b>Anna’s New Cake Making</b> France Caramel Madeline Lotus (very moist!) Banana Walnut Butter Cake Yokohama Honey Dome Cake</p>
<p>30 Nov Sat 2:00PM <b>Anna Phua</b>  \$50  <b>特价 / Special Offer: \$18</b></p>	<p><b>养生水疗法 (喝水可以健康)</b> 怎样喝才正确?(正确喝水可以美容养 颜,延缓衰老及预防各种疾病) 喝好水能够消除活性氧(导致疾病原 因) 五脏虚,水肿病人怎样喝水 喝水方法 (防止血黏稠,降血脂,高血压, 贫血,心脏疾病,瘦身,关节炎) 水的美容法 每天需喝多少量水? 什么时间喝水排毒最有效? <b>超强排毒果汁示范</b> 地瓜排毒果汁(清除肠内毒素) 香蕉凤梨芹菜汁(杀菌,净化血液,降低 胆固醇,排便顺畅) 伏令西瓜汁(解渴,消水肿,解热,利尿)</p>	<p><b>Water Health Therapy (Drink to Great Health)</b> Do you know most of us are drinking acidic water and beverages that are harmful to our body everyday? Learn the truths, do's and don'ts of drinking water for health, beauty and longevity. Introducing today's most wanted water in the medical industry, the purest form of Alkaline Water <b>Super Detox Juice Demo</b> Sweet Potato Detox Juice (cleanses intestines) Banana Pineapple Celery Juice (anti-bacterial, helps replenish blood, lowers cholesterol and promotes bowel movement) “Fuling” Watermelon Juice (hydrates, helps reduce water retention and heat in the body)</p>

**Enjoy \$5 discount for early booking. Call us at 6747 0069 or 6294 3588 now!**

Anna’s Cooking Arts [Facebook Page] + [www.annascookingarts.com.sg](http://www.annascookingarts.com.sg)

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