

December 2013-January 2014 CLASS SCHEDULE (Tel: 67470069, 62943588)
请提前三天报名感兴趣的课程 *Please book 3 days before your preferred classes!**

<p>10/12/13 Tue 2pm/7pm \$50 Anna Phua 已购买调 理机会员 \$25</p>	<p>体内肠,肝,胆排毒法 & 咖啡灌肠法 功效:改善便秘,净化肠道 二周内让小腹平坦,水肿消失 减重,并且不复胖,让心情轻松开朗 净化血液,促进血液循环,淋巴腺循环 让皮肤更靓丽 排除体内毒素,改善慢性疲劳,头疾,肩 膀疼痛等 改善皮肤过敏症 灌肠后,DIY 蔬果汁做法 净肠蔬果汁 排宿便蔬果汁 现成益生菌吃法</p>	<p>Coffee Enema & Colon, Liver, Gallbladder Cleanse Protocol Benefits: Improve constipation, clear intestines, flatten stomach, remove water retention, improve mood, cleanse blood, improve blood circulation, lymphatic drainage, improve skin, removed toxins in the body, improve chronic fatigue, headache, shoulder aches. Improve skin problems DIY fruits & vegetable juice (after coffee enema) Colon Cleansing Vege Fruit Juice Clear Compacted Waste Vege Fruit Juice The correct way to eat good bacteria</p>
<p>11/12/13 Wed 2pm Anna Phua \$85</p>	<p>Anna 老师最新蛋糕制作 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>Anna's New Cake Making France Caramel Madeline Lotus (very moist!) Banana Walnut Butter Cake Yokohama Honey Dome Cake</p>
<p>14/12/13 Sat 3pm Valerie Teo \$ 69 Blender Members: \$ 59</p>	<p>好的食物治疗: 无罪的圣诞假期甜点和饮料 额外的好处-幸福快乐无麸质,牛奶,和糖 ! *不到 7 种材料对于每个配方 *简单快速 *令人惊讶的美味! 无烘烤白雪公主圣诞片 无烘烤+巧克力芝士蛋糕(用一个令人惊 讶的成分;线索:蔬菜) 无乳制品朗姆酒奶油——非常美味的蛋 糕、布丁和冰淇淋 平安夜南瓜拿铁(温暖、舒适的饮料,也 能降低血压) 学习: -麸质是什么? -面筋如何影响我们的健康呢? -gluten-intolerance 的症状和体征 -无麸质食品名单 -健康的饮食调理</p>	<p>Good Food Heals: GUILTLESS CHRISTMAS HOLIDAY DESSERTS & DRINKS Pleasure with Extra Benefits - blissfully free from Gluten, Dairy, and Sugar! * Less than 7 ingredients for each recipe * Easy and quick * Surprisingly delicious! No Bake Snow White Christmas Slice No Bake + Chocolate Cheesecake (made with a surprising ingredient; clue: a vegetable) Dairy Free Rum Cream - supremely delicious topping for cakes, puddings and ice cream Silent Night Pumpkin Spice Latte (warm, comforting drink that lowers blood pressure) LEARN: - What is Gluten? - How does Gluten affect our health? - Signs and symptoms of gluten-intolerance - Free Gluten Food list - Health benefits of a Gluten-free diet</p>
<p>18/12/13 Wed 2pm Mdm Chee \$55</p>	<p>创新新年饼 芝士薯粉饼 蜜糖牛油腰果豆饼 手工汉堡包形杏仁酥饼</p>	<p>Lastest New Year Cookies Cheese Kuih Bangkit Honey Butter Cashewnut Cookies Handmade Hamburger Almond Cookies</p>

<p>20/12/13 Fri 2pm/7pm \$60 Anna Phua 已购买调 理机会员 \$25</p>	<p>七天平坦腹部蔬菜果汁 体内净化蔬果汁 提升新陈代谢果汁 燃烧脂肪果汁 美白快瘦果汁 清肠解毒果汁 瘦肚子,去掉肥肉按摩法</p>	<p>7-days Flatten Stomach Vegetable Juice Body Detox Fruit Vegetable Juice Enhance Metabolism Fruit Juice Burn Fat Fruit Juice Whiten & Slimming Juice Bowel Detoxification Juice Slim Tummy, Remove Stomach Fat Massage</p>
<p>21/12/13 Sat 3pm Valerie Teo \$ 69 Blender Members \$59 Part 1 & 2: \$ 120 Blender Members Part 1 & 2: \$100</p>	<p>好的食物治疗: 内在美的周末排毒挑战(第 1 部) 你要享受假期比平常多一点? 重置、净化和补充你的身体与周六+ 周日早餐,午餐、点心和晚餐菜单计划 和迎接新的一周! 周六菜单 早餐:早上清理饮料+快乐肝脏排毒奶 昔(适合 alcohol-lovers) 午餐:西班牙煎蛋卷+日本高酵素彩虹 沙拉+柠檬酱 晚餐:大马哈鱼和蔬菜排毒汤饭(满意 和营养) 学习: 酵素理想最好食物 高碳水化合物食品餐 -高脂肪餐 -高蛋白餐</p>	<p>Good Food Heals: THE INNER BEAUTY WEEKEND DETOX CHALLENGE [part 1] Are you about to indulge a little more than usual during the holidays? Reset, cleanse, and recharge your body with a Saturday + Sunday breakfast, lunch, snack and dinner menu plan and welcome the new week! SATURDAY MENU Breakfast: Morning Cleanse Drink + Happy Liver Detox Smoothie [ideal for alcohol- lovers] Lunch: Spanish Omelet + Japanese High Enzyme Rainbow Salad + Lemon Dressing Dinner: Salmon & Vegetable Detox Soup Meal [satisfying & nourishing] LEARN: Best foods that has enzymes ideal for a - high carbo meal - high fat meal - high protein meal</p>
<p>27/12/13 Fri 2pm/7pm Anna Phua \$ 85 购买胚芽米 机免费上 2 次课程</p>	<p>亚洲经典全营养活力粥/小菜 招牌上海胚芽米蔬菜排骨粥 港式滑鸡煮全粥 DIY 日式芝麻豆腐 台式糖心卤蛋 购买胚芽米机免费上 2 次课程</p>	<p>Asia Classic Full Nutritional Energy Porridge/ Dishes Shanghai Embryo Rice Vegetables Porridge Hong Kong Style Chicken Cooked Porridge DIY Japanese Sesame Tofu Taiwan TangXin Marinated Egg</p>
<p>30/12/13 Mon 2pm/7pm Anna Phua \$60 已买调理 机会员\$30</p>	<p>吃出美丽·生活幸福 山药绿豆奶 (改善血糖平稳, 理想主 食) 醒脑精力蔬果汁 (早晨第一杯黄金果 汁) 水果优格乳 (改善便秘症状) 超好吃全麦坚果·水果干馒头 (蒸)</p>	<p>Eating Out of The Beautiful·Happy Life Yam Green Soy Milk (improve blood sugar stable, ideal staple food) Refreshing Energy Vegetable &Fruit Juices (the first cup of gold in the morning juice) Fruit Yogurt Milk (improve constipation symptoms) Super Delicious Wholemeal Nuts· Dried Fruit Steamed Bread Students with purchase of Juice Blender, class fees: \$30</p>

03/01/14 Fri 2pm Mdm Chee \$55	传统新年饼 糖霜辫子酥饼 炸健康蜂窝酥脆饼 (无椰浆&香精) 花生酥饼	Traditional New Year Biscuit Icing Plait Biscuit Deep-Fried Healthy Honeycomb Biscuit (without coconut milk & essence) Peanut Biscuit
04/01/14 Sat 2pm Mrs Lim \$60	新年佳品 石花菜燕 (古老韧 Q 焦糖燕菜) 麦片杏仁酥饼 新月杏仁饼干	Best New Year Crystal Jelly Cereal With Almond Crisp Almond Crescents
06/01/14 Mon 2pm/7pm Anna Phua \$80	新年健康蜜饯 日式红茶霖酒杏桃蔓越莓蜜饯 (红茶做法) 红葡萄酒煮黑枣 (高钙、补血) 蜜饯亚渣 洋葱红酒 (改善睡眠、便秘等 15 种慢性病)	The New Year health Pickle Japanese Apricot Cranberry Pickle(red tea) Japan Red Wine Prune(high calcium and blood) Fruit Pickled Achar Onion Wine (helps improve sleep, constipation & 15 kinds of chronic diseases)
07/01/14 Tue 3pm Valerie Teo \$ 69 Blender Members \$ 59	好的食物治疗: 超级简单的学校零食 便当对待孩子和大人用高纤维,营养,和无麸质 超级食物成分:自制的椰子粉 高蛋白香蕉面包(满足和激励) 6种原料燕麦小吃店(富含纤维、维生素和头发生长营养!) 甘薯葡萄干面包(satiates 胃口再和双打作为甜点) 自制花生酱(超级简单和营养) 学习: -椰子粉的健康益处 -所有的营养成分 -如何利用自制的椰子粉和各种各样的食谱 -免费食品杂货店购物清单!	Good Food Heals: SUPER EASY SCHOOL SNACKS Lunchbox treats for kids and grownups made with high-fiber, nutritious, and gluten free Superfood Ingredient: Homemade Coconut Flour High Protein Banana Bread [satisfying and energizing] 6 Ingredient Oat Snack Bars [high in fiber, vitamins, and hair growth nutrients!] Sweet Potato Raisin Loaf [satiates appetite longer and doubles up as dessert] Homemade Peanut Butter [super easy and nutritious] LEARN: - The health benefits of Coconut Flour - The nutritional benefits of all featured ingredients - How to make Homemade Coconut Flour and use it for a variety of recipes - Free Grocery Shopping List!
08/01/14 Wed 2pm/7pm Anna Phua \$85	传统新年菜 (潘老师名佳菜) 妈妈福建五香 百香果冬瓜条泡菜 古早味福建虾枣 腌萝卜泡菜(消脂,消胃胀气)	Traditional New Year food (Signature Dishes) Mum's Hokkien "Ngor Heang " Hokkien Prawns Ball / Pickled Radish Fresh Passion Fruit & White Melon Pickled
09/01/14 Thur 2pm Chef Patrick \$70	日式家常套餐 日式香甜鸡肉扒 (赠甜酱每人 1 小瓶) 日式炒综合蔬菜 综合菇类沙拉拌温泉鸡蛋 梅酒果冻	Japanese Homely Meal Chicken Terriyaki (give free sweet sauce 1 bottle) Yasai Itame Assorted Mushroom Salad with Spring Egg Ume Shu Jelly

10/01/14 Fri 2pm Mrs Lim \$65	新年年菜 炸黄金鸡 辣味茄子酱蒸鱼 凉拌脆蟹柳海蜇皮	<u>New Year Cooking</u> Deep Fried Chicken with Salted Egg Yolk Steamed Fish with Hot Sauce & Egg Plant Deep Fried Grab-Stick with Jelly Fish Salad
11/01/14 Sat 3pm Valerie Teo \$69 Blender Members \$ 59	<u>好的食物治疗:</u> <u>美味和无辜的中国新年食物</u> 额外的好处——幸福快乐无麸质,牛奶和糖 中国新年庆祝活动永远不会是相同的给你和你的家人! 椰子饼干 (高纤维和刷新) 菠萝杏仁饼 (高纤维、钙、维生素 B 和 E) 新的开始柑橘茉莉花 Slushie (你的客人会喜欢) 好的祝福葡萄柠檬苏打水 (刷新和激励治疗) 你可以在家尝试奖金配方: 喉咙保护汽水 (抗炎喝来保护你和你的家人从喉咙痛!)	<u>Good Food Heals:</u> <u>DELICIOUS & GUILTLESS CHINESE NEW YEAR TREATS</u> Pleasure with Extra Benefits - blissfully free from Gluten, Dairy, and Sugar Chinese New Year celebrations will never be the same again for you and your family! Coconut Mandarin Cookies (high-fiber and refreshing) Pineapple Almond Pie (high-fiber, calcium, manganese vitamin B and E) New Beginning Citrus Jasmine Slushie (immunity-boosting party drink your guests will love) Good Blessings Grape Lemonade Soda (refreshing and energizing treat) Bonus recipe for you to try at home: Throat Protector Soda Pop (anti-inflammation party drink to protect you and your family from sore throats!)
13/01/14 Mon 2pm/7pm Anna Phua \$65	<u>传统蛋糕 (很好吃)</u> 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	<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
14/01/14 Tue 2pm/7pm Anna Phua \$85	<u>新年经典年菜</u> 话梅花雕鸡 (醉酒) 杭州东坡肉配芥末冬瓜 顺德煎酿鱼 梅汁金瓜泡菜	<u>New Year's Classic Cooking</u> Drunken Chicken with Dried Sour Plum Hangzhou Braised Pork with Mustard and Winter Melon Pan Fried Stuffed Fish Plum Featuring Kimchi
16/01/14 Thurs 2pm/7pm Anna Phua \$70	<u>新年佳节酵素饮料</u> (帮助消化, 避免胃胀, 胃痛) 酿梅子酸柑酵素(清热,降火气,利咽,健胃,消脂) 金桔柠檬汁 咸柠檬 DIY(感冒,喉咙痰饮品) 苏打金桔蜂蜜水 金桔蜜饯(零嘴,做饮品)	<u>New Year Natural Enzyme Series</u> (helps digestion, prevent bloating, stomach pain) Stuffed Plum Acid Orange Enzyme (heat, anger, pharynx, stomach, disappear fat) Kumquat Lemon Juice Salt and Lemon DIY (a cold, throat effect drinks) The Soda Kumquat Honey Water Candied Kumquat (snacks, do drink) Soda Calamansi Honey Drink Pickled Honey Calamansi (good as snacks)

17/01/14 Fri 2pm/7pm Anna Phua \$85	新年年糕 港式芋头糕 香港碗仔萝卜糕(免费讲议) 香煎萝卜糕 / 娘惹金瓜糕 秘制辣椒酱	<u>New Year Rice Cake</u> Yam Cake Steam Bowl Radish Cake (free recipe) Pumpkin Kueh Pan Fried Radish Cake Secret Sauce
18/01/14 Sat 3pm Valerie Teo \$ 69 Blender Members \$ 59 Part 1 & 2: \$ 120 Blender Members Part 1 & 2: \$100	<u>好的食物治疗:</u> <u>内在美周末排毒的挑战(第 2 部)</u> 迁就太多的假期吗? 重置、净化和补充你的身体与周六+ 周日早餐,午餐、点心和晚餐菜单计划 和迎接新的一周! 周日菜单 早餐:早上清理饮料+皮肤恢复奶昔 午餐:金枪鱼高酵素尼斯沙拉酱 晚餐:日本奶油豆蔬菜排毒汤(高蛋白+ 有助于降低胆固醇) 学习: 酵素理想最好的食物 -高碳水化合物食品餐 -高脂肪餐 -高蛋白餐	<u>Good Food Heals:</u> <u>THE INNER BEAUTY WEEKEND DETOX CHALLENGE [part 2]</u> Indulged a little too much during the holidays? Reset, cleanse, and recharge your body with a Saturday + Sunday breakfast, lunch, snack and dinner menu plan and welcome the new week! SUNDAY MENU Breakfast: Morning Cleanse Drink + Skin Recovery Smoothie Lunch: Tuna Nicoise with High Enzyme Salad Dressing Dinner: Japanese Creamy Bean Vegetable Detox Soup [high protein + helps lower cholesterol] LEARN: Best foods that has enzymes ideal for a - high carbo meal - high fat meal - high protein meal
20/01/14 Mon 2pm/7pm Anna Phua \$70	<u>最新酵素酿造法</u> 古酿杨桃汁 酸梅黄梨汁 西瓜汁酵素(清除肝脏废物) 梨汁酵素 黄梨汁酵素	<u>Latest Enzyme Making</u> Star Fruit Juice Sour Plum Pineapple Juice Water Melon Juice Enzyme (Detox Liver) Pear Juice Enzyme Pineapple Juice Enzyme

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