

U.P. CEBU LIBRARY

HOW MOODS  
AFFECT SPENDING

THE OTHER SIDE  
OF TAAL

# GOOD HOUSEKEEPING

THE NO.1 FAMILY AND HOME MAGAZINE

PHILIPPINES • JULY 2017

## House goals

A YOUNG FAMILY'S  
COOL, COMFORTABLE,  
MODERN HOME

LOOK FRESH  
EVEN WITH  
**ZERO  
SLEEP**

SHRINK  
YOUR  
GUT IN  
WEEKS  
FLAT!

# 4

## HEALTHY RECIPES

YOUR KIDS WILL  
ACTUALLY LOVE

Good-for-you pasta,  
fudgy flourless  
brownies, & more

ISSN 0118-9824



P120 9 770118 982405

GOOD DEEDS: A HAVEN FOR RETIRED K-9 DOGS • ONE MAN'S SOUP KITCHEN PROJECT

July

# GOOD HOUSEKEEPING 2017

09

HEALTHY RECIPES YOUR KIDS WILL ACTUALLY LOVE

30

SHRINK YOUR GUT IN 4 WEEKS FLAT!

38

LOOK FRESH EVEN WITH ZERO SLEEP

56

HOW MOODS AFFECT SPENDING

63

HOUSE GOALS: A YOUNG FAMILY'S COOL, COMFORTABLE, MODERN HOME

75

GOOD DEEDS: A HAVEN FOR RETIRED K-9 DOGS; ONE MAN'S SOUP KITCHEN PROJECT

85

THE OTHER SIDE OF TAAL



ON THE COVER  
Photograph by Michael Angelo Chua. Styling by Cami Tejada. Art direction by Theodore Cruz.

# GOOD HOUSEKEEPING



**04 From The Editor**  
Making It Count

**06 Get Help From Technology**  
So App-etizing

**07 Ask The Experts**  
Your Questions Answered

## YOUR KITCHEN

**09 Good Food**  
Healthy Meals With A Twist

**20 Dinner In A Flash**  
Weeknight Easy

**22 If You've Got**  
Ube Halaya

**25 Food News**  
Kitchen Guide

## YOUR BODY

**28 Health News**

**29 Weight Loss**  
Drop 5 Lbs.

**30 Gut Makeover**  
Get Slim, Healthy,  
And Energized

**34 Lifestyle Change**  
How I Finally  
Prioritized My Health

## YOUR LOOK

**38 Beauty Tips**  
Beauty Hacks To Hide  
Sleepless Nights

**41 Beauty Finds**  
Super Sticks

**42 Beauty News**  
Beauty Know-How:  
7 Years Younger

**46 Style Tips**  
Dressed For Anything

## YOUR MONEY

**53 Business Is Brewing**  
Mixing Things Up

**56 Money And Emotions**  
Mind Over Money

**60 Money News**

**62 Ask The Expert**  
Money Matters

## YOUR HOME

**63 Family Home**  
Piece By Piece

**70 Stylish Rugs**  
Floor Show

**72 Ask The Experts**  
Household Help &  
Cleaning Tips

## REAL LIFE

**76 Good Deeds**  
A Haven For Heroes:  
Food For A Lifetime

**78 Good Reads**  
The Nanny Diaries

**82 News For  
Your Brood**  
Family Time

**84 Life Lessons**  
My Book Of 40

## YOUR LEISURE

**85 Travel**  
Blast From The Past

**93 Me-Time**  
Your Weekend

**94 Your Bookshelf**  
Rainy Day Reads

**96 At My House**  
Angeli  
De Leon-Rivera

