

MARCH 2021 || ISSUE 4

# TEXAS INKED

CREATIVITY  
IS THE  
GREATEST  
FORM OF  
REBELLION

~ **LADY GAGA**

**ARTWORK BY:  
ARTIST OF THE  
WEEK...**

JOSE CONTRERAS ( [@JOSEECD](#) )

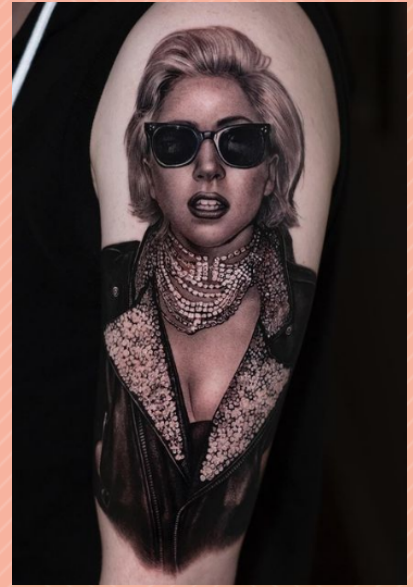
**CREATED TO INSPIRE, INSPIRED TO CREATE**

# EDITORS NOTE

*LOOK LOOK... WE GOT LADY GAGA ON THE COVER!!!*

Okay maybe not the living, breathing Lady Gaga but, close for this little Texas publication. Our cover art this week is by Jose Contreras of Dark Age Tattoo Studio in Denton, TX. Check out his feature page for a couple more shots, and if you need more like we did, hit up his IG @joseecd

If you would like a shot at our weekly feature spots, all you need to do is use @texasinkedmagazine and/or #texasinked on Instagram. We also accept formal submissions on our website, any medium welcome!



## CONGRATULATIONS!!!

### MAIN CHICK HOT CHICKEN

We were able to sneak away this weekend and check out the Grand Opening of Main Chick Hot Chicken's newest location in Spring, TX. The wait was crazy, but thats expected on opening day.

The food though!!!!

The chicken was spicy (we got medium) and juicy but, not over the top hot, perfect. But... Really, the star of the show was those fucking fries. I added cheese sauce to mine and could have died from the tastiness. Next time I'm def checking out the "Cluck It Up" Fries!

Hit up this or any of their Houston locations for all your "Main Chick" & "Side Chick" needs!  
We will be back real soon.



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*Dorian  
Lane*



# 3 SPRING *hair hints*

W/Krystal Marie

# 1

Try to use less heat in your hair. I know it can be hard, but try letting your hair air dry, work with what you got! The less heat the less damage you will do.

If you still style with heat tools, always be sure to use a heat protectant!

Make sure you are taking a multivitamin every day for your own health, but also for healthier hair, skin, and nails (they have a yummy gummy for that)! I use Natures Bounty and Olly gummy vitamins.

# 2

And if you're one who brushes their hair everyday it's best to use a Wet Brush, it helps not to rip out your hair every time you are brushing!

\*A Wet Brush helps prevent tugging, pulling, ripping, and damage that can cause split ends, breakage, and hair loss

# 3



# ARTIST OF THE WEEK...



JOSE CONTRERAS ( [@JOSEECD](#) )



# BODY WEIGHT SCIENCE

BY STEPHANIE TREVINO, MBA, PHR, CERTIFIED NUTRITIONIST

Learn your body. The body is made up of lean muscle mass, fat mass, water and bone. The goal when trying to lose weight should always be to lose fat and not muscle or lean mass. Body fat is a great indicator of the general makeup of your body. Essential fat is necessary for the body to function. Athlete and fitness body fat percentages are the desired body fat for most individuals that work out regularly or compete in any sport. Acceptable body fat that ranges in the higher 20's is a general population percentage. The last category is obese.

What affects your body and energy it needs? Growth, metabolism, activity level and schedule all affect how many calories you will need. Under eating or going long periods of times without food can lead to a strong internal desire to eat and will likely lead to an overeating situation or making poor choices. On the flip side of that overeating can lead to losing the fullness feeling and lead to permanent overeating and serious weight gain.

## GENERAL WELLNESS TIPS

### **Eat a well balanced diet**

Vegetables, fruits, whole grain, lean protein and healthy fats will keep your body running at an optimal level.

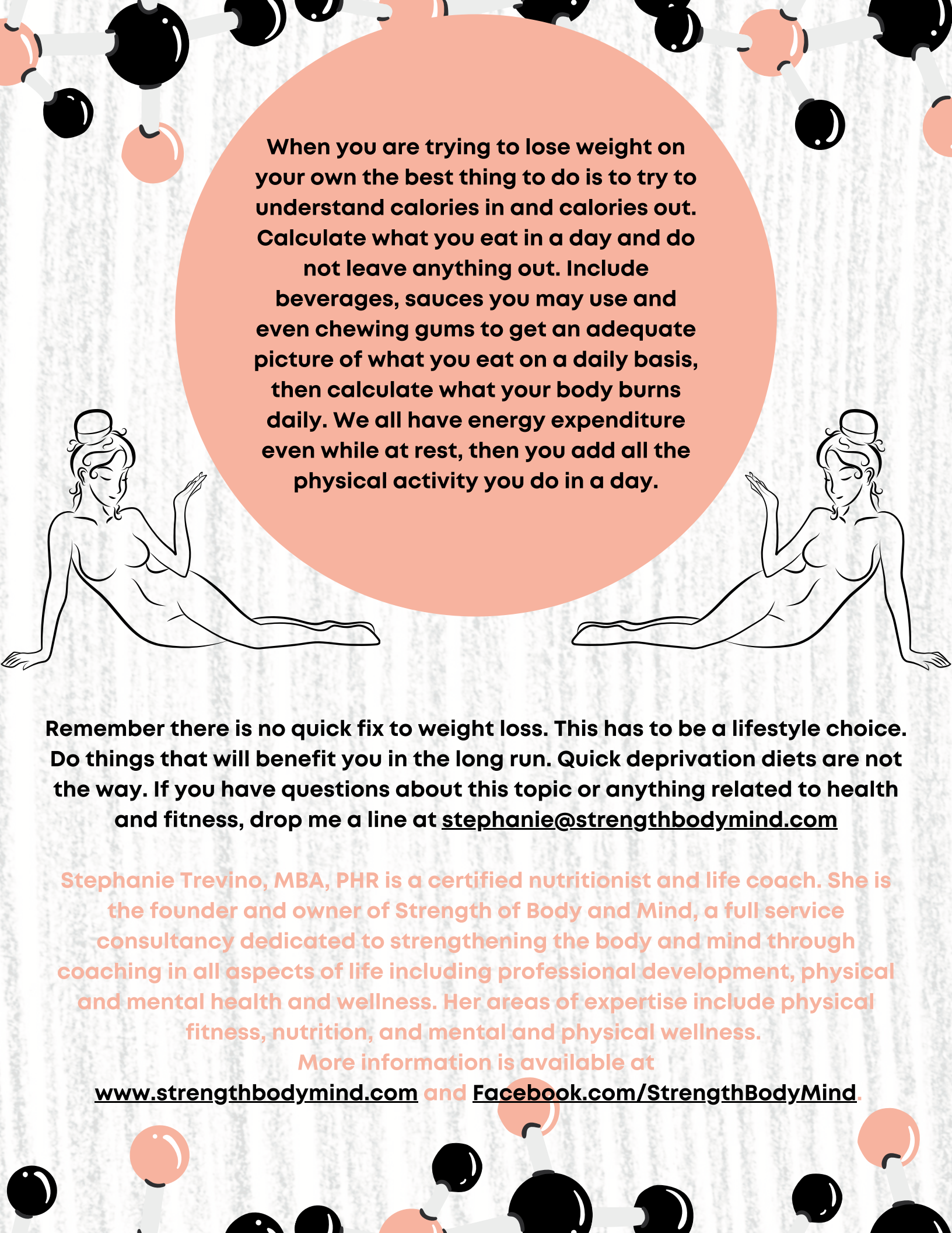
### **Eat to perform**

Low calorie intake will make your body and mind weak. You will not be able to push hard during workouts and performance will start to suffer.

### **Avoid sugar**

Sugar is a rising epidemic in our diets. Read labels. A soda has about 28g sugar. If the juice you like has more, that is a bad sign.





**When you are trying to lose weight on your own the best thing to do is to try to understand calories in and calories out. Calculate what you eat in a day and do not leave anything out. Include beverages, sauces you may use and even chewing gums to get an adequate picture of what you eat on a daily basis, then calculate what your body burns daily. We all have energy expenditure even while at rest, then you add all the physical activity you do in a day.**



**Remember there is no quick fix to weight loss. This has to be a lifestyle choice. Do things that will benefit you in the long run. Quick deprivation diets are not the way. If you have questions about this topic or anything related to health and fitness, drop me a line at [stephanie@strengthbodymind.com](mailto:stephanie@strengthbodymind.com)**

**Stephanie Trevino, MBA, PHR is a certified nutritionist and life coach. She is the founder and owner of Strength of Body and Mind, a full service consultancy dedicated to strengthening the body and mind through coaching in all aspects of life including professional development, physical and mental health and wellness. Her areas of expertise include physical fitness, nutrition, and mental and physical wellness.**

**More information is available at**

**[www.strengthbodymind.com](http://www.strengthbodymind.com) and [Facebook.com/StrengthBodyMind](https://www.facebook.com/StrengthBodyMind).**

**TATTOO  
OF THE  
WEEK**



**JESS CAVAZOS**

**@JESS\_CAVASSHOLE**

**CORPUS CHRISTI.TX**



Texas Inked pimpin... With Stephanie Tacy 

# SWEET RITUAL

Sweet Ritual is an artisan dairy-free ice cream shop located in Central Austin, Texas.

Amelia Raley and Valerie Ward co-founded the brand in 2011. Raley and Ward made the decision to make ice cream for the rest of their lives as they were chit chatting while shopping for doilies at Austin's City Wide Garage Sale. For over 9 years now, the duo has worked to perfect and expand their craft.

While only soft serve was available in the beginning, they have continued to grow their business. Their brick and mortar location opens in 2016 followed by the creation of their batch kitchen in 2018 which is used to supply their storefront as well as pints to stores and other restaurants in the city.

Inside the storefront you can find soft serves, scoops, sundaes, shakes, splits, cakes, and pints.

They offer ice creams from a variety of milk bases including peanut butter, almond, and coconut.

Each base for a batch is made on a different day to make them as allergy friendly as possible.

While the duo has perfected their current bases, co-founder Amelia states they are working on becoming even more sustainable and allergen friendly with hopes of making all of their ice creams pea protein based.

While they supply ice cream to local favorite restaurants like Big Nonna's, Counter Culture, and Bouldin Creek Cafe, they look locally to source items for the shop as well. Baked good options used for mix-ins are provided by local vegan spots Zucchini Kill and Pie Jacked. If you're wondering what flavor to try when you visit, Co-owner Amelia Raley states her favorite flavors include Snake Bite Venom, specialty spring flavor Bluebonnet Sorbet, and the shop's signature flavor Death Metal By Chocolate. She also recommends their Strange Craving ice cream composed of peanut butter and sweet pickles available in the summer months.

Website: <http://www.sweetritual.com/>

Instagram: <https://www.instagram.com/sweetritual/>



Sweet Ritual

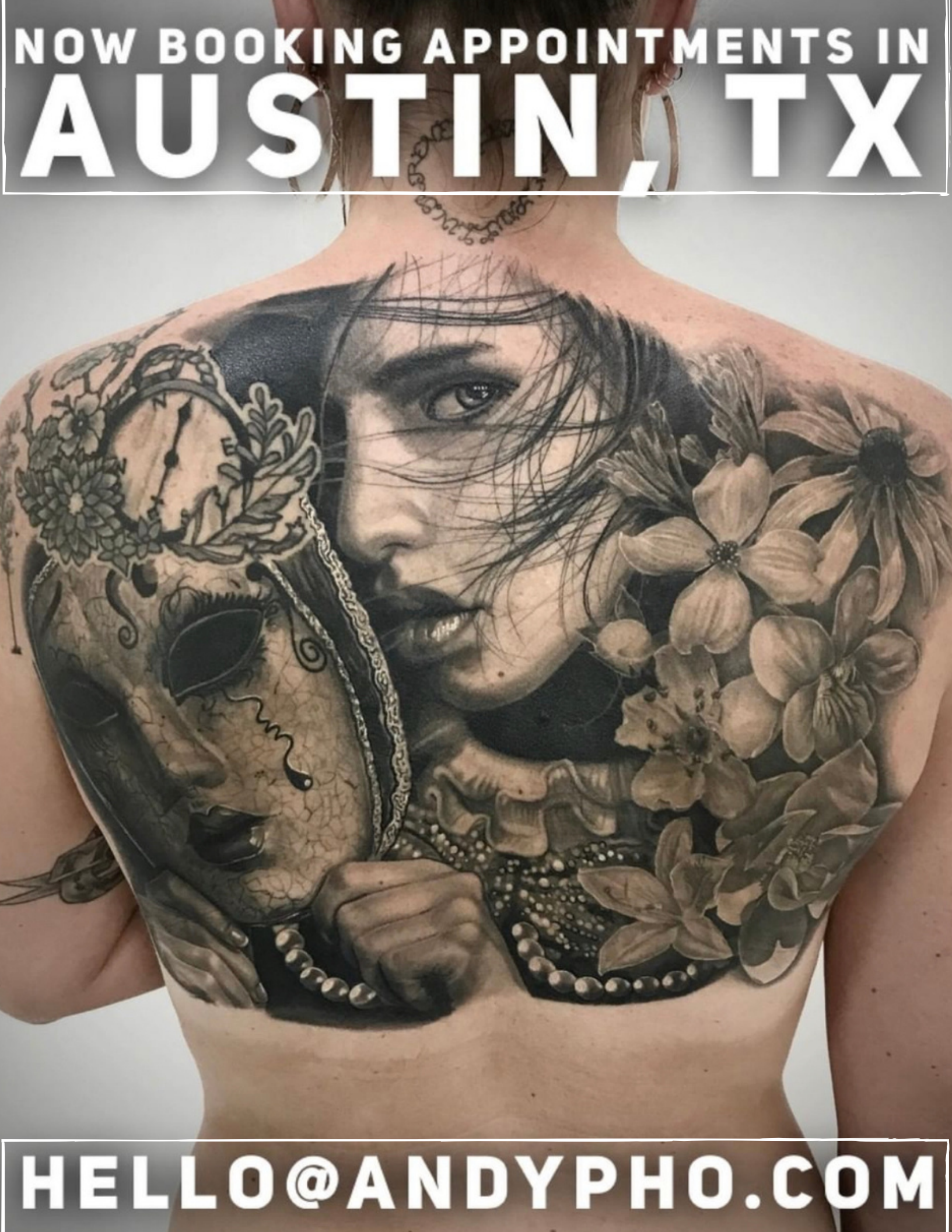




*Porian  
Jane*







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