

TEXAS INKED

CREATED TO INSPIRE. INSPIRED TO CREATE

July 2020/3



ARTWORK

By: [Ash Campbell Designs](#)

See more on pg. 4

THE FIZZYCIST

Bianca Nolin

FEATURED ARTIST

Jay Joree

MODEL SPOTLIGHT

Breanna Kay

*Check out our new food and fitness feature pgs. 2 & 7

NEWS/EDITOR'S NOTE

There is so much talent on social media, it gets hard to pick who is going to be in each weeks newsletter. This week I took it back to our roots with artwork from [Ash Campbell Designs](#), products by [The FizzyCist \(Bianca Nolin\)](#) and featured artist [Jay Jorée](#). All of these amazing woman have been part of our lives for a few years now. All three have completely different styles of artist, but all are equally talented. This issue didn't originally start off being all ladies, it just turned into it!

Thank you for the download and support, we are super excited about the outpouring of love with the first month of our new newsletter!

Watch for ways to vote for your fave artists in our story on Instagram ~ Nikki B.

Introducing Foodie/Fitness Pro

[Alicia @foxyfitnessfoodie](#)

We will periodically feature recipes, fitness advice, and Hotness by this Foxy lady!

[Learn more about her below and check out this weeks recipe on pg. 6](#)

Hi! I'm Alicia, a personal trainer and rehab specialist from Houston, and I have a passion for 3 things: fitness, food, and tattoos, okay...I lied, add my dogs and husband in there too!

Food and fitness have always been an important part of my life (but the tattoos came when I was 18), and when I was diagnosed with Celiac's disease at the age of 22, cooking became not only a hobby, but a necessity!

I strive to make healthy food taste GOOD (of course with some cheats in there...I mean, who doesn't love a gluten free donut once in a while), and fit the needs of those with autoimmune issues like myself because, gluten free food doesn't mean it has to taste like the box it came in!



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Jay Jorée is by appointment only at [Third Eye Gallery](#) in Dallas, TX



ASH CAMPBELL DESIGNS CARTOON PORTRAIT ILLUSTRATIONS

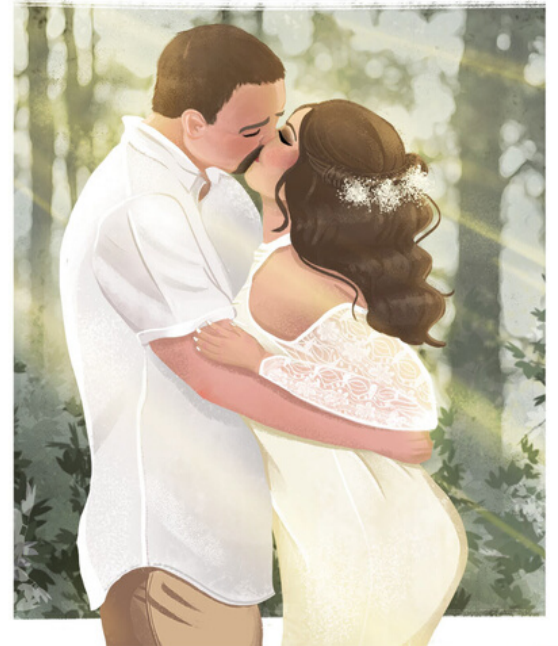


A Little About Ash...

I'm a graphic artist based in Dallas, Texas who currently works as an Associate Art Director for Bespoke Art. As a well rounded designer with experience in logo design, brand identity, and digital fine art illustration, my objective is to create beautiful things that make lasting impressions.

This Project...

After a devastating layoff due to COVID-19, I wanted use the new-found free time I had to practice some new styles of illustration. I have always worked in sophisticated fine art so I thought switching it up and working on cartoons would be fun. After posting a practice portrait I did of myself, the requests started rolling in which definitely helped develop my skills.



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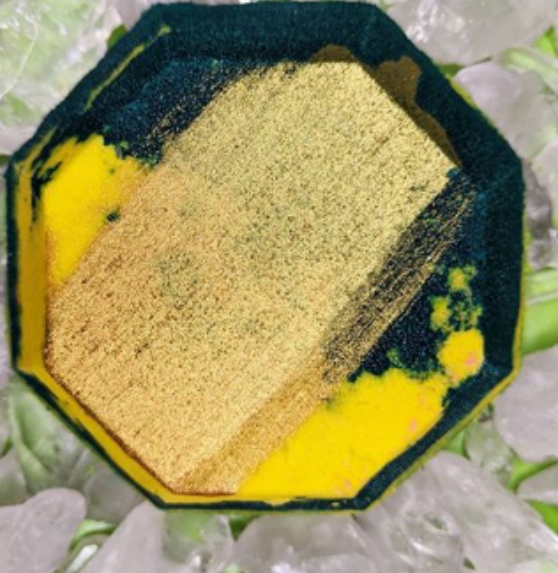
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CAREER GOALS || ENTREPRENEUR/INTERIOR DESIGN
HOBBIES ||
TRAVELING, PHOTOGRAPHY, YOGA, ASTROLOGY
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Follow Breanna



[@DIGITALICON](#) (LEFT) ||
[@INKD_THESHOOTER](#) (TOP RIGHT)



The Fizzycist is a bath and body company focusing mainly on quirky and creative bath bombs that help you take long and relaxing baths. Each one is handmade so there's a quality control and you know every one is made with a lot of love. We love helping people relax through aromatherapy, hydrating their skin and helping fight the elements of everyday living from dry skin, to stress from a long work day. You can find bath bombs in the shape of a geode complete with eco-safe glitter. NSFW shaped bombs that would be a total hit for bachelorette party gifts.



There's even an Houston proud themed bomb one that looks like 2 styrofoam cups that pouring out purple drank as it dissolves in the tub! We sell mainly online and through local markets. You can find us on Instagram at [@thefizzycist](https://www.instagram.com/thefizzycist) to catch our deals and keep up with our calendar!



Happy 2nd

BIRTHDAY



LEMON-FENNEL CHICKEN



Ingredients:

- 4-6 chicken thighs
- 2 cups cherry tomatoes
- 1 fennel stock/bulb (chopped)
- 2 TBSP extra virgin olive oil (or coconut oil)
- 1 lemon (for zest and slices)
- 2-3 sprigs of fresh rosemary
- 1/2 cup finely chopped onions
- 2-4 cloves crushed garlic
- 1 tsp red pepper flakes

1. Preheat oven to 425 degrees Fahrenheit
2. Rub chicken with 1 TBSP olive oil, 1 sprig rosemary, lemon zest, and salt and pepper to taste.
3. Add oil to a cast iron skillet and cook chicken on med-high heat in skillet until golden brown. Transfer chicken to a foil covered baking sheet and finish chicken in the oven (approximately 30-35 mins or until internal temperature is 165 degrees).
4. Place red pepper flakes, crushed garlic, and pepper in the empty cast iron on medium heat and let flavors mingle approximately 1 min, then add onion and chopped fennel.
5. Stir until the onions begin to look translucent and the fennel starts to soften. Then add in cherry tomatoes.
6. Let the cherry tomatoes cook and burst, cover the skillet to prevent the sauce from reducing too much in the early stage.
7. Use a spatula to crush the remaining tomatoes that haven't burst. Slice the lemon and place your chicken into the skillet with the tomato, fennel and onion.
8. Top the chicken with the lemon slices and your remaining rosemary sprigs. Cover the skillet and let simmer on low heat up to 5 mins to let flavors combine.
9. Let the sauce reduce to your liking during this time! Once it has reduced, enjoy!

*Recipe courtesy of [@foxyfitnessfoodie](https://www.instagram.com/foxyfitnessfoodie)

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