

R. DEVINE LIVING

BIRTHDAY ISSUE

JULY 2021



10

**FUN FACTS
ABOUT ME
THAT YOU MAY
BE SURPRISED
TO LEARN**

**MUST TRY
FOOD**

**YOU MAY BE
MISSING OUT ON**

**THE 5 TRUTHS
THAT SHIFTED
MY LIFE**

**MY
FAVORITE
THINGS**

**YOU SHOULD
CHECK OUT**



5 TRUTHS THAT SHIFTED MY LIFE

- 1 YOU ARE RESPONSIBLE FOR YOUR SELF CARE**
No one will do it for you. That is why it is called "self" care, duh!
- 2 THE HARD THING AND THE RIGHT THING CAN BE THE SAME THING**
Whoever said doing the right thing would be easy? It can be very hard. But guess what? YOU CAN DO HARD THINGS!
- 3 EVERY SPEAKING VOICE IS NOT THE VOICE FOR YOU**
Identify the voice(s) that will get your ear. Choose purposeful voices over popular voices.
- 4 IF GOD TELLS YOU TO LEAVE SOMETHING, IT IS BECAUSE BETTER AWAITS.**
Do not allow the fear of separation or the fear of rejection to keep you connected longer than God intended. He always brings you out to bring you up.
- 5 KNOW WHEN TO TAKE OFF YOUR SUPERWOMAN CAPE**
You do not have to solve everybody's problems. Enough said!

MUST TRY FOOD



Fabulous Avocado Toast

I could eat this almost every morning for breakfast. It's so filling and delicious!

2 slices whole grain bread, toasted on both sides

1 ripe avocado

1 lime

thin sliced red onion

2 teaspoons julienne sliced sun dried tomatoes

fine sea salt to taste

everything bagel seasoning to taste

red pepper flakes to taste

fresh cilantro sprigs (optional)

2 slices of thick cut bacon, cooked (optional)

Slice the avocado lengthwise and remove the seed. Spoon out the avocado from the skin and place it into a small mixing bowl. Squeeze the juice of 1/2 lime and mix. Spread mixture on toast. Sprinkle on salt, bagel seasoning, and red pepper flakes. Top with onions, tomatoes, and the optional bacon and cilantro.

*Happy
Birthday
to
meeee*

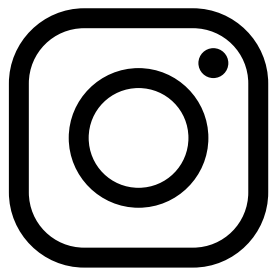


10 FUN FACTS ABOUT ME

1. I am an only child.
2. I listen to biblical based teachings daily. It's a habit I formed many years ago and I have kept it up. It serves me well.
3. I rarely do the dishes at my home though I do most of the cooking.
4. I love the peanut butter and chocolate combo. Baskin Robbins makes the best PBC flavored ice cream.
5. I went viral on TikTok about a week ago for my tip on properly cutting bread when dining out with others. Currently 4 million people have viewed it. While it hasn't added much to my life, my kids were very impressed with me. Lol!
6. I am from Little Rock, Arkansas and I love my southern upbringing.
7. I intentionally find something to laugh at everyday. I usually find it on TikTok.
8. I am fascinated with Dr. Pimple Popper videos.
9. Real life murder documentaries are my favorite shows to binge watch.
10. I am serious about getting 8 hours of sleep per night.

Styling and Photography:
Fahrelle Devine

Magazine Editor: True Leigh
Devine



rdevineinteriors
fabulousNtheKitchen



rocthefab

www.fabulousnthekitchen.com