

Design Portfolio

Heather Parker

Graphic Designer | Photographer

I am a creative professional with experience in graphic design, photography, and communications. This well-rounded background gives me unique insight of the interplay between clear content, engaging design and cross platform consistency.

I am a photographer, a font junkie, ice cream aficionado and a jigsaw puzzle snob.

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01 POBLANO'S

Full page magazine ad | Web Banner | One-Sixth ad | Menu













pepitas, avocado, tortilla strips, avocado & cilantro-blue cheese Cup | 5.75 Bowl | 12.25

+2.00

Add steak, chicken or shrimp SOPA DE AVOCADO

spicy broth poured over fresh avocado with Jack cheese... Cup | 7.45 Bowl | 11.00

chicken or steak & blue cheese dressing.

_	
	POLLO 8
	CARNE AS tender sirlo perfection. gallo, rice &
	POLLO A L grilled chick cream sauce cream & fre beans.
	TACOS 8
	ENCHILADA TRADICION cheese, beef chile gravy
	ENCHILADA beef or chic Monterrey of sauce.
	DE LA P FAJITAS BEEF CHICKEN SHRIMP MIXED GR (CHICKEN VEGETARI
	MIXED FO VEGETARI plates are sobeans, guace gallo, sour flour tortill BEBIDA Coca-Cola,

POLLO & MARISCOS .					
CARNE ASADA tender sirloin steak, marinated & perfection. Served with guacamo gallo, rice & beans.	grilled to	onion & poblan	oreast served with mushroon o rice.		
POLLO A LA PARRILLA grilled chicken breast topped win cream sauce. Served with pico de cream & fresh flour tortillas. Ser beans.	gallo, sour	red bell peppers pico de gallo &	shrimp with butter, onions . Served with beans guacam tortillas.	ole,	
TACOS & ENCHILADAS					
cheese, beef or chicken with chile gravy & cheese.	TACOS VEGETARIANOS seasoned fresh r vegetables sauté tortillas with jac	S 10.20 oasted ed in corn	TACOS DE PECHUGA	13.75 n	
ENCHILADAS VERDES 12.35 beef or chicken fajita with Monterrey cheese & green sauce.	TACOS DE PES lightly breaded & fresh flour tortil jicama, pickled i crema & pineap	& fried tilapia in las with chipotle red onion, lime	TACOS DE CAMARONES sautéed shrimp, smoky bac and jalapeño in a rich gua chile sauce served in corn tortillas with melted chees	illo	
DE LA PARRILLA	PLATILLOS	TEJANOS	LOS NINOS	5.95	
BEEF 22.95 CHICKEN 18.95 SHRIMP 23.95 MIXED GRILL -	PLATILLO YUC	e enchiladas, beans & rice. ATAN 13.25	SOFT OR CRISPY TACO CHEESE QUESADILLA HAMBURGUESA CHEESE ENCHILADA all items served with choi french fries or apple slice	ce of	
VEGETARIAN 16.95	soft chicken tac enchilada with o cheese enchilada	chile con carne,	POSTRE	••••	
MIXED FOR 2 33.85 VEGETARIAN FOR 2 31.25 plates are served with rice, beans, guacamole, pico de gallo, sour cream & corn or flour tortillas.	CHIMICHANGA flour tortilla fil	fried & topped	DULCE DE LECHE CHEESECAKE dulce caramel-infused cheesecake with pockets o dulce & marble on top.	 5.25 f	
BEBIDAS Coca-Cola, Diet Coke, Sprite, Perrier, iced tea, lemonade, Topo Chico	CHILE RELLEN poblano pepper ground beef & c fried topped wit	stuffed with cheese, lightly th ranchero	SOPAPILLAS golden puffed, cinnamon- sugared Mexican pastry se with butter & honey.	4.95 rved	





QUICK. CLEAN. CONSCIOUS



8 oz 12 oz 5.75 7.50 **MEAN GREEN** Kale | Lemon | Ginger | Celery | Cucumber | Apple

7.15 9.25 **GREEN MACHINE** Kale | Romaine | Parsley | Lemon | Ginger | Celery | Cucumber | Pear

PINEAPPLE EXPRESS 6.25 8.25 Pineapple | Lime | Pear | Apple

5.25 7.25 PINK LEMONADE Red Cabbage | Lemon | Pear | 4.99 5.99

7.25 8.25 **SQUARE ROOT** Beet | Sweet Potato | Carrot |

8.15 9.15 THE HULK

8.25 9.25

3.75

4.25

Kale | Spinach | Parsley | Lime | Pineapple | Fennel | Celery | Cucumber | Wheatgrass



FILTHY SHOT

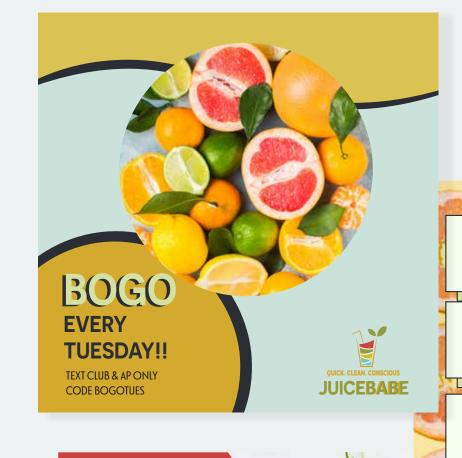
Cinnamon

Ginger | Lemon | Cayenne | Tumeric | Black Pepper | Garlic

SOUEAKY CLEAN Ginger | Activated Charcoal | Lemon

DIRTY GINGER 5.15

Ginger | Lemon | Garlic



FREE **DELIVERY** WEEK

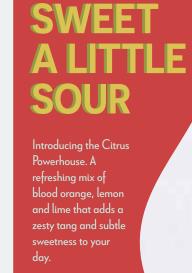




JUICE

TIME











WILD

FOR

WATERMELON



Logo | Insta Post Templates | Menu





LUKE DEAN BY HORNSBY SOAP

03 LUKE DEAN BY HORNSBY

Product Packaging | Logo | Brand Guide





LOGO VARIATIONS





PATTERNS











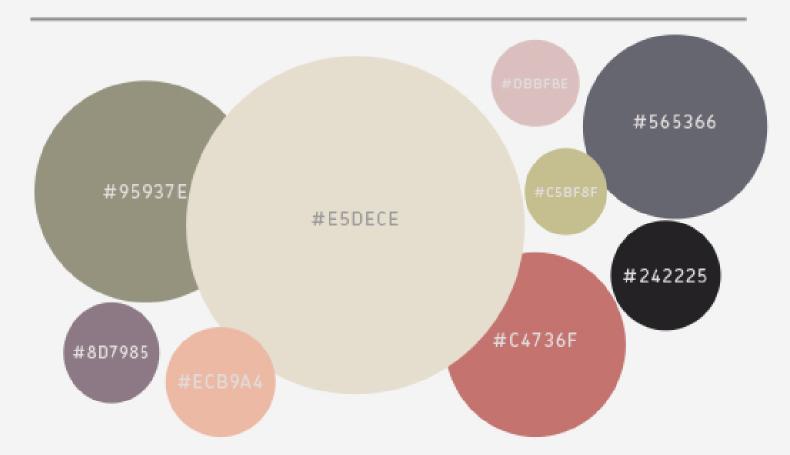
TYPOGRAPHY

CHEVIN PRO AaBbCcDdEeFfGgHhliJjKkLlMmNn0o PpQqRrSsTtUuVvWwXxYyZz

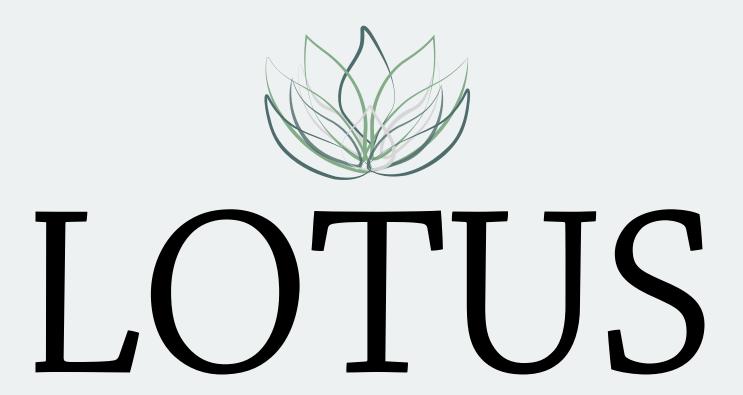
RIG SHADED BOLD FACE ABCDEFGHIJKLMNOPQRSTUVWXYZ

SantElia Bold Rough QaBbCcDdleFfGgHhIiIjKkLlMm NnOoPpQqRrSsItVu VvWwXxYyZz

COLOR PALETTE







SPA & RETREAT CENTER

04 LOTUS SPA & RETREAT CENTER

Logo | Brand Guide | Gift Voucher







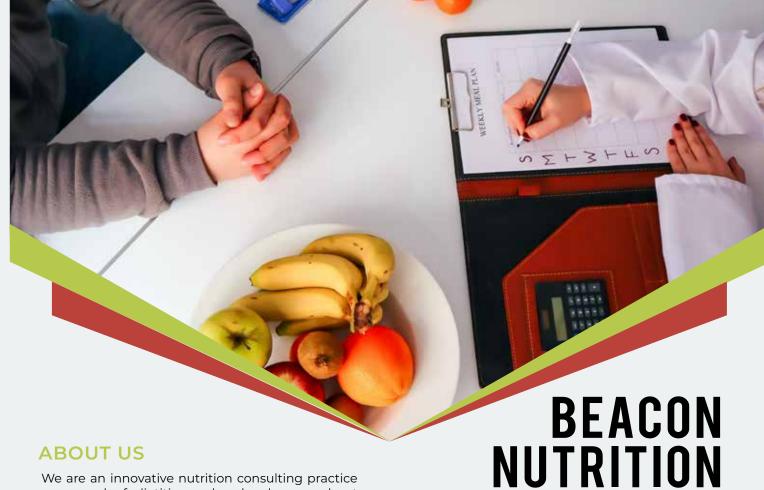


05 BEACON NUTRITION

Logo | Flyer | Business Card | Promotional Tote







We are an innovative nutrition consulting practice composed of dietitians who deeply care about helping people become healthy, fit and strong. It is a safe place where your questions are cherished, knowledge is shared, curiosity is rewarded with wisdom, thoughts and self-talk are challenged to enrich your activity of positive change.

SERVICES

TELENUTRITION Virtual nutrition con

Virtual nutrition counseling services to those in Texas using a HIPPA compliant platform

COUNSELING

We start by finding out what is behind the food choices you make, what is driving you to get stuck in unhealthy habits.

ADDITIONAL SERVICES

Resting metabolic rate testing | Diabetes management | Nutrition plans | Eating disorder assessment

We are not like any other private practice. We won't be giving you any rigid menu plans. We don't give you a list of what to stop eating. Instead, we allow you to master [or conquer] your health without it being an inconvenience and live the life you want with fewer doctor appointments and more living.

WHY BEACON NUTRITION?

Convenient telehealth options so you don't have to take off work or school.

Individualized plans, we tailor our approach to meet you where you are at.

Weight inclusive and body neutral environment



TAILORED LIVING

AWARE3

Sales Sheets





partners to better serve the community.

913.398.0913

- » Forms & registrations
- » Multi-channel giving
- » Website

hello@aware3.com https://aware3.com/



Our **Services**

Text Messaging

Forms & Registrations

Getting signed up feels so good when

forms and registrations are this easy and

accessible.

KEY FEATURES

Registrations | Payments | Surveys |

Prayer Requests | Check Ins

Multi-channel giving lets members and visitors give, easily and securely, in the way that feels right for them.

Multi-Channel Giving

Mobile App

From virtual church to sermon notes to small

groups, your people can view it all and do it

all from your church-branded app.

KEY FEATURES

Video + Podcasts | Announcements

KEY CHANNELS In-App Giving | Text Giving | Online Giving With a 98% open rate, members receive the messages they need to hear—loud and clear.

> **KEY FEATURES** Text-to-Give | Text-to-Act | Announcements | Links + Forms



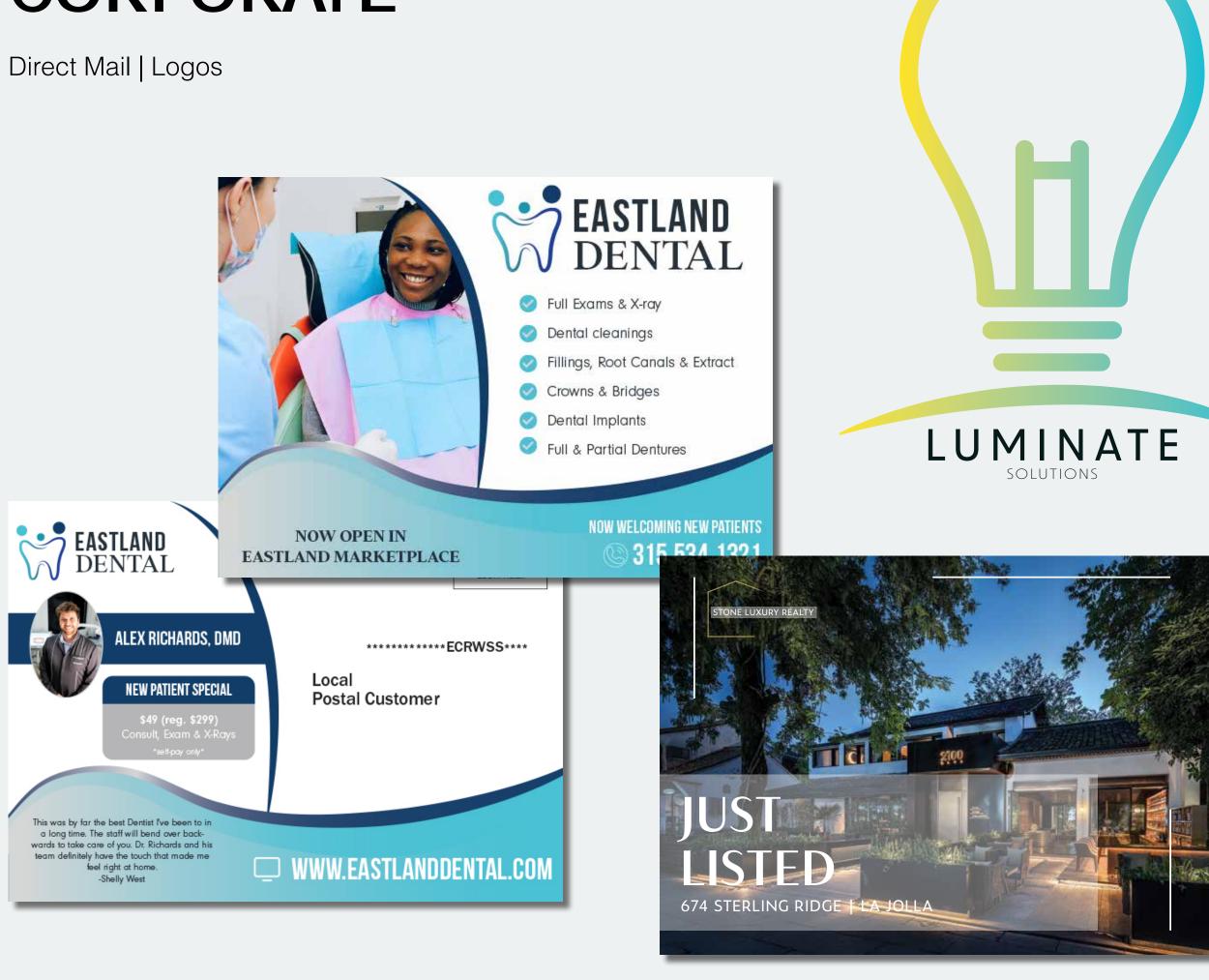








CORPORATE











NIMBUS

AERONAUTIC SOLUTIONS





08 MILLENIAL MOTHERHOOD

Magazine Design



THE POKE COMPANY

Trifold Menu Design

DELIVERY SERVICE 952.333.1898 ABOUT US ORDER ONLINE: We bring together the WWW.THEPOKECO.COM freshest boat-to-bowl and farm-to-fork ingredients to create the perfect bowl for Serving Edina, Falcon Heights & any level of experience.

POKE BOWLS

STEP 1: PICK YOUR BASE

White Rice, Brown Rice, Spring Mix

STEP 2: PICK YOUR PROTEIN

Ahi Tuna, Salmon, Chicken, Spicy Tuna, Octopus, Shrimp, Tofu

STEP 3: PICK YOUR MIX-INS

Edamame, Radish, Corn, Jalapeno, Sweet Onion, Cabbage, Avocado, Mango, Cucumber, Cilantro, Carrot

STEP 4: CHOOSE YOUR SAUCE

Poke Classic, Spicy Mayo, Unagi

SIGNATURE BOWLS

POKE CHEF CLASSIC

Ahi Tuna, Sweet Onion, Cilantro, Mango, Umami Shoyu, Spicy Mayo, Green Onion, Sesame Seeds, Nori, Masago

SKINNY GIRL

Tofu, Spring Mix, Edamame, Honey Teriyaki, House Ginger, Wontons

CHICKEN LOVER

Grilled Chicken, Sweet Onion, Spring Mix, Edamame, Honey Teriyaki, Wontons, Volcano Flakes

DEEP DIVER

Spicy Tuna, Spicy Salmon, Sweet Onion, Cucumber, Edamame, Avocado, Spicy Mayo, Unagi Sauce, Daikon, Volcano Flakes



SHAGGY DOG

Shrimp Tempura, Snow Crab, Cucumber, Cream Cheese, Avocado, With Spicy Mayo, Eel Sauce

CALIFORNIA STYLE

Snow Crab, Shrimp, Masago, Cucumber, Avocado, Sweet Miso Sauce

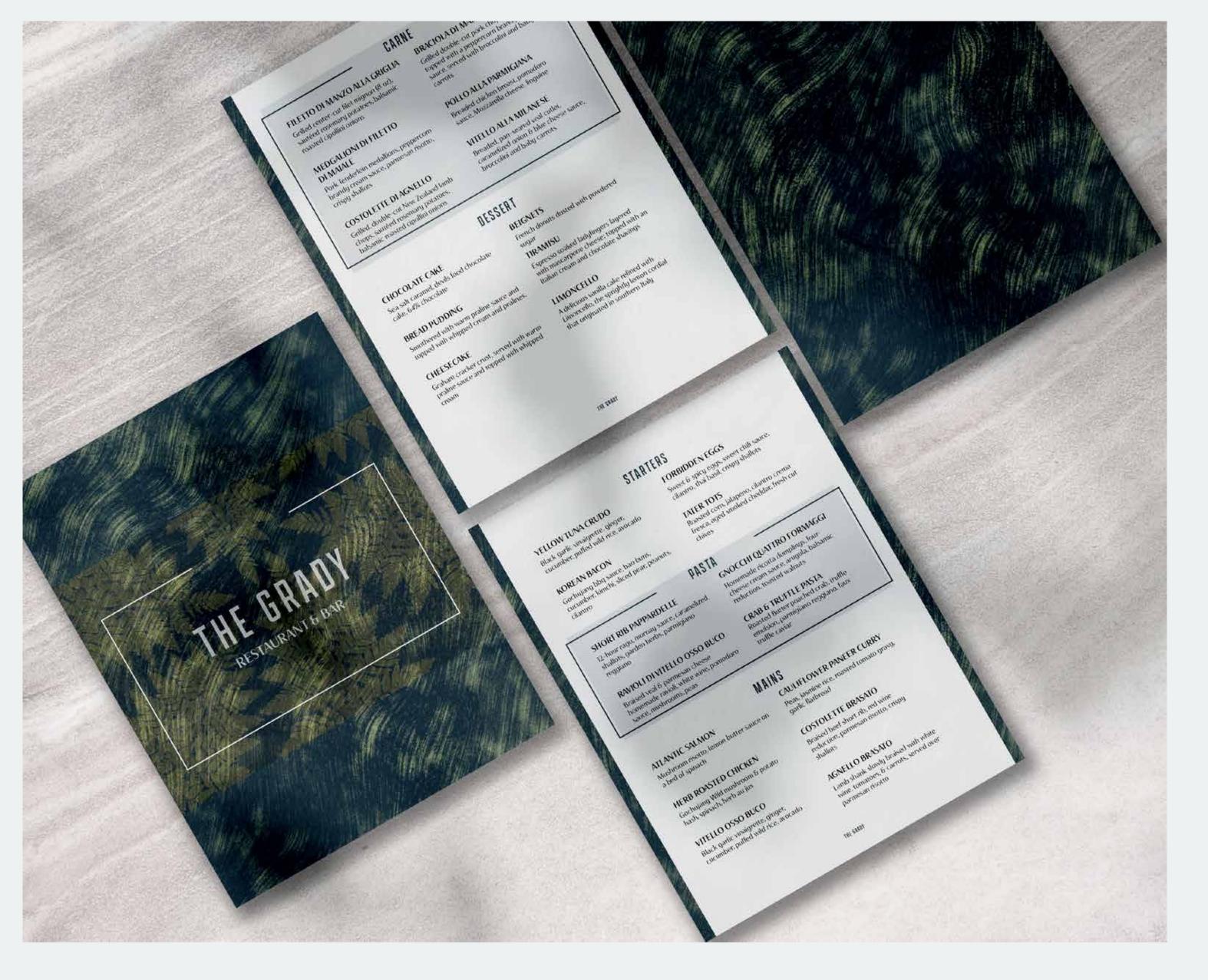
THE NINJA

Grilled Curry Beef, Shrimp Tempura, Cucumber, Green Onion, Crunch, Eel Sauce



10 THE GRADY

Menu Design





11 NATALIE'S SWEETS & EATS

Product Packaging | Logo







10 VIBE SODA

Product Packaging | Logo







13 PHOTOGRAPHY

Personal photography showcase. Skillset includes ability to work with strobe or natural light.









