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Camilla V. Saulsbury is a  
writer, recipe developer,  
fitness trainer, endurance  
athlete, and creator of the

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Hungry. She also holds a PhD  
in sociology with  
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Writer, recipe developer, fitness trainer, endurance athlete, and creator of the healthy food blog, Power Hungry. She also holds a PhD in sociology with specializations in food studies, health, and

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medicine. Camilla has been featured on the Food Network, Today, Good Morning America Health, QVC, and in multiple publications including the New York Times, Cooking Light, Southern Living, Clean

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Californian (San Francisco East Bay), but I currently live in Texas with my husband and son.

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