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Camilla V. Saulsbury is a 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 medicine.

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Camilla V. Saulsbury is a 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 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 Eating, Cosmo Girl, Food Network Magazine, and Pilates Style.

~~Camilla Saulsbury | Robert Rose~~

Welcome to PowerHungry®! Here you will find easy-to-prepare, minimalist, and (most-importantly!) very delicious plant-based recipes, all designed for living a healthy, delicious, empowered life on the go. Trending Recipes Readers are loving... New Recipes! 3 Ingredients or Fewer Almond Flour Recipes Grain-Free Vegan Baking Coconut Flour Recipes

~~easy, empowering, plant-based eats for everyone! | power ...~~

Hi, my name is Camilla—thanks for stopping by my website, Power Hungry®! I am a cookbook author (20+), recipe developer, fitness instructor and runner. I am a native Northern Californian (San Francisco East Bay), but I currently live in Texas with my husband and son.

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