Early to Rise Customer Support

Are the shakes and workouts interchangeable?

Stephanie H - 2020-02-20 - 6 Minutes to Skinny

You can use any of our shakes and any of our workouts. Though the 8 week guide is a done for you resource you can choose to modify and change the routine as it works for you.

If you enjoy specific shakes, and would prefer to switch shakes and workouts around not to worry. If you're getting results and enjoyment from your nutrition choices, then you're doing something right.