Early to Rise Customer Support

Can I drink the shake later?

Stephanie H - 2020-02-20 - Shakes

Yes, you will get the same results/benefits if the shake is made 2 hours after your workout.

While it's best to follow up the with the shake in a shorter time frame, a couple of hours isn't a big deal. What's important is that you still use the shakes.

If you're hungry before then, you can make a protein shake by hand in a shaker bottle immediately (mix 20g of protein in 1 cup almond milk) and then wait to have the regular shake later.

And of course, remember to drink lots of water.