

Early to Rise Customer Support

[Knowledgebase](#) > [6 Minutes to Skinny](#) > [I do not like blending my food, can I eat the shake ingredients instead?](#)

I do not like blending my food, can I eat the shake ingredients instead?

Honey - 2020-02-07 - [6 Minutes to Skinny](#)

Yes, you can take all the ingredients that would be in a shake and eat them instead of making a shake. (But it takes a lot more time.)

Also, be sure to drink a large glass of water (not coffee) with your eaten "shake" to make sure you are getting hydrated.