Early to Rise Customer Support

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

Stephanie H - 2020-02-20 - Shakes

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.