Early to Rise Customer Support

I purchased 6 Minutes to Skinny and the Meal Plans, I do not know where to start.

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

Start with the 6 Minutes to Skinny program (shake and 4 Minute workout) in the morning.

After you have a routine with the 6 Minutes to Skinny program, start gradually adding the Eat More Burn More program and meals to your routine.

Continue to do the shakes in the morning, you do not have to do the Eat More Burn More breakfasts if you are doing the 6 Minutes to Skinny shakes in the morning.