

Early to Rise Customer Support

[Knowledgebase](#) > [6 Minutes to Skinny](#) > [Is the shake considered a meal?](#)

Is the shake considered a meal?

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

Yes with the 6 Minutes to Skinny Program the shake is considered a meal.

When fasting you do want to cut out a meal, be cautious with this at first and start slowly.