## **Early to Rise Customer Support**

Knowledgebase > 6 Minutes to Skinny > Shakes > Is the shake considered a meal?

## Is the shake considered a meal?

Stephanie H - 2020-02-20 - Shakes

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.